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| symptom | Recommended |
| malnutrition  ( loss of appetite) | Hiperenergetic and hiperprotein diet  ° Use of supplements |
| Loss of appetite  ( due to changes in eating habits and medications ) | Split diet in 5 or 6 small meals  Make nice meal time with company , nice music .  Use foods with high energy density.  If necessary, use food supplements. |
| Changes in taste and smell ( for drugs ) | Consume cold or fresh food (room temperature ) .  Frequently ( 4-6 times daily) bicarbonate rinses to keep your mouth clean and decrease the bad taste .  Avoid spicy and fragrant food .  Use oregano, dill , basil, chile seasoning as tolerated. |
| Dry mouth ( for drugs )  ) | Consume liquid foods or sauced .  Take during the day 6-8 glasses of fresh water , tonic water .  Eat fresh and cold .  Freeze fruit like melon, mango or orange slices during the day.  Make popsicles of fruit , tea, tonic water. |
| Mouth ulcers ( by medications or by leukopenia) | Season foods with mild spices such as dill , oregano and mint, avoid spicy foods.  Avoid acidic foods (lemon , vinegar , tomato ) .  Eating soft foods like yogurt (almonds ) , vegetables cream ( coconut milk) , egg , gelatin and avoid hard foods ( granola, whole apple ) .  Avoid coffee and alcohol No Smoking.  Make mouthwashes with bicarbonate. |
| Difficulty chewing (for ulcers in the mouth , dental hypersensitivity and weakness) | Mechanical soft diet, purees or liquid .  Use cooked rice , mashed potatoes , mashed sweet potatoes , yogurt (almonds ) , pate ( with dairy substitutes ) cereals .  Eating well seated.  Use straw.  Finely chop the meat (salmon , chicken , turkey ) or mixed with some cereal ( croquettes) . |
| Gastroesophageal reflux , gastritis ( for drugs ) | Soft diet |
| early satiety | Diet fractionating 5 or 6 meals a day |
| Nausea and vomiting ( for drugs ) | Drink plenty of fluids during the day ( 6-8 glasses ) , preferably not with food and consume at least ½ cup of liquid after vomiting and once you have passed the discomfort.  Eat dry food.  Eat 6 to 8 times a day , small portions .  Avoid smelly foods.  Prefer foods and beverages cold rather than hot .  Avoid very sweet foods and drinks.  Rest lying before eating , not after. |
| Diarrhea ( for drugs ) | Sorft diet into 5 or 6 meals a day .  Maintain hydration with serum.  Stop drinking milk, fatty foods , spicy or very sweet .  Avoid foods high in insoluble fiber that promotes flatulence.  Eating foods with pectin such as apples puree, bananas .  avoid beverages with sorbitol . |
| Constipation (for rest or drug ) | Respect meal times and do not skip meals.  Be aware of that no more than two days without a bowel movement.  Drinking 8 to 10 glasses of fluids a day ( 50% diluted juice , prune juice ) .  If there flatulence reduce foods that cause as carbonated drinks , cauliflower , broccoli , asparagus, etc. Shelled leguminous  Eating foods rich in fiber such as soft fruits (banana , mango , papaya ) . |