It can be beneficial to eat your sources of protein first at meals.

**Small Frequent Meals**
Small frequent meals and snacks (every 1-2 hours) can make it less overwhelming to get in the nutrients your body needs.

**Limit Fluid During Mealtime**
Excess fluid can give you a false feeling of fullness and dilute your body’s natural enzymes that help to break down food.

**High Calorie Smoothies**
You can also do meal replacement shakes or coconut milk based ice cream.

**Try More Cold Foods**
For many people, cold foods are more appealing during treatment.

**Add Full-Fat Coconut Milk**
It can help boost immune system and provides many important nutrients. Add to tea, coffee, smoothies and/or soups.

**Increase Your Protein Intake**
It can be beneficial to eat your sources of protein first at meals.

Protein is very important for the immune system, to fight fatigue, and to help maintain muscle mass.

**Focus on Nutrient-Dense Carbs**
Try to have variety. Beans, lentils, sweet potatoes, quinoa, and oats are all great options.

**Nuts/Seeds/Avocado**
These higher calorie foods provide protein, fiber, important minerals and healthy fats.

**Include Omega-3s**
Try to eat fatty fish such as wild salmon, sardines or herring a few times a week. Flax seeds, chia seeds and hemp seeds are also great sources.

**Have a Bedtime High Calorie Smoothie or Snack**
This can help reduce overall muscle breakdown and increase your nutrition status.