



COOK THROUGH CANCER

Meals that matter

FUNDING

We were delighted to receive full funding for this project from Walk the Walk – an organisation committed to raising awareness and funds for breast cancer. Their support enabled us to create 12 brand-new recipes specifically tailored for people living with and beyond cancer, for whom nutrition plays a vital role, and then our team of chefs and expert dietitians delivered these new recipes in live sessions to people affected by breast and other cancers across the United Kingdom.

We'd like to thank Walk the Walk for their generosity in supporting this vital project. Without support from our funders, many of these projects simply wouldn't be possible.



walkthewalk.org



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DISCLAIMER

These recipes are suitable for most people living with cancer. However, if you have other health conditions such as heart disease, diabetes or kidney problems, or if you've had a colostomy or ileostomy, you may need to adapt the recipes based on advice you have received from your cancer care team. Always speak to them or an Oncology Specialist Dietitian for advice that is suitable for you and your needs.

DEAR SUPPORTER,

Thank you for choosing **Cook Through Cancer: Meals that matter.**

This cookbook is for anyone living with or beyond cancer, whether food has become a little harder to enjoy or you're simply unsure what to eat. Cancer and its treatment can affect your appetite, weight, energy and digestion, so it's completely normal to find eating more challenging at times.

We want to reassure you that food can still be enjoyable, familiar and satisfying, even on the difficult days. Eating well during and after treatment can help you feel stronger, support your recovery and give your body the nutrients it needs to cope and heal.

But eating well doesn't mean following strict rules or giving up the joy of food. With so much confusing information out there about cancer and nutrition, this cookbook is here to cut through the noise and give you confidence that what you're eating is both safe and supportive for your health.

Inside, you'll find 12 delicious recipes developed by Gopi Chandratheva, a Registered Nutritionist and experienced recipe developer. Each one is easy to follow, adaptable and designed with the challenges of cancer and treatment in mind. Many can be batch cooked and frozen, so there's always something warm and ready when you need it.

Whether you're after something gentle, flavourful or familiar, we hope you find something here to support and uplift you when you need it most.

VOICES OF SUPPORT

Throughout this cookbook, you'll find expert insights from Gopi, a Registered Nutritionist, and Fran, an Oncology Dietitian. Their quotes appear alongside recipes to help you understand how each dish can support your health and wellbeing during treatment.

Here's a bit more about the voices guiding you through the pages:

Gopi Chandratheva is a Registered Nutritionist with over 17 years of experience in nutrition. She is passionate about helping people live a healthier happier lifestyle through evidence-based nutrition using a non-diet approach. She works in the NHS specialising in obesity as well as freelancing and has a deep passion for creating simple, nourishing recipes.



Francesca (Fran) Tabacchi is a Lecturer in Dietetics at Oxford Brookes University and a former NHS Oncology Dietitian with seven years of clinical experience. Holding a PhD in oncology nutrition, Fran is passionate about improving the quality of life of people with cancer and empowering them through evidence based nutrition and communication.



BUDDHA BOWL

VEGETARIAN

INGREDIENTS

100g dried quinoa

240ml water

200g frozen chopped
butternut squash

½ courgette, sliced

½ pepper, cut into quarters

1 carrot, sliced

½ red onion, cut into
quarters

1 tbsp olive oil

2 tsp paprika

100g tempeh, sliced

1 tbsp teriyaki sauce

1 tbsp low fat cottage
cheese

1 tbsp Greek yoghurt

20g coriander leaves

20g parsley

1 tsp tahini

1 tbsp mixed seeds

METHOD

1. In a large pot, add the quinoa with water. Boil and simmer for 15 minutes until the quinoa is soft and fluffy.
2. In a pot, boil or steam the butternut squash until cooked.
3. Marinate the courgette, pepper, carrot and red onion in a dish with olive oil and 1 teaspoon of paprika. Bake in the oven at 180°C for 15 minutes until golden and cooked.
4. Using a non-stick pan, fry the tempeh with the teriyaki sauce and the remaining teaspoon of paprika until golden and tender.
5. Add the quinoa to a serving bowl, along with the roasted vegetables, butternut squash and tempeh. Top with the cottage cheese, Greek yoghurt, fresh coriander and fresh parsley. Drizzle with tahini and garnish with seeds.

