Appetite changes and difficulty eating are common issues that result from cancer treatments. Try these tips to keep you nourished during your cancer journey.

**TRY THIS**

**Snack often.** Eat small snacks throughout the day instead of three large meals.

**Eat bland foods.** Avoid foods with strong smells and flavors.

**Try liquid meals.** Have smoothies, shakes, or other types of liquid meals.

**CHECK THIS OUT**

**Visit** the Springboard page on Appetite Changes.
https://survivorship.cancer.gov/springboard/symptoms/appetite-changes

**Learn** ways to deal with appetite loss (http://go.usa.gov/xxAbe) and appetite changes (http://goo.gl/TF8nbq).