



Eat right for best results

It's easy to eat enough when you're healthy, but good nutrition can be a challenge both during and shortly after chemo. Still, good nutrition is very important. Be prepared to eat the right foods and drink plenty of fluid to ease side effects, enhance your body's ability to fight your cancer, and restore your quality of life.

Shopping List

Items to pack and take to chemo, as well as eat before and after:

- Almonds
- Bananas
- Bottled water (flavored or unflavored)
- Dark chocolate
- Grapes
- Oranges
- Pears
- Power bars
- Small fresh salads
- Trail mix
- Walnuts

To purchase for use and preparation at home:

- Bottled water for every day
- Broccoli
- Fresh fish
- Sports drinks or power water for days that you don't feel well
- Green tea and white tea for every day
- Gelatin dessert
- Lean meat
- Oatmeal
- Healthy ready-to-go meals
- Skinless chicken
- Spinach