

Nutrition Tips for Childhood Cancer Patients

Children can struggle with side effects just like adults with cancer — help them stay healthy with these diet ideas.

November 22, 2017 By [Cancer Health Staff](#)

Nutrition plays an important role in [cancer treatment](#) for children, but side effects can make eating difficult.

Check out this slideshow of [tips and recipes](#) for keeping children healthy during cancer treatment from the Dana-Farber/Boston Children's Cancer and Blood Disorders Center.



General Tips

- Give your child **5-6 small meals** or **snacks** throughout the day
- Keep **healthy, high calorie, high protein** snacks on hand like nuts, cheese, and eggs.
- Give your child **a snack** before bedtime
- Give your child **high-calorie drinks**, like chocolate milk, whole milk, smoothies, shakes/frappes or full-fat soy milk
- Notice the time of day when your **child's appetite is at their best**, and have them eat then

[Learn more about nutrition therapy](#) during cancer treatment from the [Dana-Farber/Boston Children's Cancer and Blood Disorders Center](#).

[This article](#) was originally published in the Dana-Farber Insights blog. Check out Cancer Health's coverage of [nutrition](#) and [children's issues](#) as well.

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