

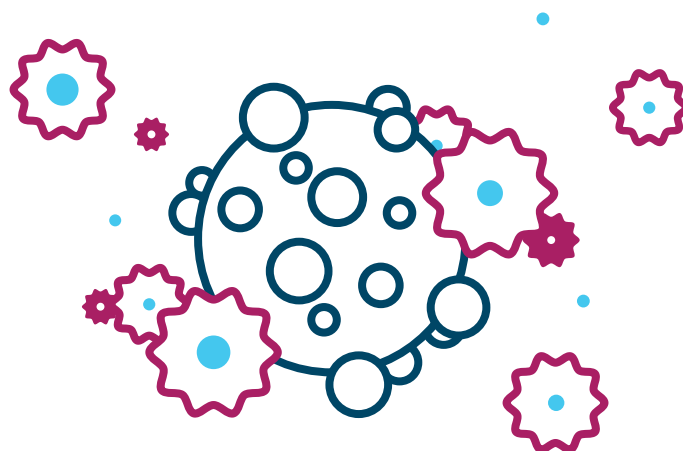
GOOD NUTRITION DURING YOUR CANCER JOURNEY

GOOD NUTRITION IS IMPORTANT BEFORE AND DURING TREATMENT

Everyone's experience with cancer is unique, and treatments can affect people differently. Focusing on good nutrition and regular physical activity will help you maintain your strength and may help you better tolerate your treatment.

Good nutrition can help you:

- Keep your immune system functioning well – and help lower your risk of infections¹
- Complete treatments with fewer side effects^{2,3}
- Recover after treatment
- Shorten the length of time you're in the hospital,^{3,4} if time in the hospital is necessary



CANCER AND CANCER TREATMENTS MAY CAUSE YOUR BODY TO UNDERGO CHANGES THAT AFFECT HOW WELL IT TAKES IN AND USES NUTRIENTS.

SOME SYMPTOMS YOU MAY EXPERIENCE INCLUDE

Losing your appetite
Feeling full quickly
Foods tasting differently
Feeling nauseated
Dry mouth
Trouble swallowing
Vomiting
Diarrhea
Muscle loss, muscle weakness
Weight loss
Fatigue



WHICH MAY LEAD TO

Eating and drinking less
Decreased ability to absorb
nutrition from food
Changes in your body's ability
to use nutrition for energy



WHICH CAN LEAD TO

Malnutrition



HOW DO YOU KNOW IF YOU'RE AT RISK FOR MALNUTRITION OR ARE CURRENTLY MALNOURISHED?

Poor nutrition is caused by the inability to eat or take in nutrients, or changes in digestion and absorption.⁵ Malnutrition can cause muscle loss and loss of strength, making it hard to maintain health and independence.⁶ Malnutrition can also impact how well a person tolerates cancer treatment.⁷

Your healthcare team may ask you questions like these during your visits to help determine your nutritional status:⁸

- Have you recently lost weight without trying?
- Have you noticed any changes in the types and amounts of foods you eat?
- Do you have any problems with the desire or ability to eat, like loss of appetite, trouble digesting foods, or pain?
- Are you able to walk and do other routine activities like preparing a meal, getting dressed, making your bed, getting out of a chair, or taking a shower?

THE IMPORTANCE OF GOOD NUTRITION

Eating a variety of healthy foods can help provide the nutrients your body needs before, during, and after treatments. You'll need calories for energy, along with essential vitamins and minerals. You'll also need high quality proteins to help maintain muscle mass.



PROTEIN

Include high-quality protein in every meal and snack.

Milk, yogurt, and cheese

Eggs

Lean red meats

Poultry

Seafood

Beans and peas

Nuts & seeds

Tofu

Oral nutritional supplements



FRUITS

Go for a variety of whole or cut-up fruits – they're loaded with fiber and other key nutrients.

Apples, pears

Bananas

Grapes

Mangoes, kiwi fruit

Oranges, tangerines

Watermelon, cantaloupe



VEGETABLES

Eat a variety of colorful cooked or fresh vegetables gives you fiber, vitamins, and minerals.

Carrots

Eggplant

Green leafy vegetables

Peppers

Tomatoes

Sweet potatoes

Zucchini



GRAINS

Vary the grains you eat and make at least half your grains whole grains.

Whole grains:

Brown rice

Oatmeal

Whole wheat pasta

Wild rice

Refined grains (limit these)

Bagels

Cornflakes

Pasta

Soda crackers

White bread

White rice



DAIRY

Choose milk or yogurt for protein, calcium and other nutrients.

Milk

Yogurt

Greek yogurt

Soy milk

Cheese

ORAL NUTRITIONAL SUPPLEMENTS ARE A GOOD OPTION TO INCREASE YOUR NUTRITIONAL INTAKE

Your healthcare team may recommend oral nutritional supplements for additional nutrition before, during, and after treatment.

Oral nutritional supplements can help:

- Increase your protein and calorie intake
- Maintain your weight during treatment⁹
- Provide nutrients when your appetite is low



How to use oral nutritional supplements

- Drink one with a meal or as a snack
- Consider chilling them or serving them with ice
- Mix them with other foods, like ice cream or frozen yogurt
- Heat them gently for a warm treat
- Use them to make a smoothie or milkshake



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