Number of portions: **2**

Cooking and preparation time: **30** minutes

"This colourful bowl combines vegetables and wholegrains to support your immune system and health during and after treatment. Butternut squash and carrots provide soluble fibre for digestion and roasting them softens the texture if your taste or texture preferences have changed." – Fran



5 A DAY
3

Fibre
10g

Protein
17g

Calories
356

Fat
8.9g

Sugar
18g

Salt
0.27g

CHICKEN NOODLE SOUP

MEAT-BASED

INGREDIENTS

½ low salt stock cube

1 pint water

200g diced chicken breasts

2 garlic cloves, chopped

¼ piece ginger, chopped

200g mushrooms, sliced

120g green beans, cut into halves

2 wholewheat noodles nests

1 tbsp reduced salt soya sauce

1 tbsp teriyaki sauce

1 tsp miso paste

½ lime, juiced

1 tsp tomato puree

4 spring onions, chopped

METHOD

1. In a pot, mix the stock cube in a pint of boiling water.
2. Add diced chicken breasts to the stock and simmer for 10 minutes until cooked. Remove chicken and set aside.
3. Add the garlic, ginger, mushrooms, green beans and noodles to the same pot and simmer for 10 minutes until tender.
4. Add in the soy, teriyaki, miso, lime and tomato puree. Return the chicken to the pot, stir gently, and simmer for a few more minutes.
5. Serve the noodle soup in bowls and garnish with spring onions.

Number of portions: **4**

Cooking and preparation time: **30** minutes

"Warm soup and soft noodles make this recipe nourishing and easy to eat. It helps with hydration during and after treatment too. For extra calories, blend in milk and milk powder, and boost flavour with extra ginger, garlic, miso, lime or chilli." – Gopi

HIGH IN PROTEIN



5 A DAY
1

Fibre
2.8g

Protein
17g

Calories
156

Fat
2.6g

Sugar
3.7g

Salt
0.62g

SALMON AND KALE CURRY

PESCATARIAN

INGREDIENTS

1 tbsp olive oil
.....
½ red onion, chopped
.....
¼ piece ginger, chopped
.....
2 garlic cloves, chopped
.....
1 tsp fennel seeds
.....
1 tsp cumin seeds
.....
150g kale, washed and
drained
.....
200g tinned chopped
tomatoes
.....
200ml low fat coconut milk
.....
1 tsp garam masala
.....
2 tsp madras curry powder
.....
1 tsp paprika
.....
¼ tsp turmeric powder
.....
¼ cup water
.....
2 salmon fillets
.....
1 tbsp lemon juice
.....
20g fresh coriander,
chopped
.....
2 naan breads

METHOD

1. Heat the olive oil in a large pan over medium heat. Add the chopped red onion, ginger, garlic, fennel seeds and cumin seeds. Sauté for 3–4 minutes until the onions are soft and golden.
2. Stir in the kale and cook for 3–5 minutes until wilted and tender.
3. Add the chopped tomatoes, coconut milk, garam masala, madras curry powder, paprika, turmeric and water. Season with salt and black pepper. Stir well, bring to a gentle simmer and cook uncovered for 15 minutes until the sauce thickens slightly.
4. Carefully place the salmon fillets into the curry. Cover and simmer for 10–15 minutes until the salmon is cooked through and the sauce has reduced to a rich consistency.
5. Turn off the heat and gently stir in the lemon juice.
6. Sprinkle with fresh coriander and serve hot with warm naan bread.

Number of portions: **4**

Cooking and preparation time: **45** minutes

"This curry provides high-quality protein to help maintain strength during and after treatment, especially if your appetite is low or you feel tired. Salmon also offers omega-3 fats for overall health, while the soft texture, warm spices and coconut milk add comfort." – Fran

A top-down view of a dark grey ceramic bowl filled with a meal. In the upper left, there are two large, golden-brown, slightly charred pieces of fish. The rest of the bowl is filled with white rice, a large portion of cooked salmon, and a variety of green leafy vegetables and herbs. The dish is garnished with finely chopped green herbs and small seeds. A yellow cloth is visible on the right side of the bowl. At the bottom of the image, there are six yellow callout boxes with black text providing nutritional information.

