

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: _____

