

EAT WELL DURING CANCER

Helping you to cope with common side-effects
of cancer and cancer treatment



ABOUT THIS GUIDE

This guide is for people living with cancer who may be struggling to eat or drink normally due to the side-effects of cancer or treatment.

Receiving a cancer diagnosis and going through treatment can be an incredibly challenging time. We are here to support you by providing guidance on how to cope with these side-effects to help support your well-being and recovery.

If you are living with cancer or having cancer treatment, you might not be able to eat and drink what you are used to, or as much. This can be difficult, especially if you have always enjoyed your food and now find mealtimes challenging.

If you are losing weight or are having difficulty eating, you may need to make some changes to your diet for a while. Everyone's experience is different, so not all the advice in this guide will be a perfect fit for you but you may find some of our suggestions helpful.

If you are experiencing any symptoms or side-effects, discuss them with your cancer care team. As well as their guidance, we hope that the tips and recipes in this guide will help you cope with your side-effects, while making you feel a bit better and helping you enjoy food again. If you are struggling with your diet and have not seen a dietitian, consider asking your doctor for a referral.

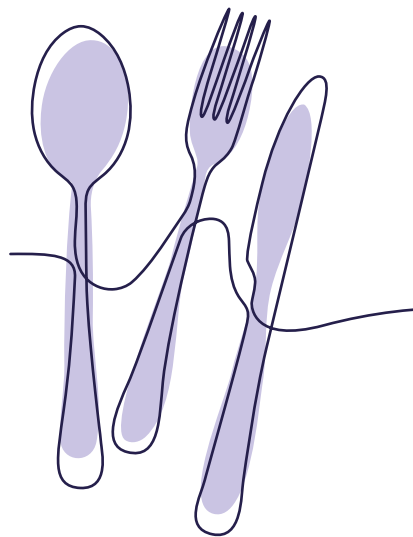


The advice in this guide is generally safe for most adults living with cancer. However, if it differs from the advice of your cancer care team, it's best to follow their guidance, as it will be tailored to your needs. While many suggestions in this booklet are safe, they may not work for everyone.



This guide may not be suitable for those eating very little, experiencing significant unintentional weight loss or receiving palliative care. If you follow a special diet for health conditions like heart disease, diabetes or renal failure, or if you've had a colostomy or ileostomy, this guide may not be suitable either. Specialised information and advice are necessary.

If you have completed treatment or returned to normal eating, our website wcrf.org offers information on healthy eating and keeping active, which may be more relevant to you. For more living with cancer resources, find out more at the back of the guide.



This guide has been written with support from the **British Dietetic Association Oncology Specialist Group** to ensure that the information is based on the latest scientific evidence and practical expert advice.

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Recipe photography: Alan Langley (pages 17, 50), Clare Winfield (pages 19, 24, 37), Matilda Bourne (pages 21, 31, 53) and Christine Taylor (pages 28, 41, 45).

COMMON QUESTIONS ANSWERED

When you are going through cancer treatment, you may have questions about what you should eat and drink. Here, we answer some of the most common questions about diet during cancer and cancer treatment.



Do I need to follow a 'cancer-fighting' or 'fad' diet?

Diets that claim to help you fight cancer get a lot of media attention and can seem very appealing, but there is no scientific evidence that following any type of diet can cure cancer or replace cancer treatments.

Cancer and cancer treatment can be tough on your body. During this time, it is important to give your body the calories (energy) and nutrients it needs. Some 'fad' diets suggest cutting out certain foods or eating a very restrictive diet, meaning you might not get enough nutrients to support your body right now. That is why it is best to eat a healthy, balanced diet where possible or speak to your cancer care team for more advice.

Should I be following a vegan diet?

There is no evidence to suggest that following a vegan or plant-based diet gives you any advantages during cancer treatment compared to a diet that includes meat. However, including more plant-based foods in your diet like fruit, vegetables and pulses (like beans, chickpeas and lentils), can support your health by giving your body essential nutrients like vitamins, minerals and fibre.

If you want to change your diet, always talk to your cancer care team first. They can make sure you are still getting all the essential nutrients your body needs.

Should I avoid sugar if I have cancer?

There is no strong evidence to show that avoiding sugar can stop cancer cells growing or that sugar directly causes cancer. If you choose to restrict how much sugar you have, you might also restrict how many fruit and vegetables you eat. Eating a variety of fruit and vegetables gives you many essential vitamins and minerals that can support your health and recovery.

However, for general health, you should try to limit how much sugar-sweetened food and drinks you have such as sugary soft drinks, cakes, biscuits, chocolate and sweets.

If I follow the advice in this guide, do I still need to take my medication?

Although making changes to your diet and lifestyle can help to reduce your risk of cancer, there is no evidence that these changes can cure cancer. That is why it is very important to keep taking the medication your doctor gives you. **If you think you do not need a medication any more, always talk to your doctor – do not stop taking your medicine without checking first.**

As with all medication, it is important to check if it interacts with any food or drinks by asking your cancer care team, pharmacist or by reading the patient information leaflet that comes with your medication.

Should I take supplements during my cancer treatment?

Most people do not need to take supplements, as long as they are following a healthy, balanced diet. Some supplements may even make cancer treatments like chemotherapy and radiotherapy less effective.

The safest thing to do is speak to your cancer care team, who can check if any of your vitamin or mineral levels are low. It may be that some small changes to your diet can help bring these back into a healthy range. In some cases, your doctor or dietitian will prescribe you a supplement that is safe and will not have a negative effect on your treatment.

If you are considering taking supplements or homeopathic, natural or herbal remedies not prescribed to you, discuss this with your doctor to ensure they are safe.



For more frequently asked questions (FAQs), visit our website at wcrf.org/cancerfaqs

Do you have any other questions regarding nutrition and cancer?

Our **Cancer and Nutrition Helpline**, staffed by oncology dietitians, aims to provide nutritional information and support to people living with cancer.

Call **0300 102 2523** (FREE from all mobile phones and landlines) or email helpline@wcrf.org with any questions you may have.



WEIGHT AND ENERGY CHANGES



// I was diagnosed with oesophageal-gastric cancer in the early 2000s and underwent surgery to remove my oesophagus and three quarters of my stomach, so right from then my way of eating and nutrition needs changed forever.

With a new stomach, I could not manage main meals and instead went to 5–6 very small portions every day. They needed planning so that I did not lose too much weight, and to make sure my body was getting the nutrients I needed.

All these years later, I am still eating small meals and having a drink in between, but it is easy to skip a meal or have less healthy snacks instead which I still suffer for.

It is so important that you eat well – it will help when undergoing any cancer treatment to cope with side-effects and support your well-being.

Dave Chuter

WEIGHT LOSS

Cancer and cancer treatments can make eating difficult where you might not feel hungry or you may have trouble eating enough. This can make it harder for your body to get the nutrients it needs and you might lose weight. Many cancer patients experience this, so you are not alone.

What can help?

The best way to slow down or stop weight loss is to make sure you eat and drink as many calories (energy) as possible. When you have cancer, you may also lose muscle, so it is also important to choose foods rich in protein to help your body maintain muscle and repair tissue.