HIGH IN PROTEIN

5 A DAY
1

Fibre
5.2g

Protein
24g

Calories
445

Fat
22g

Sugar
5.9g

Salt
0.78g

TOFU AND AUBERGINE WRAPS

VEGETARIAN

INGREDIENTS

220g of firm tofu drained and cut into cubes

½ aubergine, sliced into thick strips

1 tsp olive oil

1 tsp paprika

1 tbsp black bean sauce

1 tbsp reduced salt soya sauce

1 tbsp teriyaki sauce

1 ripe avocado

1 small red onion, chopped

1 medium tomato, chopped

½ lemon, juiced

½ tsp black pepper

2 wholemeal wraps

1 carrot, grated

2 tbsp natural yoghurt, to drizzle

2 spring onions, chopped

1 tbsp chilli sauce, to drizzle

METHOD

1. Marinate the tofu and aubergine with oil, paprika, black bean sauce, soy sauce and teriyaki sauce. Grill or pan fry until soft and golden.
2. In a bowl, mash the avocado and mix with red onions, tomatoes, lemon juice and black pepper.
3. Warm the wraps in a pan.
4. Spread avocado mix on each wrap, adding aubergine, tofu and grated carrots. Top with yoghurt, spring onions and chilli sauce.
5. Fold the wraps and enjoy.

Number of portions: 2

Cooking and preparation time: 30 minutes

"These hearty wraps are colourful, nourishing and easy to enjoy. Aubergine and avocado bring a soft creamy texture, while fresh vegetables provide vitamins and minerals to support your immune system. Preparing them ahead can give you a sustaining, comforting option around treatment." – Gopi



5 A DAY
3.5

Fibre
11g

Protein
24g

Calories
612

Fat
32g

Sugar
21g

Salt
2.4g

HEARTY BOLOGNESE

MEAT-BASED

INGREDIENTS

1 tsp olive oil
2 garlic cloves
1 white onion, chopped
1 carrot, grated
200g lean lamb mince
400g kidney beans, rinsed and drained
300g tinned garden peas, rinsed and drained
400g tinned chopped tomatoes
120ml water
2 tsp harissa or chilli paste
1 tsp dried mixed herbs
1 tsp paprika
Black pepper, to taste
200g orzo pasta
2 tbsp natural yoghurt
20g fresh parsley, chopped

METHOD

1. Heat the olive oil in a large pan over medium heat. Add the garlic and onion and sauté for 3–4 minutes until golden and softened.
2. Add the grated carrot and lamb mince. Cook for 5–6 minutes, stirring occasionally, until the mince is browned.
3. Stir in the kidney beans, peas, chopped tomatoes and water. Mix well to combine.
4. Add the harissa or chilli paste, dried herbs, paprika and black pepper. Stir through, then reduce the heat and simmer for 15–20 minutes until the sauce has thickened.
5. While the sauce simmers, cook the orzo pasta in a pot of boiling water for 8–10 minutes, or until al dente. Drain well and set aside.
6. Divide the orzo between bowls. Spoon over the lamb and bean bolognese. Top with a dollop of natural yoghurt and a sprinkle of chopped parsley.

Number of portions: **4**

Cooking and preparation time: **30** minutes

5 A DAY
3.5

Fibre
12g

Protein
23g

Calories
355

Fat
9.2g

Sugar
9.7g

Salt
0.22g

HIGH IN PROTEIN



"This recipe combines lamb, beans and vegetables in a flavourful sauce that provides a variety of amino acids important for muscle strength during and after treatment. Small pasta shapes are gentler on the mouth, and you can use lentils or mince alternatives to make it plant-based." – Fran

CHICKEN CASSEROLE

MEAT-BASED

INGREDIENTS

- 1 tbsp olive oil
- 1 bell pepper, chopped
- 1 carrot, cut into quarters
- ½ aubergine, cut into quarters
- 2 parsnips, sliced into thick strips
- ½ red onion, sliced or quartered
- 100g tenderstem broccoli, halved
- 300g diced chicken breast
- 400g tin chopped tomatoes
- 1 tsp paprika
- 1 tsp curry powder
- 1 tsp reduced fat and salt pesto
- 1 tsp mixed herbs
- 20g breadcrumbs
- 20g oats
- 20g ground almonds

METHOD

1. Preheat the oven to 180°C.
2. Heat the oil in a large pan over medium heat. Add the bell pepper, carrot, aubergine, parsnip, red onion, broccoli and chicken. Sauté for 15 minutes, or until the vegetables are tender and the chicken is sealed.
3. Add the chopped tomatoes, paprika, curry powder, pesto and mixed herbs. Season with black pepper to taste and stir to combine.
4. Transfer the mixture to a casserole dish. Sprinkle the breadcrumbs, oats and ground almonds evenly over the top. Bake for 20 minutes, or until golden and cooked through.

