Managing Cancer Related Fatigue

**EATING**

You may find you need to be more thoughtful about nutrition when starting cancer treatment. Eating well can help give your body the energy it needs for your day-to-day activities. For this to work, it is important that you make sure you are eating and drinking enough each day to meet your body’s energy needs.

**Eat Well**

Eating well means a balanced diet with a variety of foods from the four food groups:
- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

- Water and other fluids are important to prevent dehydration (your body not having enough water or fluids).
- Unless you were told to drink more or less by your health care team, drink 6 to 8 glasses of fluid every day.

**Drink Lots of Fluids**

- Eat small meals and snacks though the day.
- Cook when you have the most energy. Make extra to keep in the freezer.
- Drink a nutrition supplement (such as Ensure® or Boost®) with meals or as a snack. These drinks give you extra vitamins, minerals, calories and protein.
- Ask to speak with a dietitian. A dietitian can help you find ways to meet your energy needs and help with symptoms that make eating a challenge.

**Remember Every Effort Helps**