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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 mealsMake 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 leguminousEating foods rich in fiber such as soft fruits (banana , mango , papaya ) . |