



Every cancer. Every life.®

Nutrition for the Person Getting Cancer Treatment

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Benefits of Eating Well During Cancer Treatment

Good nutrition is very important when you have cancer. Cancer and its treatment can make it harder for you to eat as you usually do. It can also affect the way your body handles certain foods and nutrients. People with cancer have different nutrition needs, depending on:

- The type of cancer they have
- The treatments they get
- What side effects they have

Eating well means eating a variety of foods to get the nutrients your body needs to fight cancer. These nutrients include proteins, fats, carbohydrates, water, vitamins, and minerals. Eating well during cancer treatment may help you:

- Keep up your strength and energy.
- Maintain your weight and your body's store of nutrients.
- Better tolerate treatment side effects.
- Lower your risk of infection.
- Heal and recover.

Getting Ready for Treatment

Talk to your cancer care team about the side effects you might have from your treatment and how they might affect your eating. Making plans to manage possible side effects can make you feel more in control and ready for the changes that may come.

Here are some tips to help you get ready for treatment:

- Talk to your cancer care team about any concerns you have about eating. They might suggest diet changes to help you manage side effects. They also might suggest that you work with a dietitian.
- Talk to your friends or family members about ways they can help with shopping and cooking, or ask a friend or family member to take over those jobs for you. Be sure to tell them if there are certain things you might have trouble eating.
- Stock your pantry and freezer with your favorite foods. Include foods you know you can eat even when you're sick.
- Think about cooking in advance and freezing foods in meal-sized portions.
- Look into prepared-meal delivery services that you can customize to meet your needs.
- Think about using a grocery delivery service for times you don't feel up to going to the store yourself.

If you need help with food costs, some programs may be able to help.

Supplemental Nutrition Assistance Program (SNAP)

fns.usda.gov/snap | 1-800-221-5689

Meals on Wheels America

mealsonwheelsamerica.org | 1-888-998-6325

American Cancer Society Patient Programs and Services

cancer.org/support-programs-and-services | 1-800-227-2345

Working With a Dietitian

A dietitian can be helpful if you are having trouble eating or drinking. They might be a member of your cancer care team or could be separate. They may be called a **registered dietitian** (RD) or a **registered dietitian nutritionist** (RDN). Some of them specialize in cancer nutrition and may have a special credential – Certified Specialist in Oncology Nutrition (CSO).

Dietitians work with you and your cancer care team to figure out your nutrition needs. They can help you come up with an eating plan. They might also suggest supplements or other ways to get the nutrients you need, such as protein, calories, vitamins, and minerals.

Tips for meeting with a dietitian

- Be prepared to share your eating and drinking challenges. Also bring notes about what you have and have not been able to eat or drink.
- Write down your questions before your meeting so you won't forget anything.
- Bring someone with you to help you remember your questions and what the dietitian tells you.
- Ask if it's OK to record the meeting, if you have a way to do so.
- Ask your cancer care team to share relevant treatment information with your dietitian if they don't work within the same system.

How Cancer Treatments Affect Nutrition

The type of treatment you get might cause different side effects. Discuss any side effects you have with your cancer care team. They can offer additional support.

Surgery

After surgery, you will need extra calories and protein for wound healing and recovery. But you may find it hard to eat enough because of side effects such as pain or fatigue (feeling tired), which can affect your appetite.

Your body's ability to use nutrients may also be changed by surgery on any part of your digestive tract (like the mouth, esophagus, stomach, small intestine, pancreas, colon, or rectum). Talk to your surgeon or cancer care team about how you can adapt to these changes.

Radiation Therapy

The side effects you get from radiation therapy will depend on the part of the body being treated, the type and dose of radiation, and the number of treatments.

Side effects usually start around the second or third week of treatment and peak about two-thirds of the way through treatment. Depending on the part of your body that receives radiation, you might have diarrhea, mouth dryness, swallowing problems, or taste and smell changes.

After radiation ends, most side effects slowly go away over the next 3 or 4 weeks, but some may last longer. Talk with your cancer care team if you need help dealing with any of your side effects.

Chemotherapy

Side effects from chemotherapy (chemo) depend on the specific medicines you get and how you take them.

People getting certain chemo medicines have the highest risk of getting side effects that can make it harder to eat. Side effects like nausea, vomiting, and diarrhea can start from a few minutes to many hours after treatment. It can help to eat something before treatment.

