





1. The following information is for informational purposes only and is not intended to be used as a substitute for medical advice from your healthcare provider.

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About [Hypoglycemia \(Low Blood Sugar\)](https://sandbox18.mskcc.org/cancer-care/patient-education/about-hypoglycemia-low-blood-sugar) (<https://sandbox18.mskcc.org/cancer-care/patient-education/about-hypoglycemia-low-blood-sugar>)

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1. The first line of the document is a header consisting of a series of black squares.

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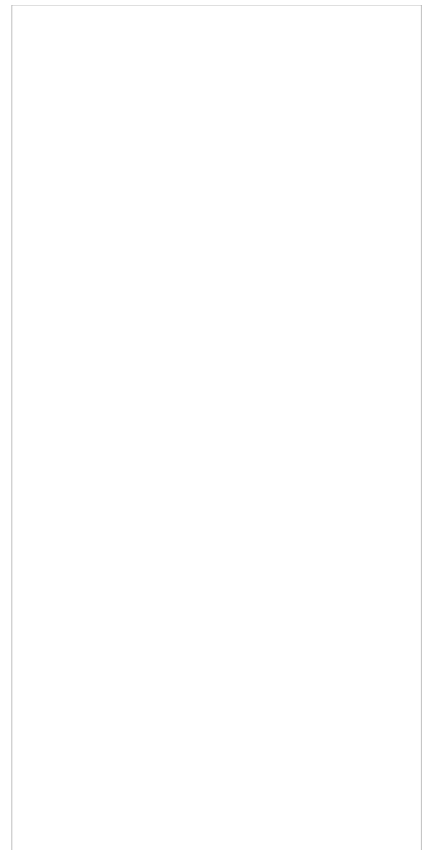
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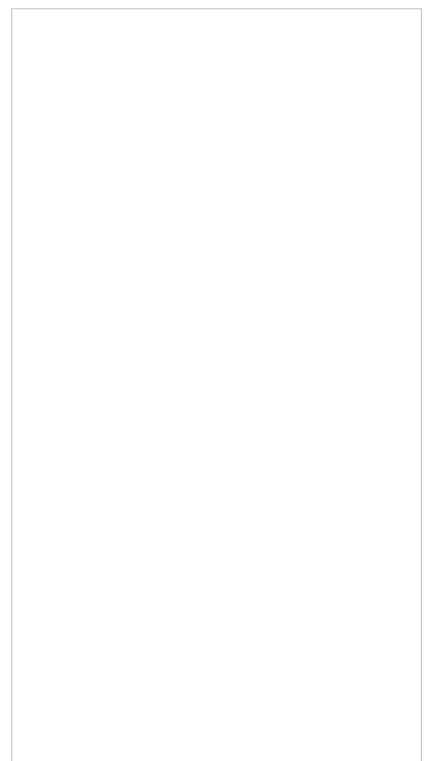


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Diagram illustrating the construction of a decimal expansion using a sequence of 100 squares arranged in four rows of 25 squares each. The first three rows are labeled with fractions $\frac{3}{4}$, $\frac{1}{2}$, and 3 respectively. The fourth row is labeled with a period and a parenthesis, indicating a decimal expansion.



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■ ■ ■ ■ ■ ■ ■ ■
Cheerios ■ ■ ■ ■ ■ ■ ■ ■



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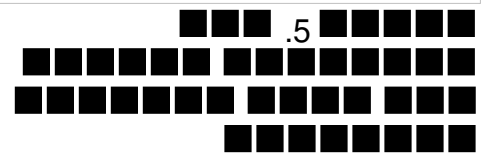
■■■■ Cheerios: 29 ■■■■ ■■ ■■■■■■■■ ■■■■■■■■■■
 ■■■■ 12 :%1 ■■■■■■ ■■■■ ■■■■■■■■ ■■■■■■■■ ■■■■■■■■■■
 ■■■■ 41 = ■■■■ 12 + ■■■■ 29

■■■■■■ ■■■■ ■■■■■■■■ Cheerios ■■■■■■ ■■ ■■■■■■■■ ■■■■■■■■ ■■■■
 1/2 1 ■■■■ ■■■■■■■■ ■■■■■■■■ ■■■■ ■■■■■■■■ 41 ■■■■ ■■■■■■■■■■ ■■■■ %1
 ■■■■ %1 ■■■■■■■■ ■■ ■■■■ ■■■■■■ Cheerios (■■■■■ 32) ■■■■
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 .(5 ■■■■■■ ■■■■■■)



www.MyFitnessPal.com
www.CalorieKing.com

[illegible]

When you have chemotherapy, you may experience changes in your taste. These changes can affect the way you eat and drink. It's important to eat a healthy diet and stay hydrated. You may find that certain foods taste better or worse than others. Try to eat a variety of foods and drink plenty of fluids. If you have trouble eating or drinking, talk to your healthcare provider. They can help you find ways to manage your symptoms.

- Eat small, frequent meals instead of three large meals.
- Try different cooking methods, such as baking, broiling, or grilling.
- Use herbs and spices to add flavor to your food.
- Avoid strong odors, such as cooking oil or perfume.
- Drink plenty of fluids, such as water, juice, or broth.
- Avoid alcohol and caffeine.
- Eat a variety of foods, including fruits, vegetables, and protein.
- If you have trouble swallowing, eat soft foods and drink plenty of fluids.
- If you have trouble chewing, eat soft foods and drink plenty of fluids.
- If you have trouble digesting food, eat small, frequent meals and avoid fatty foods.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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For more information, visit www.mskcc.org/patient-education/managing-taste-changes-during-chemotherapy.