Here are some tips to help you get enough calories and protein from what you eat and drink every day:

- Have 5–6 smaller meals or snacks throughout the day and eat your largest meal when you're hungriest.
- Keep convenient snacks with you at home and when you are out, such as a fruit and nut mix, nut or oat bars, yoghurt pots, boiled eggs, cheese sticks and fortified drinks.
- If eating is difficult, swap snacks for fortified drinks like homemade smoothies or milkshakes with whole milk and skimmed milk powder. **Try our Fruit smoothie on page 37.**
- Cook with vegetable oils such as rapeseed, olive and sunflower oil instead of steaming or boiling to increase the calories.
- Avoid having clear soups as a meal, like chicken broth or miso soup, as they can fill you up without giving you many calories.
- If drinking makes you feel full, try not to drink while eating so that you can eat as much as possible at mealtimes.



Choosing what to eat

High-fat food

Fat gives you more calories than any other nutrient. If you are losing weight, eat foods with more fat to help you get the calories you need.

It is better to eat food with unsaturated fat, such as vegetable oils, nuts, seeds, avocados and fish (like salmon and mackerel), and limit food with saturated fat, such as crisps, biscuits, pastries, chocolate, cakes and fast food like fried chicken and chips.



Protein-rich food

Muscle loss is a common side-effect of cancer. Your body needs protein to keep your muscles and bones healthy and strong, but also to repair tissue.

Protein-rich foods include:

- pulses like beans, chickpeas and lentils
- soy foods like tofu, soy chunks and soya milk
- unsalted nuts and seeds
- eggs
- milk, cheese and yoghurt
- chicken, turkey and fish

Red meat is rich in protein too, but it is best to eat it less often.



If you find it difficult to get enough protein from food alone, speak to your cancer care team for personalised advice and support.

Fortified drinks

If you are not feeling hungry but need extra calories and protein, fortifying your drinks can be a helpful. Your cancer care team can prescribe ready-made fortified drinks if needed or you can prepare your own mix at home.

To make your own fortified mix:

Combine 2–4 tablespoons of skimmed milk powder (or a plant-based alternative such as pea powder) with 2¼ cups whole milk (or a plant-based alternative such as whole oat milk).

Store it in the fridge and use it in hot drinks, smoothies, milkshakes, cereal, porridge or for general cooking.



Guidance on specific food groups

Red and processed meat

Red meat (such as beef, pork, veal, goat and lamb) is a good source of protein and important nutrients like iron and vitamin B12, so can form part of a healthy, balanced diet.

However, we have strong scientific evidence that eating processed meat and too much red meat increases bowel cancer risk. For that reason, we recommend eating no more than three portions of red meat a week, and eating little, if any, processed meat (like bacon and ham).

Dairy foods

Dairy foods such as milk, cheese and yoghurt can be part of a healthy, balanced diet since they are a good source of calories, protein and essential minerals like calcium.

It is better to have dairy products like butter and ghee less often because they are particularly high in saturated fat. To lower the amount of saturated fat you are having while still getting enough calories, you can replace butter or ghee with vegetable oils and spreads.

Many plant-based dairy alternatives like oat, almond and rice drinks are low in calories and protein. Fortifying them with protein powder such as pea, flaxseed, brown rice or soya varieties can increase the amount of protein you are having.

Many plant-based dairy alternatives may lack nutrients like calcium too, so choose versions fortified with vitamins and minerals.



If you are still losing weight, eating enough calories and protein should be a priority, so choosing higher-fat dairy products can be useful for a while.

Fruit and vegetables

Fruit and vegetables provide a range of essential vitamins, minerals and fibre that are good for your overall health, but because they are a good source of fibre, they can make you feel full while not giving you many calories.

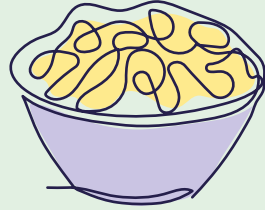
It is important that you keep eating fruit and vegetables, but choose higher-calorie options such as bananas, dried fruit, olives, corn, peas, avocados and sweet potatoes. You can also cook vegetables with vegetable oil to increase the calories, and serve fruit with full-fat natural yoghurt with nuts and seeds on top.



Adding calories and protein to meals

Breakfast cereals, porridge and puddings:

- unsalted nuts and seeds
- banana or dried fruit
- whole or fortified milk (or plant-based alternatives)
- full-fat natural yoghurt



Salads:

- avocado, sweetcorn or potatoes
- unsalted nuts and seeds
- pulses (like beans, chickpeas and lentils)
- houmous or tahini
- tofu, tempeh, soy chunks or falafel
- cheese like cheddar or mozzarella
- chicken, turkey, oily fish (like salmon) or hard-boiled eggs
- oil-based or yoghurt dressings
- croutons



Sandwiches, wraps and crackers:

- spreads like nut butter, houmous, guacamole or cream cheese
- cottage cheese
- reduced sugar and salt baked beans
- dal or curried potatoes
- boiled eggs or egg mayonnaise
- chicken, turkey or tinned fish



Casseroles, curries, stews, sauces and soups:

- pulses (like beans, chickpeas and lentils)
- potatoes, parsnips, sweetcorn or peas
- tofu, tempeh or soy chunks
- whole or fortified milk (or plant-based alternative)
- full-fat natural yoghurt or crème fraîche
- chicken, turkey or fish
- more oil when cooking
- serve with brown rice, wholemeal bread or wholewheat pasta



Snacks to try:

- unsalted nuts and seeds
- nut or oat-based bars
- vegetable sticks with guacamole, houmous or raita
- full-fat natural yoghurt with granola, banana or dried fruit
- fruit smoothie with whole milk or skimmed milk powder
- wholemeal pitta with cottage cheese, nut butter, sliced banana, hard-boiled egg, baked beans or tinned fish
- baked samosas or baked akara



If you have made changes to your diet but keep losing weight or cannot put weight on, ask your cancer care team for support. In the meantime, prioritise high-calorie and protein-rich foods.

Your shopping list

Food type	Per serving	
	High calorie	High protein
Pulses like chickpeas, lentils, soybeans, kidney beans, black beans		✓
Nuts, nut butter, seeds, houmous, tahini	✓	✓
Bananas, dried fruit, avocado, potatoes, yam, plantain, parsnips	✓	
Rapeseed, olive, sunflower and other vegetable oils and spreads	✓	
Tofu, tempeh, soy chunks, Quorn		✓
Full-fat milk and yoghurt	✓	✓
Skimmed or semi-skimmed milk, skimmed milk powder, lower-fat yoghurt, soya drinks		✓
Cottage cheese, ricotta		✓
Cream cheese and full-fat cheese like paneer, halloumi, cheddar, mozzarella	✓	✓
Eggs		✓
Poultry like chicken, turkey, duck		✓
Non-oily fish like cod, haddock, tilapia		✓
Oily fish like salmon, mackerel, red snapper, sardines	✓	✓
Red meat like beef, pork, veal, goat, lamb (eat less often)	✓	✓

Roasted red pepper houmous with wholemeal pitta



Snack recipe | Serves 12

INGREDIENTS

100g roasted red peppers,
roughly chopped

1 x 400g tin chickpeas,
drained and rinsed

25g tahini (sesame paste)

1 clove garlic, finely diced

2 tbsp freshly squeezed
lemon juice (to taste)

½ tsp ground cumin

Freshly ground black pepper

6 wholemeal pitta breads

METHOD

1. Combine all the ingredients except the black pepper. Process the mixture until smooth.
2. Season to taste with pepper and serve with toasted wholemeal pitta wedges.