Number of portions: **4**

Cooking and preparation time: **45** minutes

"This cosy dish is perfect for batch cooking and freezing so you have a warm meal ready when you don't feel like cooking. With chicken and colourful vegetables, it provides protein and nutrients to support strength and health." – Gopi



HIGH IN PROTEIN

5 A DAY
3.5

Fibre
8.9g

Protein
25g

Calories
323

Fat
12g

Sugar
13g

Salt
0.26g

BUTTER BEAN AND SPINACH CURRY

INGREDIENTS

1 tsp olive oil
3 garlic cloves, chopped
¼ ginger, chopped
1 tsp fennel seeds
200g tinned chopped tomatoes
1 tsp cumin seeds
1 tsp madras curry powder
1 tsp garam masala
¼ tsp turmeric
½ tsp chana masala powder
400g tinned butterbeans, drained and rinsed
¼ cup water
100g spinach
20g chopped coriander leaves

Number of portions: **2**

Cooking and preparation time:
40 minutes

VEGAN

METHOD

1. Heat the olive oil in a pan over medium heat. Add the chopped garlic, ginger and fennel seeds. Sauté for a few minutes until fragrant.
2. Add the chopped tomatoes, cumin seeds, madras curry powder, garam masala, turmeric and chana masala powder. Stir well and simmer for 10 minutes until the mixture has thickened.
3. Stir in the butterbeans and water. Simmer for another 10 minutes until the beans are heated through and the curry base has a gravy-like consistency.
4. Add the spinach and stir through until wilted. Season with black pepper to taste.
5. If you prefer a thicker curry, continue to cook for a few more minutes on a low heat until the desired consistency is reached.
6. Garnish with chopped coriander and serve.

"This gently spiced curry with soft textures is comforting when your appetite is low. Butterbeans provide plant protein and fibre to support digestion and nutrient needs during and after treatment. It freezes well for easy meals when you need it most." – Fran

HIGH IN PROTEIN



5 A DAY
2.5

Fibre
17g

Protein
18g

Calories
273

Fat
2.7g

Sugar
3g

Salt
0.35g

SALSA VERDE COD TRAY BAKE

PESCATARIAN

INGREDIENTS

2 cod fillets

200g jersey royal potatoes,
cut into halves

180g green beans, tips
trimmed and cut into halves

1 tsp olive oil

For the tomato sauce:

1 tsp olive oil

4 garlic cloves, chopped

250g cherry tomatoes,
cut into halves

200g tinned chopped
tomatoes

150ml water

1 tsp paprika

For the salsa verde:

20g fresh coriander

20g fresh parsley

2 garlic cloves, chopped

½ lemon, juiced

2 tsp reduced fat and salt
pesto

2 tbsp water

1 tbsp olive oil

METHOD

1. Preheat the oven to 180°C.
2. Place the potatoes and green beans in an ovenproof dish. Drizzle with 1 teaspoon of olive oil and toss to coat. Bake for 25 minutes, or until the potatoes are almost cooked.
3. Meanwhile, prepare the tomato sauce. Heat a small amount of oil in a pan and sauté the garlic for 1–2 minutes. Add the cherry tomatoes and cook until softened. Stir in the chopped tomatoes, paprika and water. Simmer for 15 minutes, or until the sauce has thickened slightly.
4. Prepare the salsa verde by blending all ingredients until grainy. The consistency should be spreadable, not too thick or smooth.
5. Remove the dish from the oven. Pour the tomato sauce over the potatoes and green beans, and mix gently to combine.
6. Create spaces in the vegetables and place the cod fillets in the dish. Spread the salsa verde evenly over each fillet.
7. Return the dish to the oven and bake for 15 minutes, or until the cod is cooked through.

Number of portions: **2**

Cooking and preparation time: **60** minutes

HIGH IN PROTEIN



5 A DAY
3.5

Fibre
9.2g

Protein
28g

Calories
383

Fat
15g

Sugar
11g

Salt
0.48g

"This colourful tray bake is full of fresh zesty flavours, perfect if food hasn't tasted the same. Baked cod stays soft and provides protein to support strength, while the vegetables add nutrients, making it a light, nourishing option during recovery." – Gopi

LAMB KOFTAS

MEAT-BASED

INGREDIENTS

1 courgette, sliced
2 medium shallots, quartered
1 yellow pepper, quartered
1 red pepper, quartered
1 carrot, sliced
1 tbsp olive oil
1 tsp paprika
1 tsp dried mixed herbs
1 tbsp reduced salt soy sauce
500g lean lamb mince
2 red onions, chopped
20g fresh coriander
20g fresh parsley
2 tbsp flour
1 tsp harissa paste
1 tsp curry powder
590ml water
½ low salt stock cube
150g dried bulgur wheat
2 mini cucumbers, finely chopped
1 lemon, juiced
4 heaped tbsp natural yoghurt
Pack of skewers

