

Dietary Management of Cancer-Related Fatigue

Please note: For the most current recommendations and information, please consult your physician

This document has been provided compliments of:



Otitolola G. Arterbery, MSN, RN, OCN
Research Nurse Specialist,
Department of Leukemia
The University of Texas
MD Anderson Cancer Center
Houston, Texas

Not eating enough or not eating the right combination of foods can make fatigue much worse. Committing to a balanced diet will increase well being and give you more energy. Here are some helpful tips to manage and maintain proper nutrition.

1. Consume the appropriate amount of calories for your body. If you can't eat regular portioned meals, try eating smaller servings more frequently throughout the day.
2. Protein in your diet is very important. Fish, lean meats, low-fat yogurt or Greek yogurt, cheeses, eggs, beans and nut butters are good sources of protein. Speak with a dietitian about other sources of protein and how much your body requires.
3. Drink enough fluids, ideally water. An intake of at least eight 8-ounce glasses of water daily will help you to stay hydrated. Avoid artificial sweeteners and sugary soft drinks as well as caffeinated beverages. If you can't eat enough, choose liquids that are high in calories or protein like nutritional supplements, such as Boost® or Ensure®.
4. Look for foods that are vitamin and mineral rich. Fruits, vegetables, beans, nuts and whole grains are good sources of vitamins and minerals. Consider speaking to your healthcare provider about adding a multivitamin. Do not take any multivitamins or herbal supplements without first consulting your physician.
5. Speak with a dietitian. Dietitians can recommend strategies for increasing caloric intake and protein in your diet.

Nutritional snack ideas:

- Apple and string cheese
- Banana and peanut butter
- Hard boiled egg with a side of sliced cucumbers
- Half of a chicken salad sandwich
- Smoothie with yogurt, strawberries, bananas
- Homemade whole grain blueberry muffins with some sunflower seed butter
- Cottage cheese with blueberries
- Sliced vegetables with hummus or homemade ranch and a slice of turkey
- Homemade whole-grain cookie and trail mix
- Meat, cheese or peanut butter on bread
- Fresh or dried fruit and nuts
- Graham crackers and skim milk
- Whole grain crackers with cheese
- Orange smoothie (orange juice and milk)
- Tortilla and beans
- Yogurt with granola and nuts

References

Leukemia and Lymphoma Society. (July, 2009). Cancer-related fatigue facts. Retrieved from <https://www.lls.org/content/nationalcontent/resourcecenter/freeeducationmaterials/generalcancer/pdf/cancerrelatedfatigue-facts.pdf>

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