Calories
149

Protein
6.3g

Fibre
4.2g

Fat
2.2g

Sugar
1.2g

Salt
0.48g

5 A DAY
< 1

Nutrition breakdown (per serving)

Banana porridge with granola



Serves 2

INGREDIENTS

For the granola:

10g unsalted cashew
nuts

10g unsalted peanuts

60g rolled oats

2 tsp sesame seeds

½ tsp ground cinnamon
powder

1 tsp vanilla bean paste

3 tsp honey/maple syrup

1 tsp olive oil

1 banana, sliced

Tahini (optional)

For the porridge:

60g rolled oats

200ml skimmed milk/
oat milk

1 tsp honey

METHOD

1. Preheat the oven to 200°C/Fan 180°C.
2. In a small bowl, mix together the cashews, peanuts, 60g rolled oats, sesame, cinnamon, vanilla, honey (or maple syrup) and oil. Mix well until the mixture is slightly sticky and clusters together.
3. Place a sheet of greaseproof paper onto a baking tray and spread the granola mix onto the tray in an even layer. Pop the mix into the oven for 8–10 minutes until browned. Do not worry if the mix is a little soft when you take it out; it will firm up as it cools.
4. To make the porridge, add the remaining 60g of rolled oats, milk and honey into a medium saucepan and bring to a gentle simmer. Once the porridge has thickened to your preferred consistency, turn off the heat and serve into bowls. Top with sliced banana, a sprinkling of the granola (and a drizzle of tahini if you are using it).

Calories
447

Protein
14.2g

Fibre
6.3g

Fat
13.2g

Sugar
21.9g

Salt
0.12g

5 A DAY
0.5

Nutrition breakdown (per serving)



TOP TIP

To increase the calories and protein in this dish, swap skimmed milk with whole milk or fortified milk, or add extra nuts and seeds like pecans, walnuts, linseeds and chia seeds.

Red kidney bean enchiladas



Serves 4

INGREDIENTS

1 tbsp vegetable oil
1 onion, diced
1 red pepper, cut into strips
1 clove garlic, crushed
½ tsp hot chilli powder
1 tsp ground cumin
400g tin chopped tomatoes
400g tin red kidney beans, drained and rinsed
8 wholemeal tortillas
1 red onion, chopped
2 tomatoes, chopped
80g iceberg lettuce, cut lengthways into strips
50g Cheddar cheese, grated



High in fibre

METHOD

To make the tomato sauce:

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions and red pepper and cook until they start to soften. Then add the garlic and cook for a further minute.
3. Add the hot chilli powder and ground cumin and cook for a further 2 minutes.
4. Add the tinned tomatoes and red kidney beans and cook for 2–3 minutes until the red kidney beans have been heated through thoroughly.

To assemble the enchiladas:

1. Heat the tortillas according to packet instructions.
2. Open the first tortilla and spread some of the tomato sauce across the centre of the tortilla.
3. Sprinkle on some red onion, tomato, iceberg lettuce and cheese.
4. Fold up the tortilla to encase the filling and repeat for the rest of the tortillas. Serve immediately.

Calories
505

Protein
22g

Fibre
17g

Fat
12g

Sugar
15g

Salt
1.1g

5 A DAY
4.5

Nutrition breakdown (per serving)



TOP TIP

To increase the calories in this dish, serve with sour cream or guacamole.

WEIGHT GAIN

Weight gain is a common side-effect of cancer or cancer treatment, particularly if you are receiving hormone therapy for breast or prostate cancer, or if you are taking steroids which can make you feel hungrier than usual. There might be other reasons for you gaining weight too, like eating more because of stress or being less active because of fatigue (extreme tiredness).



Gaining weight quickly might also be from your body holding onto fluid. If you notice sudden weight gain, talk to your cancer care team so they can find out the reason.

What can help?

- Eat smaller meals spread throughout the day. Be mindful of your portion sizes and wait a few minutes before going back for more.
- Eat at the table and without distraction, such as scrolling on your phone, so that you can take your time and not eat too quickly.
- Use healthier cooking methods like baking, steaming and boiling instead of frying.
- If you feel the urge to snack, choose low-calorie foods such as fruit, chopped vegetable sticks with reduced-fat houmous, lower-fat natural yoghurt or wholemeal bread with lower-fat cheese.
- Try to get regular physical activity, like walking, to help you maintain a healthy weight and cope with fatigue. Visit the **Keeping active** section on page 54 to find out more about being physically active during treatment.



Choosing what to eat

- Fill your plate with vegetables, fruit, nuts, seeds, pulses (like beans, chickpeas and lentils) and wholegrains (like brown rice, wholemeal bread and wholewheat pasta) – these foods are a good source of fibre which can help you feel full on fewer calories.



If you have had a part of your bowel removed, talk to your cancer care team before adding fibre-rich foods to your everyday diet.

- Choose lower-fat dairy products such as semi-skimmed milk, lower-fat cheese and lower-fat natural yoghurt.
- Use vegetable oils like rapeseed, olive or sunflower oils instead of butter or ghee for cooking.
- Keep hydrated with water, sugar-free squash and unsweetened tea and coffee. Avoid alcohol, and if you like soft drinks, choose sugar-free options.
- Limit fast food like fried chicken and chips, and food and drinks high in fat, sugar and salt such as crisps, biscuits, pastries, chocolate, cake, sweets and soft drinks like cola. Avoid adding extra sugar to drinks like tea and food like breakfast cereal or porridge.
- Flavour your food with herbs, spices, garlic and ginger instead of using too much salt. Check the nutrition label on pre-packaged food and choose lower-salt options.

Garam masala-crumbed cod



Serves 2

INGREDIENTS

2 cod fillets

40g fresh breadcrumbs
(ideally wholemeal)

1 tsp garam masala

1 lemon, zest only

Freshly ground black pepper

For the salad:

1 small cucumber, sliced
wafer-thin

½ tsp salt

Small handful fresh dill,
chopped

4 tbsp white wine vinegar

1 tsp chilli flakes

2 cloves garlic, finely diced

1 lemon, sliced into thick
wedges

METHOD

1. Preheat the oven to 180°C/
Fan 160°C.
2. Place the two cod fillets on a
baking tray. Mix the breadcrumbs
with the garam masala, lemon
zest and a generous grind of
black pepper. Top the cod evenly
with the breadcrumb mixture and
bake for 10 minutes, until the
fish is cooked through and the
topping is crispy.
3. Meanwhile, slice the cucumber
as thin as possible with a knife
or vegetable peeler. Mix with the
salt and set aside for 5 minutes.
4. After 5 minutes, rinse the
cucumber well in cold water.
Place it in a bowl with the dill,
white wine vinegar, chilli flakes
and garlic. Toss together and
serve immediately with the
cod and lemon wedges for
squeezing over.



High in protein

Calories
243

Protein
30g

Fibre
5.3g

Fat
2.1g

Sugar
6.3g

Salt
0.9g

5 A DAY
<1

Nutrition breakdown (per serving)



FATIGUE (EXTREME TIREDNESS)

Fatigue is common in people who have cancer – and it is more than the usual feeling of tiredness. You may feel very tired or exhausted most or all of the time. Fatigue can have a big impact on your everyday life, making you feel both physically and mentally drained, and leaving you with little energy or motivation.