METHOD

1. Preheat oven to 180°C.
2. Place the vegetables in an ovenproof dish. Marinate with olive oil, paprika, dried herbs and soy sauce. Bake for 25 minutes.
3. Meanwhile, prepare the lamb koftas. In a food processor, combine lamb mince, 1 chopped red onion, 10g coriander, 10g parsley, flour, harissa paste and curry powder. Blend until combined.
4. Shape the mixture into 12 balls. Place on an ovenproof dish and bake for 20 minutes until cooked through.
5. Remove the roasted vegetables and allow to cool slightly. Thread the vegetables onto skewers.
6. Bring water and stock cube to a boil. Add bulgur wheat then simmer covered for 20–25 minutes until soft and fluffy.
7. In a bowl, mix cucumber, remaining red onion, yoghurt, lemon juice and black pepper.
8. Serve the lamb koftas with bulgur wheat, vegetable skewers and dressing. Garnish with remaining fresh coriander and parsley.

Number of portions: **4**

Cooking and preparation time: **50** minutes

A top-down view of a meal featuring lamb koftas. The koftas are browned and served on skewers alongside grilled vegetables including zucchini, yellow and red bell peppers, and mushrooms. This is served over a bed of yellow couscous on a light-colored plate. A small bowl of white tzatziki sauce, garnished with herbs and spices, sits next to the plate. In the background, a larger yellow tray contains more of the vegetable skewers, and a blue-rimmed plate holds additional koftas.

HIGH IN PROTEIN

5 A DAY
3

Fibre
7.3g

Protein
31g

Calories
405

Fat
10g

Sugar
8.5g

Salt
0.51g

"These lamb koftas can be prepared ahead and frozen for a convenient, ready-to-eat meal. Smaller portions suit a reduced appetite or 'little and often' approach, and a smooth dip like tzatziki helps if your mouth feels dry. Use kidney beans or tofu to make it a meat-free option." – Fran

CHEESY PASTA BAKE WITH CHICKEN

MEAT-BASED

INGREDIENTS

540g chicken thigh and drumsticks

¼ teaspoon black pepper

2 tsp chicken seasoning

125g white penne pasta

125g wholewheat penne pasta

2 tbsp plant-based spread

2 tbsp plain flour

½ tsp mustard

½ tsp black pepper

½ tsp smoked paprika

1 pint semi-skimmed milk

160g reduced fat mature cheddar cheese, grated

20g breadcrumbs

200g mange tout

METHOD

1. Preheat the oven to 160°C.
2. Season the chicken with black pepper and chicken seasoning. Lightly score the meat on both sides.
3. Put the chicken in an oven dish and bake for 40–45 minutes until cooked through.
4. While the chicken cooks, boil the pasta in a large pan of water. Follow the packet instructions. Drain and set aside.
5. Once the chicken is done, take it out of the oven and set it aside. Turn the oven up to 180°C.
6. To make the sauce, melt the plant-based spread in a saucepan. Stir in the flour, mustard, paprika and pepper. Cook for 2–3 minutes, stirring all the time.
7. Slowly pour in the milk, whisking as you go. Keep stirring for about 5–8 minutes until the sauce thickens.

8. Take the pan off the heat and stir in 100g of cheese. Mix until smooth. Add a splash of milk if the sauce feels too thick.
9. Put the pasta in an oven dish. Pour the sauce over and mix.
10. Sprinkle the rest of the cheese and the breadcrumbs on top.
11. Bake for 25–30 minutes, until the top is golden and bubbling.
12. Steam the mange tout until tender.
13. Serve the pasta bake with the chicken and mange tout on the side.