Most people find that a light meal or snack an hour or so before chemo works best. If you'll be there several hours, plan ahead and bring a small meal or snack with you.

Some side effects of chemo go away within hours of getting treatment. Other side effects come on later, such as mouth sores or taste and smell changes. Talk to your cancer care team about things you can do to help you eat with these side effects. Prompt attention to eating-related side effects can help keep up your weight and energy level and help you feel better.

Immunotherapy and Targeted Drug Therapy

Some immunotherapy and targeted therapy medicines can cause side effects that affect your ability to eat, such as nausea, vomiting, diarrhea, loss of appetite, or mouth sores. Ask your cancer care team which side effects you are likely to get.

If you're having trouble eating and have been following a special eating plan for diabetes or some other chronic health condition, talk to your cancer care team about how best to change your eating habits while getting cancer treatment.

Managing Common Eating Side Effects of Treatment

Here are some of the more common problems and tips on how to deal with them. Always tell your cancer care team about any problems you have. Things often can be done to treat the problem or keep it from getting worse.

Diarrhea

Diarrhea, or having loose or watery stools, is a common symptom for many people with cancer. It can lead to serious problems or delays in treatment.

What to Do

Talk to your cancer care team if you have diarrhea for more than 24 hours. Only take medicines for diarrhea if your cancer care team tells you to.

Foods and Drinks to Try

- Try a clear liquid diet (water, weak tea, apple juice, peach or apricot nectar, clear broth, popsicles, or gelatin) when diarrhea starts or when you feel that it's going to start.
- Try the BRAT diet (bananas, rice, applesauce, and toast) when you're ready to eat solid foods.
- Other good foods to try are potatoes, noodles, pasta, cereal, boiled vegetables, and low-salt soup.
- Drink at least 1 cup of liquid (such as water, sports drinks, or broth) after each loose bowel movement to replace lost fluids.

Things to Avoid

- Caffeine, alcohol, and acidic drinks (like citrus juices and fizzy drinks)
- Spicy foods and foods that are high in fat and sugar
- Tobacco products that contain nicotine
- Any supplements or over-the-counter medicines unless your cancer care team tells you to take them

Other Tips

- Track the amount and frequency of bowel movements.
- Use dampened toilet paper or baby wipes to clean yourself and to help soothe sore areas.
- Sit in a tub of warm water or use a sitz bath. This may help reduce pain or discomfort.
- Apply petroleum ointment to the anal area to help with soreness.

Loss of Appetite

Cancer and its treatment can affect your desire to eat. Here are some tips that might help if you lose your appetite.

What to Do

Eat when you feel hungry. You don't have to wait for set mealtimes. It may be helpful to eat several small meals or snacks throughout the day rather than 3 larger meals.

What to Eat

- Eat your favorite foods any time of the day. For instance, if you like breakfast foods, you can eat them for dinner.
- Take only small sips of liquids while eating. This can help keep you from feeling full early. Try to drink most of your liquids between meals.

- Try to eat high-calorie, high-protein foods like milkshakes and nutritional supplement beverages at each meal and snack.
- Keep a variety of protein-rich snacks on hand that are easy to prepare and eat. These include yogurt, cereal and milk, half a sandwich, a bowl of hearty soup, and cheese and crackers.
- Try homemade or commercially prepared nutrition bars and puddings.

Other Tips

- If the smell of food bothers you, try eating foods that are cold or at room temperature.
- Make eating more enjoyable by sharing a meal with your family or friends, choosing your favorite foods, using pretty dishes, playing your favorite music, or watching TV.
- Exercise lightly or take a walk before meals to increase your appetite.
- If you have nausea or pain, take medicines given to you by your cancer care team about 30 minutes before you plan to eat.

Mouth Dryness or Thick Saliva

A dry mouth develops when your body doesn't make enough saliva (spit) or when saliva becomes very thick. The most common cause of dry mouth is radiation therapy to the head and neck area.

What to Do

Treatments

- Talk to your cancer care team about whether certain medications or nutritional supplements may help you.
- Ask about acupuncture to improve symptoms.
- Ask about transcutaneous electrical nerve stimulation (TENS) to help your body make more saliva.

Keeping Your Mouth Clean

- Brush your teeth each time you eat and at bedtime. Use a soft toothbrush.
- Rinse your mouth every 2 hours with water or a bland mouth rinse. Some people find baking soda, salt water, or saline rinses helpful. (Mix 1 teaspoon salt and 1 teaspoon baking soda in 4 cups of water. Shake well before swishing and spitting.)
- Don't use store-bought mouthwashes that have alcohol in them.