Fatigue can be caused by:

- the effect of cancer and cancer treatments on your body
- side-effects of some medications
- problems with eating and drinking enough
- sleeping difficulties
- anxiety and depression
- low levels of red blood cells (anaemia)
- other symptoms and side-effects, such as pain or breathlessness



If your fatigue is a side-effect of being anaemic, your doctor will prescribe you with medication that will help. If you are concerned, speak to your cancer care team.



What can help?

- Keep convenient snacks with you at home and when you are out, such as a fruit and nut mix, nut or oat bars, yoghurt pots, boiled eggs, cheese sticks and fortified drinks.
- For a while, rely on ready-made meals and snacks from supermarkets that do not need a lot of preparation.
- Get help from family or friends who can prepare meals for you to freeze or do a weekly shop for you.
- Shop online if you are too tired to go out. There are services like Meals on Wheels that can deliver prepared meals to your door – ask your cancer care team to help you find one in your area.
- Try to keep as active as you can, as there is a lot of research to show that doing some light-to-moderate physical activity like brisk walking every day can help improve fatigue and make you feel more energised. **See the Keeping active section on page 54 to find out more about being physically active during treatment.**
- Eating a healthy, balanced diet filled with vegetables, fruit, wholegrains (like brown rice, wholemeal bread and wholewheat pasta) and pulses (like beans, chickpeas and lentils).
- Drink plenty of fluid such as water, milk, sugar-free squash, diluted juice or unsweetened tea and coffee – aim to drink at least 8–10 glasses a day.



If you are losing weight and cannot put it back on, talk to your cancer care team as they can give you personalised advice and support. In the meantime, use our tips and recipes in the **Weight Loss** section on page 10 to help you get the most out of your meals.



As someone who has had breast cancer, I have learned to put my health and well-being first. After surgery, I faced months of fatigue. Staying hydrated by drinking plenty of water, eating a healthy, balanced diet, avoiding added sugar, and cutting out alcohol helped me prevent energy slumps and sluggishness.

Light activity and fresh air such as nature walks, yoga and meditation have also worked wonders in increasing my energy levels and sense of well-being. But most importantly, I listened to my body. When I felt overly tired, I rested as needed, even if it meant taking a break or power nap. It was – and still is – all about keeping a positive mindset and taking care of myself, one step at a time.”

Julia Carta



Banana and peanut butter flapjacks



Snack recipe | Serves 12

INGREDIENTS

3 ripe bananas

200g oats

50g dried fruit,
chopped into
small pieces if
necessary

60g seeds

2 tbsp smooth
peanut butter

2 tbsp sunflower
spread

1 tbsp honey

1 tsp cinnamon

METHOD

1. Preheat the oven to 180°C/Fan 160°C. Line a baking tray with baking parchment.
2. In a large bowl, mash the bananas into a smooth paste. Add the oats, dried fruit and seeds. Mix thoroughly.
3. Warm the peanut butter, sunflower spread, honey and cinnamon in a saucepan over a low-heat for about 2 minutes or until the spread has melted, stirring continuously.
4. Pour the melted spread mixture over the banana and oats. Mix thoroughly.
5. Transfer the mixture into the lined baking tray and spread to an even thickness.
6. Bake in the oven for 35–40 minutes until cooked through and golden brown.
7. Carefully turn out onto a cooling rack and allow to cool before cutting into 12 equal-sized squares.
8. Serve or store in a sealed container – eat within 5 days. Alternatively, freeze and use within 3 months.



Calories
169

Protein
4.3g

Fibre
2.1g

Fat
7.1g

Sugar
9g

Salt
0.1g

5 A DAY
< 0.5

Nutrition breakdown (per serving)

Chicken moussaka



Serves 4

INGREDIENTS

300g brown rice
1 tbsp vegetable oil
1 onion, finely diced
2 medium carrots,
finely diced
1 clove garlic, crushed
250g low-fat
chicken mince
(typically 5–6% fat)
150g frozen sliced
peppers
400g tin chopped
tomatoes
400g tin cannellini
beans, drained and
rinsed
3 tsp dried oregano
1 tsp dried mint
Freshly ground black
pepper
250ml low-fat
Greek-style yoghurt
2 eggs

METHOD

1. Preheat the oven to 200°C/180°C fan.
2. Prepare the wholegrain rice according to packet instructions.
3. Heat the oil in a large non-stick pan over a medium heat. Cook the onions and carrots until starting to soften. Add the garlic and cook for a further minute.
4. Add the chicken mince, stirring constantly and breaking into small pieces with a wooden spoon, until cooked.
5. Add the frozen peppers, tinned tomatoes, cannellini beans, 2 teaspoons of the dried oregano, dried mint and freshly ground black pepper. Bring to the boil and simmer on a low heat for a few minutes until the ingredients are all heated through and the sauce has slightly thickened.
6. Put the sauce into an ovenproof dish.
7. In a separate bowl, mix the yoghurt, eggs and 1 tsp of the mixed herbs. Spoon evenly over the top of the chicken mixture to cover it and place in the oven for 15–20 minutes until the top has set and has gone golden brown.
8. Serve with the rice.



High in protein

TOP TIP

To increase the calories in this dish, use full-fat yoghurt instead.



Calories 571	Protein 36g	Fibre 12g	Fat 11g	Sugar 16g	Salt 0.6g	5 A DAY 3.5
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Nutrition breakdown (per serving)

MOUTH AND TASTE CHANGES



LOSS OF APPETITE

You may not have an appetite for many reasons, including your cancer treatment, low mood and anxiety, or other side-effects such as taste changes and feeling tired or sick that can make you feel less hungry.

What can help?

- Have 5–6 smaller meals or snacks throughout the day and eat your largest meal when you're hungriest to ensure your body gets enough calories and protein.
- If eating is difficult, swap snacks for fortified drinks like homemade smoothies or milkshakes with whole milk and skimmed milk powder. Try our **Fruit Smoothie** on page 37.
- Have snacks and meals already prepared, ready for whenever you feel like eating. You could also ask family and friends to make and freeze your favourite meals for you to easily heat up.
- Make your eating times calm and relaxing – find a quiet place, play your favourite music or have friends and family around to chat with.
- Avoid cooking with strong-smelling foods that may make you lose your appetite. If hot food smells are off-putting you could try cold snacks such as cheese and crackers.

- Try not to drink while eating if drinking makes you feel full, so that you can eat as much as possible at mealtimes.
- Sit up straight when you eat and chew your food well. If you feel sick or full, step outside for fresh air and try eating a bit later.
- Gentle activity, like walking, could help to encourage your appetite.
- If you smoke, try to cut down as much as possible, as smoking can make you lose your appetite. **Ask your cancer care team for support if you want to stop smoking.**



It can help to talk to family and friends about your change in appetite and let them know what helps you. If you are feeling anxious or worried, talk to someone you trust or try to get support from your cancer care team.



Losing my appetite was a real and concerning side-effect of being on treatment for breast cancer. Dal soup turned things around for me – I used split peas for plant proteins and fibre, potatoes for carbohydrates and carrots for vitamins. Then I added in the spices for flavour. Gradually my appetite returned.

