

# Loss of Appetite Pathfinder

## Resources for Patients & Care Partners

Pathfinders are quick access guides to credible health information. The healthcare team at WRHN Cancer Centre has approved these resources. Find out more by clicking on blue underlined text or scanning QR codes with your cellphone camera.

### Websites

Links to key websites for more information about appetite cancer.

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| <b>Canadian Cancer Society - Loss of Appetite</b><br><a href="https://cancer.ca/en/treatments/side-effects/loss-of-appetite">cancer.ca/en/treatments/side-effects/loss-of-appetite</a><br>Offers detailed information on the causes, effects, and management of loss of appetite in cancer patients.<br>  |    |
| <b>Cancer Care Ontario - Loss of Appetite</b><br><a href="https://cancercareontario.ca/en/symptom-management">cancercareontario.ca/en/symptom-management</a><br>Provides a comprehensive guide for managing cancer-related loss of appetite, including a pocket guide and algorithm.<br>                                                                                                   |  |
| <b>National Cancer Institute</b><br><a href="https://cancer.gov/about-cancer/treatment/side-effects/appetite-loss">cancer.gov/about-cancer/treatment/side-effects/appetite-loss</a><br>Discusses weight changes and cancer, including appetite loss and its implications.<br>                         |  |

### J. Wesley Graham Patient & Family Resource Centre

Volunteers can help you find more information about your cancer, symptoms, or care. They can print or email resources. Find the resource centre on the 3rd floor (main floor) of WRHN Cancer Centre.

**info@jwesleygrahamrc.ca**

**519-749-4380 x2080**

**Waterloo Wellington  
Regional Cancer Program**

Ontario Health (Cancer Care Ontario)

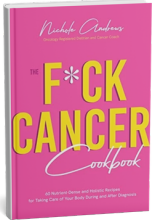
# Videos

Videos to support your learning on loss of appetite.

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| <b>Cancer Assistance Program - Nutrition for Cancer Patients</b><br><a href="https://youtube.com/watch?v=2O804MD6lk4">youtube.com/watch?v=2O804MD6lk4</a> |  |
| <b>SunnyBrook Hospital - Eating Well During Cancer</b><br><a href="https://youtube.com/watch?v=vEbs9WZAs0A">youtube.com/watch?v=vEbs9WZAs0A</a>           |  |
| <b>The Ottawa Hospital - Nutrition During Cancer Treatment</b><br><a href="https://youtube.com/watch?v=BgaE_SA78-w">youtube.com/watch?v=BgaE_SA78-w</a>   |  |

# Books

Use the legend at the bottom of this page to see where a book can be found.

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|  | <b>The F*ck Cancer Cookbook: 60 Nutrient-Dense and Holistic Recipes for Taking Care of Your Body During and After Diagnosis</b><br><b>Nichole Andrews; 2023</b><br><a href="https://goodreads.com/book/show/140367213-the-f-ck-cancer-cookbook">goodreads.com/book/show/140367213-the-f-ck-cancer-cookbook</a><br>Provides tangible steps to prevent cancer from forming, as well as build up your immunity and strength after diagnosis.   |  |
|  | <b>The Low Appetite Cookbook</b><br><b>Rob Hobson; 2025</b><br><a href="https://goodreads.com/book/show/251827067-the-low-appetite-cookbook">goodreads.com/book/show/251827067-the-low-appetite-cookbook</a><br>Offers a flexible, practical guide to eating well when you're eating less.                                                                                                                                                                                                                                       |  |

