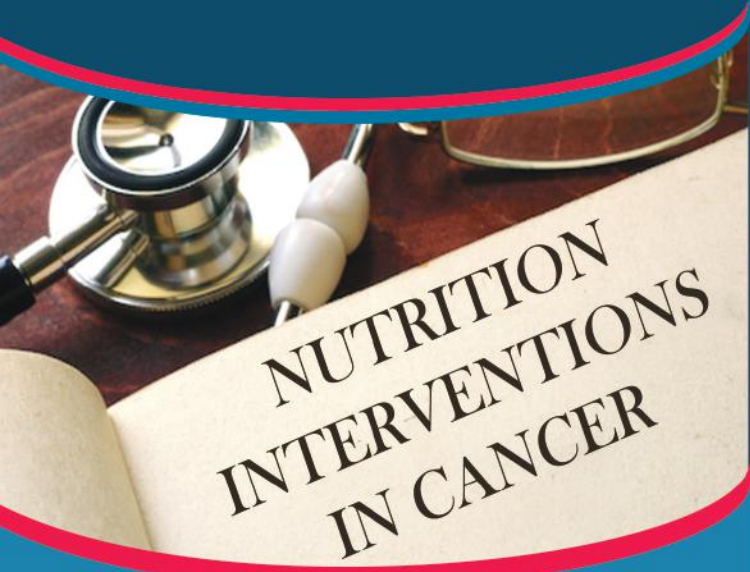




Nutrition Interventions In Cancer



- ▶ **Eating well during treatment may help patients to:**
 - ▶ Preserve their strength and energy.
 - ▶ Maintain their weight.

- ▶ Better tolerate treatment-related side effects.
 - ▶ Protect themselves from infections.
 - ▶ Recover faster

▶ **Diet Therapy in Cancer** ◀

Side effects

Cancer treatment often causes side effects and these side effects may make it difficult to eat or drink:

- ▶ If you have a metallic taste in your mouth, suck on mints, chew gum or try fresh citrus fruits.
- ▶ If you have mouth sores or a gum infection, use a blender to make the texture of vegetables and meat smooth.
- ▶ If water tastes unpleasant to you, take in more liquid through foods and other drinks. Water and meat are the two most common items that become distasteful during chemotherapy.
- ▶ If you can't give pleasure of eating meat, try other sources of protein such as eggs, low-fat dairy, beans and fish.
 - ▶ If food tastes bland, try seasoning it with flavorful spices. For example, try using lemon, garlic, cayenne, dill and rosemary.
 - ▶ If you have mouth sores, you may need to choose non-acidic and non-spicy foods until it heals. Rinsing your mouth with salt water after meals may also be helpful.
- ▶ If you have diarrhea, avoid greasy and fried foods, caffeine, sugary drinks, fruit juices, salad greens, raw produce and sugar alcohols.



- ▶ Eating cool foods instead of warm foods, chewing on crystallized ginger and sipping on peppermint or ginger tea can help discourage nausea.

▶ **Diet Therapy after** ◀ **Cancer Treatment**

- ▶ **Some tips for healthy eating:**
 - ▶ Checking food or diet restrictions with cancer care team.
 - ▶ Creating a balanced dietary pattern.
- ▶ Trying to eat a variety of colorful fruits and vegetables each day.
 - ▶ Eating plenty of high-fiber foods, like whole-grain breads and cereals.
- ▶ Limiting intake of red meat (beef, pork or lamb) and processed meat.
- ▶ Consuming low-fat milk and dairy products.
 - ▶ Increase antioxidants to protect cells and build new cells.
- ▶ **Cancer fighting foods:**
Cruciferous vegetables , Green tea , Garlic, Berries , Mushrooms , Turmeric , Green leafy vegetables



Nutrition Interventions
In Cancer

Nutrition Interventions In Cancer



It's very important to maintain proper nutrition before, during and after cancer treatment.

► Dietary Risk Factors ◀

► Increased risk:

Red and processed meat , Fried, grilled, charred foods high in AGEs , Saturated and trans fat, Chemical exposure

► Nutrition Interventions in Cancer ◀

Cancer is a complex disease that results from multiple interactions between genes and the environment, and also causes morbidity and mortality worldwide.

Nutritional intervention is mandatory as an adjuvant to any treatment, as it improves nutrition parameters, body composition, symptoms, quality of life and ultimately survival.

Malnutrition and a loss of muscle mass are frequent in cancer patients and have a negative effect on clinical outcome. Malnutrition ensues from an inflammatory state that promotes anorexia and consequently, weight loss. This situation can influence on treatment outcomes, delay wound healing, worsen muscle function and increase the risk of post-operative complications. All cancer patients should be screened regularly for the risk or the presence of malnutrition.



► Decreased risk:

Diet high in fruits and vegetables , Whole grains , Vitamin D , Healthy weight

► Nutritional Assessment in Cancer ◀

Nutritional assessment should be done as early as possible and it should be repeated in the course of treatment. Body composition provides valuable information in the management of cancer patients, as imaging methods detect loss of muscle mass, as well as fatty muscle infiltration. In cancer patients, who are at risk of malnutrition, sarcopenia and cachexia, muscle mass should be assessed.

► Nutritional Intervention in Cancer ◀

Nutritional interventions will vary according to patients' medical history and type and stage of cancer. Proper nutrition can alleviate symptoms, improve health and support cancer survival.