Tricia George





Losing your appetite means that you might also start to lose weight. If you are losing weight and cannot put it back on, talk to your cancer care team as they can give you personalised advice and support. In the meantime, use our tips and recipes in the **Weight Loss** section on page 10 to help you get the most out of your meals.



Even if you are losing weight, keeping active is still good for your overall health. Muscle-strengthening exercises are especially important because they can keep you from losing too much muscle and strength during treatment. However, speak to your cancer care team who might be able to find a qualified exercise specialist who can give you personalised advice and support.

For more information on keeping active during treatment, visit the **Keeping active** section on page 54.

MOUTH PROBLEMS

You may experience mouth problems, particularly during and after chemotherapy, radiotherapy to your head and neck, or if you have cancer of the mouth or throat. However, these problems are often temporary.

Some of the most common mouth problems are:

- soreness and ulcers in your mouth and throat
- difficulty chewing and swallowing
- mouth infections, such as thrush
- dry mouth and lack of saliva
- thick, sticky saliva
- bad breath
- tooth problems and bleeding gums



If you are experiencing any mouth problems, talk to your cancer care team as they may be able to prescribe pain medication, special mouthwashes or gels.

What can help?

Look after your mouth, teeth and dentures

- Visit your dentist or hygienist regularly to make sure that there are no problems with your teeth or gums.
- Keep your mouth clean, brush your teeth regularly and drink plenty of fluids as this can help your mouth feel fresh and comfortable, and may improve the taste of food. If your mouth and gums are sore, use a soft-bristled toothbrush.
- Use an alcohol-free mouthwash – your cancer care team may prescribe you one.
- Clean dentures regularly and try to leave them out of your mouth for as long as possible to stop them irritating your gums.

Soothe a dry mouth

- Suck on sugar-free sweets or chew sugar-free gum as this can help your mouth make saliva and keep it moist. Eating a lot of sweeteners from sugar-free sweets and gum may cause diarrhoea so only use them when needed.
- Have cold food and drinks like fruit juice-based ice lollies, yoghurt, frozen yoghurt, sugar-free jellies, crushed ice, smoothies and cold soups.



Try making our **Banana and berry ice lollies**. These refreshing yoghurt ice lollies are great to soothe sore and dry mouths.



Soften your food to make it easier to chew and swallow

- Have porridge or yoghurt with stewed fruit or mashed banana.
- Soak breakfast cereal like Weetabix or shredded wheat in milk.
- Have smoothies, milkshakes or smooth soups.
- Cut crusts off your sandwiches.
- Add extra sauce and gravy to your meals.
- Slow-cook vegetables and lean meats in casseroles and stews.
- Serve pudding with yoghurt, jelly, custard or ice cream.
- Mash, puree or blend your food – for example, mash potatoes, puree vegetables and fruit, or blend casseroles and curries to make thick soups.

Avoid certain foods that could irritate a sore mouth

- Rough, dry, crunchy or very chewy foods like hard breakfast cereals, crusty bread, nuts, raw vegetables, dry biscuits and tough meat.
- Very hot food and drinks.
- Sharp-tasting foods like tonic water, raw onion and pickles.
- Spicy ingredients like chilli pepper, harissa, sriracha and peppercorns.
- Acidic foods and drinks like lemon, lime, pineapple, tomatoes and vinegar.
- Alcohol, especially spirits and wine.
- Foods that stick to the roof of your mouth like peanut butter.



Smoking can irritate your mouth too and can slow down healing of mouth sores, so cutting down or quitting can help soothe your mouth. Ask your cancer care team for support if you want to stop smoking.

Filling fruit smoothie



Serves 2

INGREDIENTS

100ml whole milk

100ml water

1 level tbsp skimmed milk powder

1 tbsp natural yoghurt

Ice cubes (optional)

1 heaped tsp peanut butter (ideally a brand that contains no added salt and sugar)

1 medium banana

160g frozen berries

40g oats

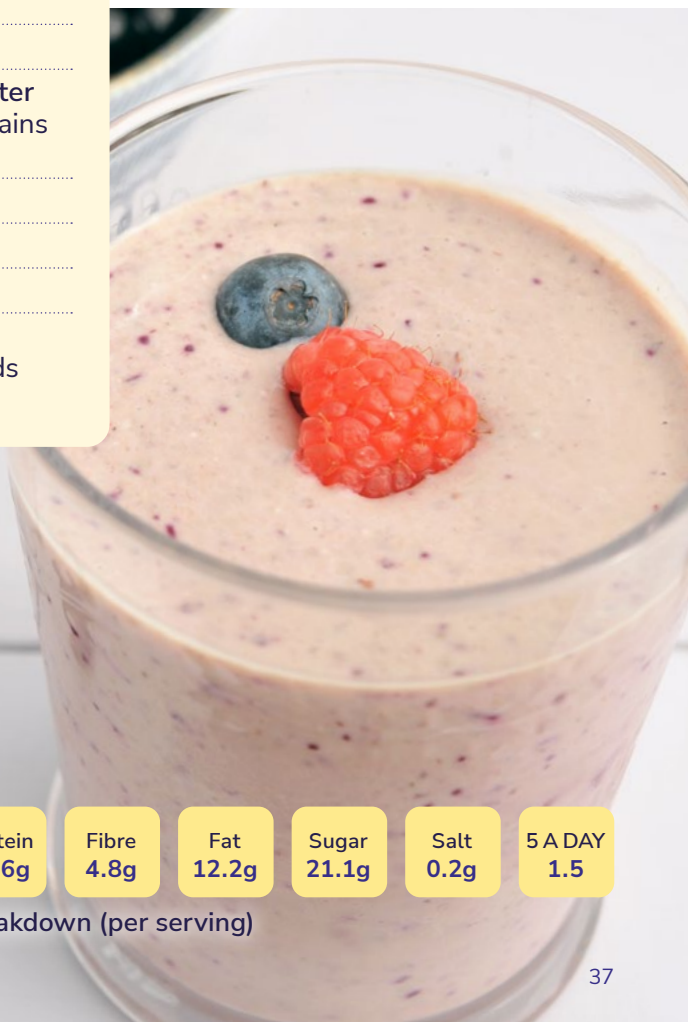
15g seeds such as mixed seeds, chia seeds, linseeds or flaxseeds

METHOD

1. Place all the ingredients in a blender, and blend until smooth.
2. Pour into a glass and serve.



High in fibre



Calories
312

Protein
11.6g

Fibre
4.8g

Fat
12.2g

Sugar
21.1g

Salt
0.2g

5 A DAY
1.5

Nutrition breakdown (per serving)

TASTE CHANGES

Cancer and cancer treatments such as chemotherapy, radiotherapy and certain medications can affect the way food and drinks taste. Food may taste unpleasant, bland, metallic, sweet or salty. These taste changes are often temporary.

What can help?

