

## Foods That Work for Me / Foods to Avoid

Everyone's body responds differently to treatment, and what nourishes one person may upset another. This simple two-column page is here to help you keep track of what feels good - and what doesn't.

### "Foods That Work for Me"

These might include gentle soups, room-temperature meals, non-metal utensils, soft fruits, smoothies, or specific comfort foods that sit well during treatment.

### "Foods or Things to Avoid"

Common examples include acidic foods, metal silverware, heavily processed snacks, or strong spices that cause nausea or irritation.


This isn't about restriction - it's about feeling better, one bite at a time.

Share this page with loved ones or caregivers when they ask, "What can I bring you?"



Today's challenge: \_\_\_\_\_ and Today's win: \_\_\_\_\_