For more information, visit komen.org or call Susan G. Komen’s breast care helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 AM to 10 PM ET.
Common concerns
Treatment may cause side effects that can affect your diet. If you have any of the side effects listed below, be sure to tell your doctor or RD. The tips listed under each side effect may also help.

I have nausea and vomiting.
- Talk with your doctor about medications that can help.
- Eat 4-6 small meals each day.
- Try ginger tea, ginger ale or crystallized ginger, or add fresh ginger when you are cooking.
- Drink lemonade or lemon water.
- Eat bland, easy-to-digest foods that don’t have an odor.
- Eat cool or frozen foods. These may have fewer odors than warmer foods.
- Avoid foods that are spicy, fried, very greasy or very sweet.
- Cook and freeze meals to reheat during times when you feel nauseous. Reheating causes fewer odors than cooking.
- Open the windows to keep fresh air flowing. Use an overhead fan to decrease cooking odors.
- Take walks (when you can) to get fresh air.
- Talk with your health care provider about complementary and integrative therapies (such as acupressure, acupuncture, relaxation techniques, hypnosis, guided imagery and music therapy) that may help.

Foods just don’t taste or smell the same.
- Try tart foods, like lemon pudding, or try stronger seasonings, like oregano and rosemary.
- Avoid strong smelling meat, such as beef. Try chicken, turkey or eggs.

My mouth is really dry.
- Suck on hard candy or eat popsicles or fruit juice bars. They help produce more saliva.
- Add gravy, broth and sauces to your foods.

Diarrhea is a problem for me.
- Talk with your doctor about medications that can help.
- Drink plenty of fluids throughout the day. Water, broth and juice are good choices.
- Eat foods low in fiber such as pasta, cottage cheese, yogurt, white bread and smooth peanut butter. Your doctor may recommend the BRAT diet (bananas, rice, applesauce and toast).
- Avoid milk and other dairy products.

I’m constipated.
- Drink plenty of fluids every day.
- Eat high-fiber foods such as whole grain breads, fresh fruits and vegetables, brown rice and beans.
- Take a stool softener.