

FOOD INTAKE & SIDE EFFECTS LOG

Keeping track of your loved one's food intake, side effects, and overall well-being is very important during cancer treatment. Seeing how food choices may affect side effects can provide insights for you, your loved one and members of the healthcare team. You may only need to track food intake and side effects at certain times during treatment. If you are concerned about a decline in food intake, monitor your loved one's weight. Ask members of the healthcare team what you can do to help. Be sure to note whether the day being recorded is a treatment day for your loved one.

WORKSHEET FOR CAREGIVERS

Time of day	Food & beverages	Amount	How does your loved one feel? List any side effects.
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Circle your loved one's overall well-being for the day (0 is the worst, 10 is the best).

0 (worst) 1 2 3 4 5 6 7 8 9 10 (best)



Get the LLS Health Manager app

Track meals, side effects, and more!



LEUKEMIA &
LYMPHOMA
SOCIETY
OF CANADA*

Never hesitate to contact us, we're here to help!

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