• Avoid low-calorie or non-nutritious foods and drinks
• Eat whenever you are hungry
• Supplement with high-calorie drinks if necessary
• Use herbs and spices to make food more appealing
• Try liquid or pureed meals if you are struggling to eat
• Eat several small meals throughout the day
• Avoid foods if they cause you constipation or diarrhea
• Avoid food that is very hot or very cold
• Mint and ginger teas can help soothe your gut
• Do not take dietary supplements without consulting with your doctor
• Eat sitting up. Do not lie down after eating
• Eat bland foods if your stomach is upset or your mouth hurts
• Eat high fiber foods to help relieve constipation
• Talk to your doctor!