## LEGEND



Buy Online



Kitchener  
Public Library



J. Wesley Graham  
Resource Centre



Audiobook



Free Electronic  
Book

# Print-Friendly Online Resources

All of the links below will lead you to printer-friendly, online handouts. If you don't have a printer, visit or email the J. Wesley Graham Patient & Family Resource Centre to get a free copy.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p><b>BC Cancer</b> - Nutrition Information<br/> <a href="http://bccancer.bc.ca/health-info/coping-with-cancer/nutrition-support">bccancer.bc.ca/health-info/coping-with-cancer/nutrition-support</a><br/> Resources that help manage eating difficulties and decreased appetite.</p>                                                                                                                                                               |    |
| <p><b>Cancer Care Ontario</b> - Loss of Appetite<br/> <a href="http://cancercareontario.ca/en/symptom-management/3141">cancercareontario.ca/en/symptom-management/3141</a><br/> This guide is for people who have loss of appetite before, during or after cancer treatment. It can be used by patients, family, friends or caregivers.</p>                                                                                                         |    |
| <p><b>Canadian Cancer Society</b> - Eating Well When You Have Cancer<br/> <a href="http://cancer.ca/en/cancer-information/resources/publications/eating-well-when-you-have-cancer">cancer.ca/en/cancer-information/resources/publications/eating-well-when-you-have-cancer</a><br/> Provides information about eating during cancer treatment and recovery. It's written for you and the caregivers who help you plan, shop for and cook meals.</p> |    |
| <p><b>Sunnybrook Health Sciences Centre</b> - How to Eat More Calories and Protein<br/> <a href="http://sunnybrook.ca/?s=How+to+Eat+More+Calories+and+Protein">sunnybrook.ca/?s=How+to+Eat+More+Calories+and+Protein</a><br/> For people with cancer who have lost weight or have a poor appetite.</p>                                                                                                                                              |  |
| <p><b>Sunnybrook Health Sciences Centre</b> - Nutrition Supplements<br/> <a href="http://sunnybrook.ca/?s=Nutrition+Supplements">sunnybrook.ca/?s=Nutrition+Supplements</a><br/> For people with cancer who need extra nutrition.</p>                                                                                                                                                                                                               |  |
| <p><b>Waterloo Wellington Regional Cancer Program</b> - Nutrition Care Outside of the Cancer Centre<br/> <a href="http://wrhn.ca/resources/nutrition-care-outside-cancer-centre">wrhn.ca/resources/nutrition-care-outside-cancer-centre</a><br/> Offers resources including RD services, nutrition classes, and websites regarding nutrition.</p>                                                                                                   |  |

# Programs & Group Classes

In-person or online support groups/classes that help you connect to others with similar experience.

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| <b>BC Cancer - Nutrition Services</b><br><a href="https://bccancer.bc.ca/our-services/services/supportive-care/nutrition#Group--classes">bccancer.bc.ca/our-services/services/supportive-care/nutrition#Group--classes</a><br>Offers nutrition services for cancer patients, including meetings with dietitians and online classes. |          |
| <b>Cancer Assistance Program</b><br><a href="https://cancerassist.ca/nutrition-and-cancer/">cancerassist.ca/nutrition-and-cancer/</a><br>Offers practical tips for dealing with taste changes, appetite loss, and difficulty swallowing during cancer treatment.                                                                    |          |
| <b>Canadian Cancer Society</b><br><a href="https://cancerconnection.ca/s/">cancerconnection.ca/s/</a><br>A safe, online, peer support community for people with cancer to connect, learn, and share experiences. Care partners welcome.                                                                                             |                                                                                                                                                                                |
| <b>HopeSpring Cancer Support Centre</b><br><a href="https://hopespring.ca">hopespring.ca</a><br>A community-based, charitable organization dedicated to supporting individuals and families impacted by cancer.                                                                                                                     |    |
| <b>InspireHealth</b><br><a href="https://inspirehealth.ca/programs-services/classes-programs/">inspirehealth.ca/programs-services/classes-programs/</a><br>Offers accessible classes and programs for all cancer patients.                                                                                                          |    |
| <b>Wellspring Cancer Support - Nourish</b><br><a href="https://wellspring.ca/program/nourish/">wellspring.ca/program/nourish/</a><br>Wellspring's Nourish programs cover a variety of nutritional topics.                                                                                                                           |    |

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



cancerpatiented@wrhn.ca



[cancerwaterloowellington.ca](https://cancerwaterloowellington.ca)

