



NUTRITION DURING TREATMENT

What to Eat

It is important to remain well nourished during treatment in order to keep up your strength, stamina, and defend against infection. A balanced diet during treatment can also prevent body tissue breakdown. Plan to include fruits, vegetables, whole grains, healthy fats, and lean protein in your diet daily.

- Aim for 6-8 small frequent meals per day, in order to better meet increased protein and calorie needs. Some treatment can result in side effects that require specific dietary modifications. Your Registered Dietitian will be there to support you through this transition.

Meet Your Protein Needs

Protein is essential for tissue growth and repair, preservation of muscle mass, and immune function. Include a protein source with all meals and snacks.

- Ideal sources of protein include fish, poultry, eggs, low fat dairy, nuts, beans, peas, soy, and lentils.

Remember to Stay Well Hydrated

Fluid is needed to regulate body temperature, deliver nutrients to our cells, and keep our organs functioning properly.

- Aim to consume 8 to 10 cups of fluid per day

Get Moving

Current research suggests that when activity is continued during treatment it can improve quality of sleep and bone strength as well as reduce loss of muscle mass, fatigue, anxiety, and depression during treatment. Be sure to listen to your body, and rest when you need to.

- Aim: 150 min of moderate intensity activity per week with muscle strengthening 2x per week

Nutrition for Cancer Prevention



1

Maintain or Achieve a Healthy Body Weight

Excess body weight is associated with an increased risk of several types of cancer, including breast cancer.

2

Limit Added Sugars and Solid Fats

Limit intake of these foods as they contain lots of calories but few nutrients, which can lead to undesired weight gain

3

Include Vegetables, Fruits, and Whole Grains

These foods are linked to lower cancer risk. Aim to fill half of your plate with non-starchy vegetables and make at least half your grains whole grains.

4

Moderate Your Portions of Red and Processed Meat

Studies suggest a link between colon and other types of cancer and red meat. This is especially true of processed meat like ham, bacon, and hot dogs, preserved with nitrates and nitrites.

5

Increase Consumption of Plant Based Protein

Beans, lentils, nuts, and seeds are sources of protein, iron, potassium and fiber. Consuming plant based protein is associated with a reduced risk of certain cancers.

6

Avoid or Limit Alcohol

Consume no more than 1 alcoholic drink per day for women or two drinks for men. A serving is: 1 1/2 oz hard liquor, 5 oz of wine, or 12 oz of beer.

7

Choose Food First

Choose nutrient rich whole foods as these are the best source of nutrients for cancer prevention. Talk to your healthcare provider before taking any supplements.

NUTRITION FOR SIDE EFFECTS MANAGEMENT

NAUSEA

- Consume small frequent meals, slowly
- Consume food cold or at room temperature, as hot foods produce stronger odors, which may exacerbate nausea
 - Sit up while eating.
- Avoid laying down 2-3 hours after eating
- Rinse your mouth out before and after eating.
- Use tart hard candies, like lemon or ginger, to cleanse your palate
- Use anti-nausea medications as prescribed
- Foods encouraged: toast, crackers, sherbet, popsicles, skinless chicken, oatmeal, broth, and pretzels.
- Food to avoid: fatty, greasy, spicy, and odorous foods

WEIGHT LOSS

- Opt for small frequent meals 6-8x per day
- Consume high protein foods like chicken, fish, eggs, yogurt, lentils, and beans first
- Keep nutrient dense snacks on hand like Greek yogurt, boiled eggs, nut butters, dried fruit, cheese, and whole grain crackers
- Drink fluids before and after meals vs. during
- Consider consuming high calorie oral nutrition shakes



FATIGUE

- Consider temporarily using convenience foods like ready to eat items, frozen dinners, canned or frozen produce, instant rice, and prepared pasta sauce. Read food labels in order to determine healthier options
- On days when you're feeling able, prepare food for the week. Freeze left overs in meal size portions

CONSTIPATION

- Increase fluid intake
 - Aim for 8-10 cups per day
 - Increase your intake of high fiber foods
- Include fruits, vegetables, and whole grains in your diet
- If gas develops, limit intake of foods known to exacerbate symptoms including cabbage, beans, cauliflower, onions, and carbonated drinks
 - Increase physical activity
- You may find prune juice, decaffeinated tea, or hot lemon water beneficial

DIARRHEA

- Increase fluid intake
- Enjoy fluids at room temperature, as these are easier to tolerate
- Consume small frequent meals 6-8x per day, rather than 3 large meals
- **Foods encouraged:** rice, noodles, well cooked eggs, apple sauce, bananas, pureed vegetables, skinless chicken, fish, mashed potatoes, yogurt, and white bread
- **Foods to avoid:** raw fruits and vegetables rich in fiber like broccoli, corn, cabbage, beans, cauliflower, or onions, spicy, greasy, fatty, or fried foods, alcohol, and caffeine