

What to Bring to Chemotherapy:

Tips for Packing Your Own Food

Bringing your own food to the infusion center will help you feel more comfortable and in control. You know what you have to eat and can snack whenever you feel like it. Nutrition is important in your recovery. "Being in control of what you're eating and how you're eating it is a powerful tool when everything else around you is out of control," Andrea Mosher, a certified nutrition coach. "This is one thing you can take control of."

Containers are key, and Mosher offers these suggestions:

- Bring a container for water, either with or without a straw. An insulated beverage container can hold soup or something cold.
- A shaker bottle holds fruit, vegetable or yogurt smoothies.
- Ball jars can hold a variety of food, including a salad or overnight oats.
- Insulated bags help keep your snacks and lunch at the proper temperature. They are easy to carry and some have inserts for ice packs or utensils, or pockets for water bottles.
- Clear containers so you can see what's inside and make it easy to reach what you want when you want it. They also are reusable and can be packed the night before you go
- A favorite napkin and coaster provide a homey touch.

"Make yourself feel special and give yourself the best options when it comes to taking care of yourself with good nutrition," she said.



notes