Number of portions: **6**

Cooking and preparation time: **90 minutes**

HIGH IN PROTEIN

5 A DAY
0.5

Fibre
3.2g

Protein
39g

Calories
452

Fat
18g

Sugar
6.5g

Salt
1.2g

"This cheesy pasta bake offers familiar and comforting flavours on tougher days. The roast chicken provides protein, and you can add vegetables for extra fibre or volume if you are managing your weight." – Fran

MANGO AND CHIA SEED PUDDING

VEGETARIAN

INGREDIENTS

200g frozen mango, chopped
1 tbsp flaxseed
2 tbsp chia seeds
2 tbsp ground almonds
2 tbsp desiccated coconut
½ cup almond milk
2 tbsp low-fat Greek yoghurt
2 tbsp mixed seeds
2 tbsp dates, chopped

METHOD

1. Allow the frozen mango to defrost completely.
2. In two separate glasses, add ½ tablespoon of each flaxseed, chia seeds, ground almonds and desiccated coconut. Mix thoroughly.
3. Pour in enough almond milk to cover the chia seeds in each glass. Stir well to combine.
4. Refrigerate for 15 minutes, or until the mixture reaches a jelly-like consistency. If too thick, add a little more almond milk and mix again. Alternatively, refrigerate overnight.
5. Once set, add chopped mango to each glass to cover the chia mixture.
6. Add 1 tablespoon of yoghurt on top of the mango layer in each glass.
7. Top each serving with 1 tablespoon of seeds and chopped dates.

Number of portions: **2**

Cooking and preparation time: **30** minutes

"This mango chia pudding is a light, satisfying sweet option. Chia seeds provide fibre, healthy fats and some protein to help you feel fuller. Preparing portions in advance makes a quick snack or dessert, and using different soft fruit can add a variety of nutrients." – Fran



5 A DAY
1

Fibre
11g

Protein
14g

Calories
397

Fat
25g

Sugar
20g

Salt
0.08g

BANANA BREAD

VEGAN

INGREDIENTS

2 ripe bananas, mashed

60ml vegetable oil

120ml almond milk

200g wholemeal spelt flour

200g self-raising flour

1 tsp bicarbonate of soda

100g oats

100g mixed seeds

100g ground almonds

100g chopped dates

Number of portions: **8**

Cooking and preparation time:

50 minutes

METHOD

1. Preheat the oven to 180°C.
2. In a large bowl, mix the mashed bananas with the oil and almond milk. Add the wholemeal flour, self-raising flour, bicarbonate of soda, oats, mixed seeds and ground almonds. Stir well with a spatula or wooden spoon. Set aside a small amount of oats for topping.
3. Fold in the chopped dates. The batter should be smooth. If it feels too thick, add a little more almond milk.
4. Lightly grease or line a loaf tin. Pour in the batter and sprinkle the reserved oats over the top.
5. Bake for 35–40 minutes, or until the loaf is risen, golden and cooked through. To check, insert a clean knife into the centre – it should come out clean. If not, return to the oven for a few more minutes.
6. Remove from the oven and leave to cool in the tin.

"This banana bread is nourishing when you're tired, have a low appetite or digestion is affected by treatment. Oats, seeds, nuts and wholemeal flour provide fibre, while slow-release carbohydrates and healthy fats give lasting energy. Enjoy as a snack or light breakfast with yoghurt or soft fruit." – Gopi

HIGH IN FIBRE



5 A DAY
0.5

Fibre
8.8g

Protein
15g

Calories
505

Fat
22g

Sugar
17g

Salt
0.26g

ADDITIONAL SUPPORT FOR YOU

Eat well during cancer guide

Eat well during cancer guide covers common side effects of cancer and treatment, and how they may affect your eating. It offers practical tips to help you manage these challenges, get the nutrients you need and keep your body nourished to support your health and recovery.

Download or order a copy at wcrf.org/EWDC



Join our Cook Through Cancer classes

Sign up for one of our award-winning online cooking classes, led by a professional chef and Oncology Specialist Dietitian. These sessions are designed to support anyone affected by cancer, including carers and loved ones, with tasty, nourishing recipes and practical guidance.

Find out more information at wcrf.org/cookthroughcancer

Cancer and Nutrition Helpline

Do you have questions regarding your diet? You can contact our Cancer and Nutrition Helpline to speak with an Oncology Specialist Dietitian, who can offer information and support based on your needs. Call **0300 102 2523*** for FREE or email helpline@wcrf.org for any questions you may have.

Find out more information at wcrf.org/helpline



*Opening hours: Tuesdays 12–2pm, Wednesdays 6–8pm and Thursdays 6–8pm

Living with cancer hub

Visit our Living with and beyond cancer hub for more helpful information, including answers to frequently asked questions and practical tips to support you through and beyond treatment.

wcrf.org/living-with-cancer

Looking for more recipe inspiration?

We have a wide range of recipes on our website for people living with cancer. Visit **wcrf.org/recipes** to explore more ideas that are tasty, simple and supportive of your needs.



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**





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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