**Swallowing issues**
- Adjust the consistency of food that is easiest for them to swallow.
- Offer small, frequent meals.
- Chop or puree your child's food in a blender or food processor.
- Call your doctor right away if your child coughs or chokes while eating, especially if she has a fever.

**Nausea and vomiting**
- To prevent dehydration sip water, juices, sports drinks, fruit drinks, and other clear calorie-containing liquids throughout the day.
- Clear, cool liquids are usually better than very hot or icy liquids.
- Don't give foods that are overly sweet, greasy, fried, or spicy, such as rich desserts and french fries.
- Have him sit up or recline with his head raised for at least an hour after eating.
- Try bland, soft, easy-to-digest foods on scheduled treatment days. Such as Cream of Wheat and chicken noodle soup with saltines may be easier to keep down than heavy meals.

**Dry mouth or thick saliva**
- Use a straw to drink liquids, and drink enough to help thin the mucus.
- Take small bites and chew food well.
- Give soft, moist foods that are cool or at room temperature. Moisten foods with broth, soup, sauces, gravy, yogurt, or creams.
- Give your child sugarless candy or sugarless gum to stimulate saliva.
- Avoid acidic drinks.
- Limit drinks with caffeine, such as coffee, tea, cola, and chocolate.

**Fatigue**
- Be sure your child drinks plenty of fluids. Dehydration can make fatigue worse.
- Make sure your child gets enough rest.
- Have her take 3 or 4 short naps or rest breaks during the day.
- Try to balance rest and activity so that it doesn't interfere with nighttime sleep.
- Try to avoid sugary foods.
- Give your child a balanced diet.

Adapted from: Nutrition for Children With Cancer - American Cancer Society
Dietary Guidelines For Children Undergoing Cancer Treatment

Good nutrition is especially important when a child has cancer. Both cancer and its treatments may affect a child’s appetite, tolerance to foods, and their body’s ability to use nutrients. Eating the right kinds of foods before, during, and after treatment can help a child feel better and stay stronger. Eating well during cancer treatment might help your child:

- Better tolerate treatment and treatment side effects.
- Stay closer to the treatment plan schedule.
- Heal and recover faster.
- Have less risk of infection during treatment.
- Have better strength and energy.
- Keep up their weight and their body’s store of nutrients.
- Do better at keeping up normal growth and development.
- Feel better and have a better quality of life — they are less irritable, sleep better, and work better with the health care team.

What Children Need?

<table>
<thead>
<tr>
<th>NUTRIENT</th>
<th>ROLE</th>
<th>CAN GET FROM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proteins</td>
<td>To grow, repair tissues, to maintain the skin, blood cells, the immune system, and the lining of the digestive tract.</td>
<td>Fish, chicken, lean red meat, eggs, dairy products, dried beans, peas and lentils.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Major source of energy (calories) needed for physical activity and proper organ function.</th>
<th>Fruits, vegetables, grains, bread, potatoes, rice, spaghetti, pasta, cereals, dried beans, peas and beans.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats</td>
<td>To store energy, insulate body tissues, and carry some types of vitamins through the blood.</td>
<td>Vegetable oils such as olive, canola, sunflower, corn. Meat and chicken, milk, cheese, and butter.</td>
</tr>
<tr>
<td>Water</td>
<td>All body cells need water to function.</td>
<td>Water, liquids or fluids, fruits and vegetables.</td>
</tr>
<tr>
<td>Vitamins and minerals</td>
<td>The body needs small amounts of vitamins and minerals for normal growth and development, and to help it function properly.</td>
<td>A balanced diet usually get plenty of vitamins and minerals.</td>
</tr>
</tbody>
</table>

Cancer treatment side effects and what you can do about them

Changes in taste and smell
- Serve foods cold or at room temperature.
- Choose foods that don’t need to be cooked.
- Don’t cook foods with strong odors when your child is around.
- Avoid eating in rooms that are stuffy or too warm.
- Try foods or drinks that are different from ones your child usually eats.
- Try marinading meats to make them tenderer.
- Blend fresh fruits into shakes, smoothies.
- Keep your child’s mouth clean by regular rinsing and brushing, which can help foods taste better.

Decrease in appetite
- Try hard-cooked egg, cheese, ice cream, puddings, nuts.
- Try to make mealtime fun and praise a healthy appetite or good eating habits.
- Setting the table with pretty dishes, playing your child’s favorite music, watching television, or visiting with friends while eating can also help.
- Offer frequent small meals and snacks throughout the day.
- Keep your child’s mouth clean with regular rinsing and brushing.
- Let your child eat their favorite foods any time of the day.

Decrease in appetite
- Let your child help you shop and prepare the foods.
- Avoid arguing, nagging, or punishing a child who is unwilling to eat.

Constipation
- High-fiber foods including whole-grain breads, fruits and vegetables, beans.
- Drinking plenty of fluids throughout the day, eating at regular times, and increasing physical activity. Laxatives should only be used if OK’d by your doctor first.

Diarrhea
- Avoid high-fiber foods, like nuts, seeds, whole grains, beans, peas, dried fruits, and raw fruit sand vegetables.
- Avoid high-fat foods, like fried and greasy foods.
- Avoid gassy foods, fizzy drinks, and chewing gum.
- Limit milk or milk products to 2 cups a day.
- Limit apple juice and drinks that contain caffeine.
- Be sure to have your child sip fluids throughout the day to prevent dehydration.
- Increase soluble fiber foods such as applesauce, bananas, canned peaches and pears, oatmeal, and white rice.
- Once the diarrhea has stopped, slowly add foods with fiber to your child’s diet.

Mouth pain, throat pain, or mouth sores
- Try serving milk, ice cream, homemade shakes or smoothies.
- Have your child try soft, creamy foods such as cream soups, cheeses, mashed potatoes, macaroni and cheese, yogurt, eggs, custards, puddings, cooked cereals, casseroles.