

Tips

Nutritional advice

A nutritionist can give you further information and individual advice. Ask your treatment team for a recommendation.

Further information on this topic

- **«Eat Well During Cancer»** (World Cancer Research Fund UK, 2020) – Advice on nutrition and healthy recipes
- **«Nutrition for People Living with Cancer»** (Cancer Council Australia, 2025) – Practical guide on nutrition for people with cancer, their families, and friends

Loss of appetite

Good to know


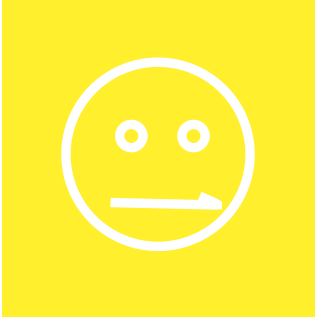

Loss of appetite means not being hungry and feeling no desire to eat. This can lead to weight loss and increasing weakness.

Loss of appetite is caused by the illness and/or the treatment. Various factors can make loss of appetite worse, for example, changes in your sense of taste, inflammation of the lining of the mouth, nausea, vomiting, pain or constipation. Depression or sadness can also affect your appetite.

Loosing your appetite is normally only for a short time. There are different ways to treat it.



Loss of appetite

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none">Slight loss of appetite	<ul style="list-style-type: none">Eat whatever tastes good or whatever appeals to you the most.Eat small meals and snacks. Choose food and drinks that are high in calories and rich in protein.Regular exercise can stimulate the appetite.Take medicines for nausea, constipation, or pain as prescribed, as these symptoms can worsen loss of appetite.
	<ul style="list-style-type: none">Loss of the desire to eatWeight lossChanges in your sense of tasteInflammation of the lining of the mouthNausea, vomitingIncreasing weaknessStrong aversion to certain foods	<ul style="list-style-type: none">Try to follow the tips given in the green section.Consider consulting a nutritionist for advice. Ask your treatment team for a recommendation.If you find it stimulating, eat together with others where possible.Loss of appetite can severely affect both you and those around you. If this is the case, try and talk about it.
	<ul style="list-style-type: none">Rapid worsening of the symptoms listed in the yellow sectionYou are no longer able to drink	<ul style="list-style-type: none">Contact the treatment team.