- Choose foods that appeal to you – if a food you usually enjoy tastes bad, you might want to try it again later because your taste may have returned.
- Serve foods cold or at room temperature – it may improve how they taste.
- If your food tastes metallic, avoid eating tinned food and drinking out of a can. Cook without using metal pots and pans, and eat with plastic cutlery. You can also add chopped carrot, cinnamon or honey to your food to make it a bit sweeter.
- Have fresh-tasting drinks, like sugar-free tonic water, ginger beer and bitter lemon to help stimulate your taste buds and make saliva.
- Experiment with different textures to see if they make food tastier. For example, you might prefer toast and crackers to soft bread and potatoes. For extra crunch, add seeds or dried onions to savoury dishes, and chopped nuts to breakfast cereal and desserts. But avoid this if your mouth is very dry or sore.
- Experiment with different flavours to enhance your meals:
 - Use sharp-tasting ingredients like lemon, lime, raw onion and vinegar.
 - Season pulses (like beans, chickpeas and lentils) with cumin, paprika, mustard seeds, garam masala, ginger, garlic or marinades.
 - Cook chicken and turkey with lemon, herbs like rosemary and thyme, and spices like garlic, ginger or cumin.



- Boost the flavour of fish with garam masala, fennel, dill, pepper, lime or parsley.
- Use strong-flavoured vegetables like celery, onions and leeks in your cooking.
- Add cinnamon or nutmeg to breakfast foods and puddings for extra flavour.



If you have a sore mouth then it is best to avoid using spicy ingredients like chilli pepper, harissa, sriracha and peppercorns, and acidic ingredients like lemon, lime, pineapple, vinegar, wine and tomatoes.



My father was diagnosed with prostate cancer more than a year ago. Being visually impaired and living alone, he's unable to cook for himself. With his cancer diagnosis and treatment, his taste buds have changed, making spicy foods difficult to tolerate. Having lost most of his teeth, he needs to have soft foods too. That's why I prioritise making him healthy meals that are soft and easy to reheat."

Kelly Williams

Roasted garlic dal



Serves 2

INGREDIENTS

2 heads garlic

1 tbsp olive oil

2 small onions,
thinly sliced into
half-moons

180g dried yellow
lentils, rinsed
(red, orange and
black lentils also
work)

1 tbsp brown
miso

To serve:

2 wholemeal
flatbreads



High in fibre
and protein

METHOD

1. Preheat the oven to 200°C/Fan 180°C.
2. Wrap both heads of garlic in tin foil and place them onto a baking tray. Bake them in the oven for 45 minutes or until they're soft and aromatic. They should be soft enough for the cloves to be easily squeezed out of their skins.
3. In the meantime, place a medium-sized saucepan on a medium-low heat and add the oil. Add the onions and fry them gently until they are very soft and sweet-smelling – do not add any salt to the onions as this will stop the lentils from cooking.
4. Once the onions have softened, add the lentils to the pan and then fill the pan with 300ml water and bring to the boil for 10 minutes. Then reduce to simmer and cover for 30 minutes or until the lentils have completely softened. If the lentils are looking a little dry, top up the pan with hot water.
5. Once the lentils are completely soft, squeeze all the soft-cooked garlic into the pan and stir through well. Add in the miso, stir well and allow the lentils to gently simmer for another 10 minutes.
6. Serve hot or cold with flatbreads.

Calories
478

Protein
27.4g

Fibre
14.2g

Fat
11.2g

Sugar
5.7g

Salt
1.1g

5 A DAY
1

Nutrition breakdown (per serving)



TOP TIP

To increase the calories and protein in the dish, you can serve with rice, full-fat raita or add cheese or vegetable spread to the flatbreads.

STOMACH AND DIGESTIVE CHANGES



NAUSEA (FEELING SICK)

Nausea (feeling sick) and vomiting (being sick) can be a symptom of cancer or a side-effect of treatments such as chemotherapy, radiotherapy, biological therapies or hormone therapies.

Some medications such as pain medication and bisphosphonates (medication that slows down or prevents bone damage) can also cause nausea and vomiting, as can other side-effects of cancer treatment such as constipation.



It is important to discuss these side-effects with your cancer care team as they can prescribe anti-sickness medication, which should be taken as prescribed and preferably before meals to ensure that it is working when you eat.

What can help?

- Eat small amounts of food regularly and slowly instead of large meals.
- Avoid having an empty stomach as this can make you feel sick.
- If the smell of cooking makes you feel nauseous, eat in a well-ventilated room and away from other strong smells. You could also prepare meals that do not need to be cooked, ask others to cook your meals for you or have meals delivered to your home.
- Sit upright while you eat and keep upright for an hour after eating.
- Anxiety can make nausea worse, so try to make yourself as comfortable and relaxed as possible.
- Rinse out your mouth before and after eating, and suck on sugar-free sweets if you have a bad taste in your mouth.
- Avoid doing anything too active straight after eating.

Choosing what to eat

- Some people find they only want bland foods like potatoes, rice and pasta, while others like salty foods like popcorn, nuts or salty snacks – start by eating foods that you can manage, and when you start to feel better, you can add more variety to your diet.
- Food or drinks with ginger or peppermint may help settle your stomach.
- Avoid greasy, fatty and fried foods, and spicy food like chilli pepper, harissa, sriracha and peppercorns.
- It is important to drink enough fluid, especially if you have been vomiting. Aim to drink 8–10 glasses a day – it might help to drink something fizzy, like sparkling or soda water. It is best to sip your drinks slowly and avoid drinking while you eat. Avoid alcohol and caffeinated drinks, such as tea, coffee and cola.

Everyone is different, so try to experiment and keep note of what you can tolerate.

Apple and ginger compote with yoghurt



Serves 4

INGREDIENTS

3 large apples,
peeled and
chopped into small
pieces

1 tsp vanilla bean
paste

1½ tbsp sugar

A 3cm piece ginger,
grated

500g fat-free
Greek yoghurt

100g granola,
to serve

METHOD

1. Place the diced apples into a medium saucepan, add the vanilla and sugar, along with 5 tablespoons of water. Stir everything together and bring to a gentle simmer for 10 minutes.
2. Once the apples have softened and become translucent, add the grated ginger. Stir well and cook for a further 2 minutes. Turn off the heat and allow the apples to cool for 10 minutes.
2. To serve, split the yoghurt between 4 bowls and spoon over a couple of tablespoons of apple compote. Finish with a sprinkling of your favourite granola. We use the granola from our [banana porridge with granola](#) recipe on page 18.



High in protein

TOP TIP

To increase the calories in this dish, use full-fat yoghurt.

Calories
257

Protein
12.8g

Fibre
3.9g

Fat
3.1g

Sugar
25.6g

Salt
0.3g

5 A DAY
1

Nutrition breakdown (per serving)



DIARRHOEA

Diarrhoea (frequent, loose or watery poo) can be a side-effect of cancer treatments such as chemotherapy, radiotherapy, targeted therapies and surgery. Infections and some medications, such as antibiotics, can also cause diarrhoea.

If you have diarrhoea, it is important to get advice from your doctor, as there are many causes that need different types of treatment. If you are prescribed medication to help with diarrhoea, it is important you take it as directed.



Ask for further advice from your cancer care team if you continue to have diarrhoea after your treatment has finished or beyond the time you were told you might experience problems.

What can help?

- Replacing lost fluids. Diarrhoea, whatever the cause, can dehydrate you. Drink at least 8–10 glasses of fluid a day to replace what you have lost – drink water, milk, sugar-free squash, diluted fruit juice or have clear soups like chicken broth and miso soup.



Unless you are lactose intolerant, there is no evidence that dairy makes diarrhoea worse, meaning that you can continue to include dairy in your diet such as milk, cheese and yoghurt.

