First Steps – Health and Wellbeing: Diet and Nutrition

This leaflet provides information and advice on eating a balanced and healthy diet before, during and after treatment. If you have any further questions or concerns, please do not hesitate to contact the cancer team secretary who will direct your enquiry to the relevant member of the cancer team: 01484 343490.

The information provided may be useful as first-line advice and should not replace specialist advice from your healthcare team. Some people have other medical conditions alongside a cancer diagnosis which may affect what they eat. Specialist advice from your healthcare team may be needed if you have more complex nutritional needs.

The body needs a variety of nutrients from the food we eat, so aiming for a varied and healthy diet is important for all of us.

If you are living with cancer or having cancer treatment, you might not be able to eat and drink the foods you used to, or as much – (due to poor appetite, taste changes).

This can be difficult, especially if you are used to enjoying your food!

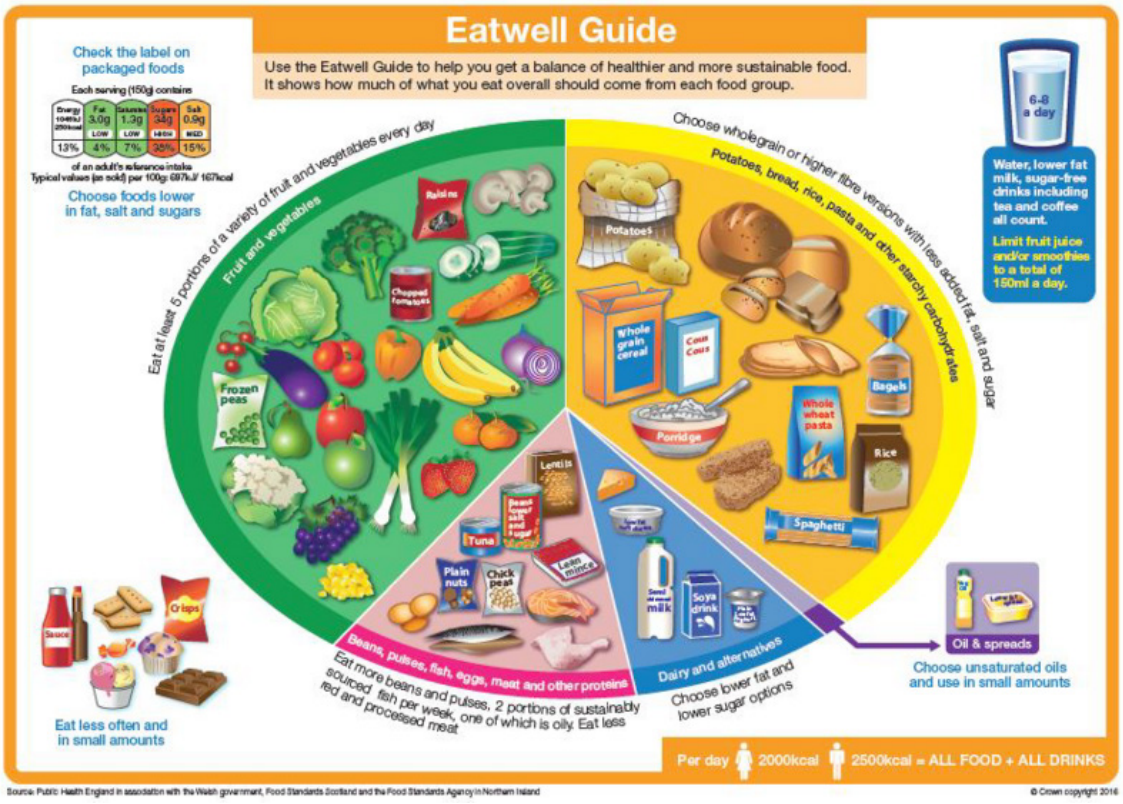
On top of symptoms caused by the cancer itself, your treatment side effects may make it more difficult to eat, and absorb what you need from your food.

Recommendations:

- Reduce high calorie foods and avoid sugary drinks
- Eat 5 portions of fruit/veg every day
- Eat a portion of pulses or wholegrain foods with every meal
- Limit red meat to no more than 500g (18oz) a week and eat minimal amounts of processed meats
- Limit your alcohol intake
- Lower your salt intake. This can be helped by reducing the amount of salty and processed foods you may consume
- Do not use dietary supplements for the prevention of cancer
- Reduce high calorie foods and avoid sugary drinks

compassionate care

The Eatwell Guide



The Eatwell Guide offers a visual way to help you choose the right foods at mealtimes.

Unwanted weight changes

Symptoms, treatment, medications and side effects can cause changes in weight. If you are concerned about unplanned weight changes support is available here:

Weight gain:
Macmillan healthy eating and cancer booklet

Weight loss:
Macmillan building up diet booklet

Recipes for people affected by cancer:
Macmillan Recipe booklet

Eating problems and cancer:
Eating problems booklet

Seek support from your clinical team if you continue to be concerned about weight.

Nutritional Cancer Myths

Blueberries, beetroot, broccoli, garlic, green tea…

…there's no such thing as a 'superfood'

Eating fruit and veg is a great idea, and eating a range of different veg is helpful too, but the specific vegetable you choose doesn't really matter… bodies are complex and cancer is too, so unable to say that any one food, on its own, could have a major influence… no evidence of any particular diet or food to help cure cancer – a healthy diet remains the best recommendation to help your body cope with treatment & help manage cancer symptoms.

Some studies suggest that alternative or complementary therapies, including some herbs, may help patients cope with the side effects of cancer treatment, no herbal products have been shown to be effective for treating cancer.
Some herbal products may be harmful when taken during chemotherapy or radiotherapy because they may interfere with how these treatments work.

Cancer patients should talk with their doctor about any complementary and alternative medicine products - including vitamins and herbal supplements they may be using.

Useful sources of information

HEALTHY EATING AND CANCER

Macmillan Healthy Eating and Cancer booklet

MACMILLAN CANCER SUPPORT

Macmillan Information Centre
Calderdale Royal Hospital 01422 222709
Huddersfield Royal Infirmary 01484 343614

NHS Calderdale and Huddersfield NHS Foundation Trust

Cancer Team Secretary
Monday to Friday 8am – 4pm 01484 343490

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).
Telephone: 0800 013 0018 (PALS) patientadvice@cht.nhs.uk

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Royal Hospital
Macmillan Unit
01422 222668

Huddersfield Royal Infirmary
Greenlea Suite Ward 7
01484 342474

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,

ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"