Keeping Your Mouth Moistened

- Drink enough water each day. Keep water nearby for frequent sips between meals and mouth rinses.
- Try artificial saliva. It comes in rinses, gums, sprays, or tablets and can be found in drugstores.
- Suck on sugarless candy or chew sugarless gum to help increase saliva flow. Citrus, cinnamon, and mint flavors often work well.
- Use a water-based lip balm to keep lips moist.
- Use a cool mist humidifier to make room air less dry, especially at night. Keep the humidifier clean to avoid spreading bacteria or mold in the air.
- Avoid drinking alcohol or caffeine.
- Don't chew or smoke tobacco or use other products that contain nicotine.

Eating Tips

- Take small bites and chew your food well.
- Sip liquids with meals if you need help swallowing.
- Add liquids (such as gravy, sauce, milk, and yogurt) to solid foods.
- Avoid hot, spicy, or acidic foods.
- Avoid acidic juices, such as tomato, orange, and apple juice.
- Avoid tough meats, pretzels, chips, and hard, raw fruits or vegetables.
- Avoid sticky, sugary foods and drinks.

Mouth Sores and Pain

Cancer treatments like certain types of chemotherapy, radiation, and immunotherapy can cause mouth sores. Mouth sores can be little blisters, cuts, or ulcers. The best way to manage mouth sores is to prevent them or treat them early.

What to Do

Prevention and Treatment

- Go to the dentist and get your teeth checked and cleaned before you start treatment. This can help prevent mouth sores or keep them from getting worse.
- Talk to your cancer care team about a mouth care plan that is right for you.
- Ask your cancer care team if you should check your mouth from time to time using a small flashlight, mirror, and a tongue depressor with gauze wrapped around the tip.
- Tell your cancer care team if your mouth looks or feels different or if you notice changes in how things taste.
- Ask about medicine that can be swished in your mouth before meals or dabbed on a painful sore.
- Low-level laser therapy might help prevent and speed healing of mouth sores in adults getting a stem cell transplant or radiation to the head and neck.

Other Tips

- Drink enough water each day. Try to drink 9 to 13 cups of liquid a day.
- Eat cold foods and fluids (such as popsicles, ice chips, frozen yogurt, sherbet, or ice cream).
- Eat soft foods that are not too dry and are easy to swallow. You might mash or puree foods in a blender to make them easier to eat.

- Use a straw.
- Eat small, frequent meals of bland, non-spicy foods.
- Avoid raw vegetables and fruits, as well as other hard, dry, or crusty foods, such as chips or pretzels.
- Avoid alcohol and tobacco.
- Avoid acidic fruits and juices like tomato, orange, grapefruit, lime, or lemon.
- Keep your lips moisturized with a water-based lip balm.

Nausea and Vomiting

Taking medicine is the main part of managing nausea and vomiting. Tell your cancer care team if your anti-nausea medicines aren't working. There are other things you can do that can help as well.

What to Do

Eating and Drinking

Nausea and vomiting might make it hard to eat and drink. Try to drink as much fluid as you can so that you don't get dehydrated. And eat enough so that your stomach isn't too empty, which can make your nausea worse.

Try the following:

- Sip liquids slowly throughout the day. Cold, clear liquids may be the easiest on your stomach. (Clear liquids are those you can see through, such as ginger ale, apple juice, broth, tea, etc.)
- Try ice chips or frozen juice chips, which can dissolve in your mouth, to get more liquids.
- Eat small snacks and meals several times a day. Choose high-calorie options that are easy to eat (such as pudding, ice cream, sherbets, yogurt, and milkshakes).
- Eat bland foods that are easy on your stomach, such as crackers, toast, plain yogurt, popsicles, or gelatin.

- Sour foods like sour candy, pickles, lemons, or limes might help with nausea.
- Eat foods when they are cool or at room temperature so their smell isn't as strong.
- Suck on hard candy with pleasant smells, such as lemon drops or mints, to help get rid of bad tastes.
- Avoid fried, spicy, or greasy foods.
- Choose foods that sound good to you. You may want to avoid your favorite foods so you don't link them with feeling sick after treatment.

