

Everyone should eat healthy food. This is especially true for people with cancer. You should eat foods that are high in protein and calories before, during, and after your treatment. This will help you heal, feel better, and stay stronger.

Your doctor or nurse may send you to a **dietitian** or **nutritionist**. They are trained to work with people who have cancer and can suggest healthy foods for you. They can also help you cope with weight loss, not wanting to eat, or other nutrition (food) problems.



What are high protein and high calorie foods?

Some high protein foods are eggs, cheese, dairy products, cold meats, nuts, tofu, and dried peas and beans.

Some healthy foods that are high in calories are muffins, puddings, cookies, dried fruit, granola, and sandwiches.

What other kinds of food should I eat?

When you plan your meals and snacks, choose foods from the four main groups from *Canada's Food Guide to Healthy Eating*.

The four main food groups are:

- fruits and vegetables
- poultry, fish, meat, and meat alternatives
- cereals, breads, and pasta (grain products)
- milk and milk products

How can I make healthy eating part of my life?

- Eat a healthy breakfast. Many people feel more like eating in the morning, so try to eat a good meal at this time of day.
- Try to eat many small meals and snacks during the day.
- Keep healthy snacks handy.
- Eat more at times of the day when you are most hungry.
- Cook foods that you like, so that you will want to eat.
- Plan meals ahead. Try cooking a large meal and breaking it up into four or five portions that you can put in the freezer. This will save you from cooking every day. It also means that you will have food in your freezer when you are too tired to cook.
- Accept offers from family and friends to shop for you or make meals.
- Find out if you can get home delivery of meals, such as Meals on Wheels.
- Drink at least 8 glasses of liquid a day, such as milk, juice, soup, milkshakes, and eggnog.
- Keep in mind that eating well is very important during your treatment. If you don't feel like eating, try walking before meals to make you more hungry.



Questions to ask your health care team

- Do you think I should meet with a dietitian or nutritionist?
- Should I take vitamins or supplements?
- Are there any special foods that I should eat?
- Are there any foods that I should not eat?
- Is it okay if I drink beer, wine, or liquor?
- What if I lose or gain weight during treatment?

This fact sheet is meant to support the information that your health care team gives you. It is also meant to encourage you to ask questions to your health care team. This fact sheet does **not** replace any information that your healthcare team gives you.

Living Well With Cancer is a partnership among several people living with cancer, health care professionals, people who represent cancer and professional organizations, and Ortho Biotech. The LWWC partnership gratefully acknowledges the input of the QEII Health Sciences Centre in this fact sheet.

Living Well With Cancer Information Centre

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