- Take extra salt each day to make up for the salts lost in the diarrhoea. You can do this by drinking salty fluids such as broths, soups or using oral rehydration salts such as Dioralyte.
- Eat small meals or snacks regularly – take your time when eating and chew your food well.

- Eat a healthy, balanced diet – there are no specific foods that stop diarrhoea.



Until recently, people with diarrhoea were advised to reduce the amount of fibre in their diet. However, for many causes of diarrhoea, including chemotherapy and radiotherapy, there is no evidence that this will have any benefit.

This is good news because it means that people can continue to eat a healthy, balanced diet with fibre-rich foods such as vegetables, fruit, pulses (like beans, chickpeas and lentils) and wholegrains (like brown rice, wholemeal bread and wholewheat pasta).

- Avoid using products with sorbitol, a sweetener found in some sugar-free products like gum and sweets, as it can cause diarrhoea – check the ingredients list on food and drink labels to see if sorbitol is used.
- Have coffee and alcoholic drinks in moderation – choose weak or decaffeinated coffee and tea, and limit how much alcohol you have.
- Avoid large, high-fat meals like those with a lot of cheese or cream, fried foods, fizzy drinks and spicy foods such as chilli pepper.
- Take note of which foods bother you and try to eat less of them or avoid them altogether.



Before changing your diet, or if you are unsure, speak to your cancer care team as they can provide you with more personalised advice and support based on your needs.

WIND

Passing wind is normal. If you find you are passing wind more often than usual, this may be caused by:

- pelvic radiotherapy
- bowel surgery
- constipation
- certain medications
- your cancer stopping you from digesting and absorbing your food properly



Tell your cancer care team if passing wind becomes painful or if your symptoms do not get better.

What can help?

- Some people find that certain foods can cause wind, such as beans, cabbage, brussels sprouts, sweetcorn, cauliflower, onions, pickles, fizzy drinks like cola, and some artificial sweeteners like mannitol, sorbitol and xylitol. Take note of which foods bother you and try to eat less of them or avoid them altogether.
- Eat little and often, and chew your food well.
- Gentle activity like walking. See the **Keeping active** section on page 54 to find out more about being physically active during treatment.



CONSTIPATION

You do not need to poo every day, but constipation (not being able to poo regularly) can be very uncomfortable and might make you feel full and sick.

It can be caused by:

- some cancer treatments such as chemotherapy, biological therapy and surgery to the stomach or bowel
- anti-sickness and pain medications
- not eating enough fibre
- not drinking enough fluids
- not doing enough physical activity



There are medicines (laxatives) that make it easier to poo. Ask your cancer care team about this. If you are on morphine medications, a laxative is always necessary.



If the blockage is caused by a tumour that partially blocks the stomach or intestine, the advice below does not apply. In this case, ask your cancer care team for advice and support.

What can help?

If your poos are hard and painful and you have not been able to poo for more than a few days, the following tips can help:

- Drink enough fluid, especially when you are eating more fibre, as not drinking enough can make constipation worse – aim for at least 8–10 glasses a day. Some people find that a warm drink in the morning helps get their bowels moving. **If you cannot drink as much as usual, talk to your cancer care team about how much you should be drinking.**

- Start your day with a nutritious breakfast, such as porridge, muesli or yoghurt with fruit and nuts, or wholemeal bread with peanut butter, banana, grilled tomatoes or mushrooms, and 1–2 glasses of water.
- Keep as active as possible and, if you can, avoid spending too much time sitting or lying down. Some regular gentle activity, such as going for a short walk every day, can help keep your bowel movements regular. See the **Keeping active** section on page 54 to find out more about being physically active during treatment.



If you are constipated and have had colon, gynaecological or pelvic cancers, we recommend that you ask your cancer care team for advice before you change your diet.



Baked sweet potato with smoky chickpeas



Serves 1

INGREDIENTS

1 small sweet potato, trimmed

1 tsp olive oil

½ small red onion, finely sliced

1 x 210g can chickpeas, in water, drained, rinsed and dried

½ tsp smoked paprika

120g passata

1 clove garlic, finely diced

40g baby spinach

1 tbsp fat-free Greek-style yoghurt

METHOD

1. Preheat the oven to 200°C/Fan 180°C.
2. Place the sweet potato on a baking tray in the oven and cook for about 40 minutes, or until soft.
3. While the potato cooks, warm the oil in a non-stick saucepan over a medium-high heat. Add the onion and cook for about 3 minutes, stirring regularly, until the onion starts to soften.
4. Add the chickpeas, sprinkle with smoked paprika and toss gently. Then add the passata and garlic; and stir. Reduce the temperature and allow to simmer for 5 minutes.
5. Add the spinach, stir and cover for about 2 minutes, until wilted.
6. Place the sweet potato on a serving dish, cut in half and spoon the chickpea mixture over the top. Top with the yoghurt and serve.



High in fibre and protein

TOP TIP

To increase the calories in this dish, use full-fat yoghurt instead.

Calories
497

Protein
24g

Fibre
20g

Fat
9.4g

Sugar
25g

Salt
0.5g

5 A DAY
3.5

Nutrition breakdown (per serving)

Caribbean pepperpot with tofu



Serves 4

INGREDIENTS

300g brown rice
2 tbsp vegetable oil
1 onion, diced
1 clove garlic, finely chopped
3 sweet potatoes, peeled and cubed
2 leeks, sliced
2 large carrots, peeled and sliced
1 reduced-salt vegetable stock cube dissolved in 1200ml boiling water
1 tsp dried thyme
1 tsp dried chilli flakes
Freshly ground black pepper
150g pre-sliced frozen okra or defrosted frozen okra, sliced
280g packet of tofu, drained and cubed

METHOD

1. Cook the rice according to packet instructions.
2. Heat 1 tablespoon of the oil in a large non-stick pan over a medium heat.
3. Add the onions and cook until they start to soften. Then add the garlic and cook for a further minute.
4. Add the sweet potatoes, leeks, carrots, vegetable stock, dried thyme, dried chilli flakes and freshly ground black pepper. Bring to the boil, cover with a saucepan lid and simmer for 15 minutes, stirring occasionally.
5. Add the okra and simmer for a further 5 minutes or until the vegetables are cooked and the liquid in the pepperpot has reduced. You may need to add more water to prevent sticking.
6. While the okra is cooking, prepare the tofu. Heat 1 tablespoon of vegetable oil in a frying pan over a medium-high heat and fry the tofu for 5 minutes until golden brown, stirring frequently. Add to the pepperpot and mix thoroughly.
7. Serve with the rice.

Calories
575

Protein
19g

Fibre
12g

Fat
15g

Sugar
15g

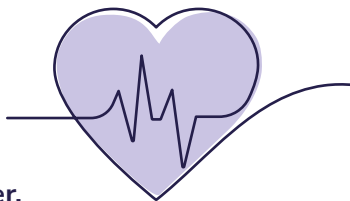
Salt
0.26g

5 A DAY
2.5

Nutrition breakdown (per serving)



KEEPING ACTIVE



It is important to keep active when you have cancer.



It is usually safe and beneficial for people with cancer to keep active. But it is best to start slowly and build up how much you do and how hard you push yourself. This is very important if you are not active right now or if you have not been active in a while. Listen to your body and adjust how much you do based on how you feel.

