

Tips for Overcoming a Poor Appetite

It's important to eat a healthy diet during breast cancer treatment, even if you don't feel like it.

To help you overcome changes in your appetite, try these tips:

- **Eat small meals or snacks every one to two hours**
- **Only drink when you need to during a meal. This can keep you from feeling full too soon.**
- **Make meals special. Set the table with your favorite dishes. Play music you enjoy or watch a favorite show on TV. Have meals with friends.**
- **Keep high-quality, high-protein snacks in the house. Things such as granola bars, hard-cooked eggs, cheese, lunch meat and nutritional supplements are good to have on hand.**