

Nutrition Tips for Head and Neck Radiation

- a. Your taste will be affected. Things will taste like “cardboard” and will deter you from the desire to eat. Eat anyways. Treat it like a chore, like medicine you need to survive.
- b. You can try putting MSG (monosodium glutamate) or Accent (brand) on your food to enhance flavor.
 - i. Accent found in spice isle at grocery stores (\$4.99 at Fry’s)



- ii. MSG (Spice Supreme brand \$4.19 on Amazon)



Spice Supreme M.S.G. Monosodium Glutamate, plastic shaker, 4.25-oz.
 Brand: Spice Supreme
 4.7 (14 reviews)
 3,224 ratings | 14 answered questions
 *Eligible for Prime member. Get a \$100 Gift Card. Pay \$0.00 upon approval for \$4.99 Amazon Prime Rewards Visa Card!†
 †May be available at a lower price from other sellers, potentially without free Prime shipping.
 ‡Report incorrect product information.

- c. Keep well hydrated with water and electrolyte infused drinks (Gatorade, Powerade, Liquid IV etc).
- d. Eat as much as you can (high protein diets preferably).
- e. Good supplements include Premier, Boost and Ensure or other high protein/high caloric drinks (can be purchased in bulk at dollar store, Costco, Target, etc.)



- f.
- g. Try to observe your caloric intake and get in 2000-3000 calories per day.
- h. Weigh yourself morning and evening and keep log of weights in journal.
- i. We can prescribe appetite stimulants (Megace) or you can consider medical marijuana.
- j. If you persistently lose weight, we may need to put a feeding tube in your stomach.