Before you start being more active, let your cancer care team know as they might be able to find a qualified exercise specialist who can give you personalised advice and support.

The benefits of keeping active

There is growing evidence that people who are active before and after a cancer diagnosis have a better chance of survival. However, there are some treatments that can make keeping active harder for a period of time.

Physical activity can help to:

- reduce fatigue
- support your immune system
- improve your muscle strength and reduce muscle loss with muscle-strengthening exercise
- improve your ability to absorb nutrients from food
- reduce anxiety and depression, and improve mood
- prevent or improve lymphoedema (a type of swelling caused by treatment to lymph nodes)
- cope with other side-effects, such as easing constipation by helping to move food through the bowel faster

How can I get more active?

Start at a level that feels right for you considering your past activity, cancer stage, treatment and how you are feeling. Even light activity can help, especially when you are tired. Keeping active with a friend or family member can make it more enjoyable.

Aim for 20–30 minutes of moderate activity a day, like brisk walking or swimming. This should make you a bit out of breath but still able to talk. If this seems like a lot, start small with a 5–10 minute walk, 2–3 times a week, and gradually increase as it gets easier.



Remember, it is okay if some days you cannot be very active and need to stay in bed. On those days, try to move a little. The goal is just to keep moving as much as you can.

What sort of activity should I do?

- Walking is a great way to get more active – going for a walk every day gets you out into the fresh air which can make you feel a bit better.
- Do activities you enjoy – it does not have to be a sport or exercising in the gym, it could be swimming, stretching, going for a bike ride, gardening, dancing or doing chores around the house – they all count.
- Try including muscle-strengthening exercises to improve your muscle strength and prevent muscle loss – this can include doing bodyweight exercises like squats, using resistance bands or doing activities like yoga.



Talk to your cancer care team before introducing muscle-strengthening exercises into your routine. They may be able to find a qualified exercise specialist who can give you personalised advice and support.

REDUCING YOUR RISK OF INFECTION



During and after cancer treatment, your immune system might not work as well because treatments like chemotherapy can weaken it. These treatments aim to kill cancer cells but can also affect healthy cells, like white blood cells that help fight infections. When these cells are low, your risk of infection increases.

The good news is your immune cells recover after treatment. You can also take steps to support your immune system and protect yourself from infection.

How can I support my immune system?

The best way to support your immune system during cancer treatment is by making sure your body gets all the nutrients it needs from a healthy, balanced diet. As well as eating plenty of vegetables and fruit, try to eat enough calories (energy) and protein, especially if you have lost weight. Keeping active can also help.

See the **Weight loss** section on page 10 for more information on high-calorie and protein-rich food and drinks.

See the **Keeping active** section on page 54 to find out more about being physically active during treatment.

How can I protect myself from getting an infection?

Avoid certain foods that are more likely to contain harmful bacteria

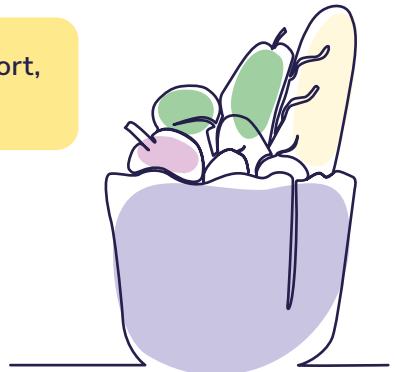
It is normally best to avoid pâté, raw or undercooked meat, seafood and fish, raw eggs and unpasteurised milk and cheeses made from unpasteurised milk, such as brie and blue-veined cheeses.

Follow good food hygiene to protect yourself from food poisoning

- Wash your hands before and after handling food.
- Clean surfaces and cutting boards before and after cooking.
- Ensure food is within date, especially items with a 'use by' date, like meat and fish, and free from visible mould.
- Keep raw meat and fish separate from ready-to-eat foods, using separate utensils and chopping boards.
- Store raw meat in a sealed container on the bottom shelf in your fridge.
- Thoroughly wash fruit and vegetables under cold water before eating.
- Check that cooked food, like cooked rice, is heated through properly before eating.
- Store food at the correct temperature, and safely defrost and reheat food – follow the instructions on the label or packaging.



For more personalised advice and support, speak to your cancer care team.



FURTHER INFORMATION

General advice and support

Macmillan Cancer Support

Macmillan's Support Line is a free and confidential service, open Monday to Friday from 9am to 8pm. They can help with any questions about your treatment, financial support, support groups in your area or just be there for you to talk to. Call free on **0808 808 0000** or visit macmillan.org.uk/talktous

Specialist cancer care

Marie Curie

Marie Curie provides care and support for people with terminal cancer. Their helpline is open Monday to Friday from 8am to 6pm, and Saturday from 10am to 4pm. Call free on **0800 090 2309** or visit mariecurie.org.uk

Bloodwise

The charity Bloodwise, with the support of the British Dietetic Association's Oncology Specialist Group, has produced a patient booklet called Eat Well with Blood Cancer. Download a free copy from bloodwise.org.uk

Find a dietitian

British Dietetic Association

To find a registered dietitian in your area, call **0121 200 8080** or visit bda.uk.com

Support for carers

Carers UK

Carers UK offers support to carers and can help to put you in contact with local support groups. Their helpline is open Monday to Friday from 9am to 6pm. Call free on **0808 808 7777** or visit carersuk.org

Our resources

Healthy living after cancer guide

This guide is for those who have finished and recovered from cancer treatment, helping you keep healthy. wcrf.org/HLAC

Ryan Riley recipe booklet

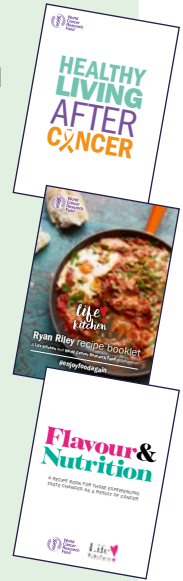
This recipe booklet features 15 delicious recipes for people living with cancer, developed in collaboration with Life Kitchen. wcrf.org/ryan-riley-recipes

Flavour & Nutrition recipe booklet

The recipe booklet features 15 delicious recipes for those experiencing taste changes as a result of cancer, developed in collaboration with Life Kitchen. wcrf.org/flavour-nutrition

Cancer and nutrition helpline

Staffed by oncology dietitians, our helpline aims to provide nutritional information and support to people living with cancer. Call **0300 102 2523** (FREE from all mobile phones and landlines) or email helpline@wcrf.org with any questions you may have.



How can you help?

Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy-to-access health information to help people reduce their risk of cancer and live well with cancer. wcrf.org/donate





World Cancer Research Fund examines how diet, weight and physical activity affect your risk of developing and surviving cancer. As part of an international network of charities, we have been funding life-saving research, influencing global public health policy and educating the public since 1982.

While society continues searching for a cure, our prevention and survival work is helping people live longer, happier and healthier lives – free from the devastating effects of cancer.

For any enquiries or to request the information in large print, please contact us:

World Cancer Research Fund

140 Pentonville Road, London N1 9FW

Tel: 020 7343 4200 **Email:** resources@wcrf.org

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Preventing cancer. Saving lives

All information correct at time of print.

Next review date November 2027 WEIBEDC

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