

## 可以幫助改善胃口的食物

**Food Ideas to Help with Decreased Appetite**

在癌症治療期間，你需要吃得足夠才會有充足的體力，讓你的身體恢復和保持你的體重。當你在化療過程中，你的胃口有可能會減少。如果發生這種情況，以下建議可能會幫助。

During cancer treatment, it is important that you are able to eat enough to keep up your strength, help your body heal and maintain your weight. There may be times during your chemotherapy when your appetite is decreased. If this happens, the ideas below may be helpful.

一般建議**General Tips**

- 你吃的每一口都是很重要的。多選擇高熱量和高蛋白質的食物。  
**Make every mouthful count** by choosing high calorie, high protein foods.
- 盡量經常進食。即使你不覺得餓，你還是要嘗試吃幾口。嘗試每隔2小時以內吃零食。  
**Eat often.** Try a few mouthfuls even if you are not hungry. Try snacking at least every 2 hours.
- 吃你喜歡的食物。如果你只能吃幾種同樣的食物都不用擔心。  
**Eat what you feel like eating.** It is okay to eat the same foods over and over again if only a few foods appeal to you.
- 隨身攜帶零食出外，去治療或去工作。  
**Carry snacks with you** if you are going to be away from home during the day, at treatment or at work.
- 當你的胃口是最佳時，吃你最大份的餐。這可能是在早餐時間，而不是在平常的晚餐。  
**Eat your biggest meal when your appetite is best.** This may be at breakfast time rather than at the traditional evening meal.
- 有時候在進食外需要休息一下，去散步或散散心。  
**Take a break from eating** to rest, take a walk or get some fresh air.
- 問問家人和朋友來幫助你做飯和買菜。  
**Ask family and friends to help you** with cooking and shopping.
- 邀請朋友和家人一起吃飯。這會令你吃得更有樂趣。  
**Make eating more enjoyable** by inviting friends and family to eat with you.

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## Food Ideas to Help with Decreased Appetite

高熱量和高蛋白質的餐點，點心和飲料建議

### High Energy, High Protein Meal, Snacks and Beverage Ideas

#### 早餐

##### Breakfast

- 法式吐司(西多士)，煎餅(班戟)或蛋鬆餅加牛油和糖漿  
French toast, pancakes or waffles with butter and syrup
- 芝士和蔬菜煎蛋卷(奄列)  
Omelets with cheese and vegetables
- 烤麵包加上融化了的芝士或煉乳和奶油  
Toasted bread with melted cheese or condensed milk and butter
- 燕麥或小麥加蛋花，糖和奶油(忌廉)或淡奶(用牛奶或豆漿煮熟)  
Oatmeal or cream of wheat with beaten egg, sugar and cream or evaporated milk (cooked in milk or soy milk)
- 熱豆漿(淡或甜亦可)，加油條  
Hot soy milk (sweetened or unsweetened) with added Chinese crullers
- 粥加肉鬆和熟雞蛋  
Congee with shredded dried meat and hard-boiled egg

#### 午餐和晚餐

##### Lunch and Supper

- 清湯加蛋花或豆腐  
Broths with added egg swirl or tofu
- 餛飩湯或忌廉湯  
Wonton soup or cream soups
- 蒸肉餅，魚或豆腐加飯  
Steamed minced meats, fish or tofu with rice
- 粥加切碎的肉，雞，魚，雞蛋或腐竹和少量的油。(每份1-2茶匙)  
Congee with added minced meat, chicken, fish, egg or bean curd skin and small amount of oil. (1-2 teaspoon per serving)
- 湯麵加肉，雞或魚蛋  
Soup noodles with added meat, chicken or fish balls
- 炒麵加肉和蔬菜  
Stir-fry noodles with meats and vegetables
- 三明治加牛油(火腿/蛋，午餐肉/蛋，咸牛肉)  
Sandwiches with extra butter (ham/egg, spam/egg, salty beef)
- 焗飯/麵食(例如：烘烤(焗)排骨，忌廉雞，牛排/雞/魚塊)  
Baked rice/noodle dishes (example: baked pork chop, creamed chicken, steak/chicken/fish fillets)
- 餃子  
Dumplings
- 點心(新鮮或急凍)  
Dim sum (fresh or frozen)

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## Food Ideas to Help with Decreased Appetite

### 超級小吃

#### Super Snacks

- 軟麵包或糕點（蒸豬肉包/雞肉包/豆沙包/蓮蓉包/馬拉糕）  
Soft buns or cakes (steamed buns with pork/chicken/bean paste/lotus seed filling)
- 燉蛋，燉奶或蛋撻  
Egg custard, milk custard or egg tart
- 甜豆腐花或黃豆乳酪  
Sweet soft tofu or soy yogurt
- 布丁（即食或罐裝，芒果，西米）  
Puddings (instant or canned, mango, tapioca)
- 雪糕或雪芭  
Ice cream or sherbet
- 牛角包加牛油  
Croissants with butter
- 雞蛋  
Hard-boiled eggs
- 乾果  
Dried fruits
- 堅果和種子  
Nuts and seeds
- 奶油爆米花（爆谷）  
Buttered popcorn
- 餅乾和糕點（杏仁餅，菠蘿油，老婆）  
Cookies and pastries (almond cookies, 'pineapple' bun with butter, Lo Por biscuit)
- 甜紅/綠豆沙，花生糊，合桃糊，杏仁糊或芝麻糊（可加湯圓）  
Sweetened blenderized red mung bean, peanut, walnut, almond or sesame seed gruel (may add glutinous rice balls)

### 補抗飲料

#### Boostin' Beverages

- 高熱量和高蛋白質奶昔的製法：  
High energy high protein milkshake  
將下列食品放進攪拌機  
Combine in blender:
  - 250毫升（1杯）全脂奶或豆漿  
250 ml (1 cup) whole milk or soy milk
  - 125毫升（半杯）雪糕或甜豆腐花  
125 ml (1/2 cup) ice cream or frozen soy dessert
  - 65毫升（1/4杯）脫脂奶粉  
65 ml (1/4 cup) skim milk powder
- 熱牛奶加阿華田或好立克  
Hot milk with Ovaltine® or Horlicks®
- 熱杏霜  
Hot almond milk
- 用乳酪或豆腐花製成的水果冰沙  
Fruit smoothies made with yogurt or tofu
- 營養奶/飲料  
Commercial nutritional supplements drinks
- 熱全脂牛奶或豆漿加蜜糖  
Steamed whole milk or soy milk with honey

如果你已經嘗試過以上的建議而你還是不能進食或發現體重一直下降，請讓你的醫療團隊向你推薦一個營養師。

*If you have tried these ideas and you are unable to eat or are losing weight, ask a member of your care team to refer you to a dietitian.*

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This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety. Revised May 2020