Other Things to Try

- Try relaxation methods like meditation, breathing exercises, progressive muscle relaxation, or guided imagery.
- Ask your cancer care team if acupuncture might be a good option to help manage your nausea.
- A trained hypnosis specialist might be able to help you control how your body responds to the feeling of nausea so it bothers you less.
- Some people find using aromatherapy with peppermint oil helpful.

Swallowing Problems

Cancer and cancer treatment can sometimes cause problems with swallowing.

What to Do

Ask your cancer care team about treatment to help with your swallowing problems. They may suggest that you work with a speech pathologist. Many speech pathologists have special training in helping people with swallowing problems.

What Foods to Eat

- Eat bland foods that are soft and smooth but high in calories and protein (such as cream-based soups, pudding, ice cream, yogurt, and milkshakes).
- Use pureed vegetables and instant potatoes in soups. These can help thicken soups and can change the flavor.
- Try buttermilk, eggnog, milkshakes, yogurt shakes, and ice cream.
- Try meal replacement or nutritional supplement beverages.

How to Eat

- Eat small meals and snacks throughout the day.
- Take small bites and swallow before taking another.
- Use a straw for liquids and soft foods.
- Sit upright to eat and drink and stay that way for a few minutes after meals.

Making Food and Liquids Easier to Swallow

- Refrigerate food (the cold helps numb pain) or serve cool or lukewarm. If cold foods make the pain worse, try them at room temperature.
- Use gelatin to help soften cakes, cookies, crackers, sandwiches, pureed fruits, and other cold food. Mix 1 tablespoon gelatin in 2 cups hot liquid until dissolved; pour over food. Let the food sit until soaked through.
- Dip breads in milk to soften.
- Tapioca, flour, and cornstarch thicken liquids. These must be cooked before eating.
- Use commercial thickeners to adjust how thick a liquid is.
- Use baby rice cereal to make a liquid very thick.

Things to Avoid

- Foods that need a lot of chewing
- Hard, dry foods like crackers, pretzels, nuts, and chips
- Alcohol and hot, spicy foods or liquids
- Acidic foods like citrus fruits and drinks and fizzy soft drinks

Taste and Smell Changes

Many people with cancer have changes in taste and smell during or after treatment. These changes can cause you to stay away from certain foods and lose weight. These changes can also make it harder for your body to get the food and fluids needed to heal and recover from your cancer treatment.

What to Do

Treatments

- See a dentist to make sure that your taste and smell changes aren't caused by tooth or mouth problems. Ask about the best way to keep your mouth clean and if a special mouthwash might help.
- Ask your cancer care team if there are medicines that might help.
- If you use any tobacco products, quitting might help improve your senses of taste and smell. Talk with your care team (cancer or primary care) about a good quit plan for you.

If You Have a Metallic Taste in Your Mouth

- Try using plastic forks, spoons, and knives. And use glass cups and plates.
- Cook food in glass pots and pans instead of metal ones.
- Try sugar-free gum or hard candies in flavors like mint, lemon, or orange. These flavors can help mask a bitter or metallic taste in your mouth.
- Try fresh or frozen fruits and vegetables instead of canned.

If Your Food Has No Taste or Doesn't Taste Good to You

- Counter a salty or bitter taste by adding sweeteners. A sweet taste can be offset by adding lemon juice and salt.
- Flavor foods with herbs, spices, sugar, new sauces, or tart flavors. Try lemon wedges, lemonade, citrus fruits, vinegar, and pickled foods.
- Serve foods cold or at room temperature. This can decrease food tastes and smells, making them easier to tolerate.
- Freeze fruits like cantaloupe, grapes, oranges, and watermelon, and eat them as frozen treats.
- Blend fresh fruits into shakes, ice cream, or yogurt.
- Try marinating meats in fruit juices, sweet wines, salad dressings, or other sauces.
- If red meats taste strange, try other protein-rich foods like chicken, fish, peanut butter, beans, peas, tofu, nuts, seeds, eggs, or cheese.
- Eat fresh vegetables. They may be more tempting than canned or frozen ones.

Other Tips

- Figure out what tastes and smells good or bad to you. This can help you choose what to eat and how to make your food taste better. It might help to keep a food diary to keep track of what food and drinks do and don't work for you.
- Keep your mouth clean and brush your teeth to help ease bad tastes.
- Mix 1 teaspoon salt and 1 teaspoon baking soda in 4 cups of water. Shake well. Rinse your mouth (swish and spit) before eating to help foods taste better.

If Some Food Smells Bad to You

- Eat foods that don't need to be cooked.
- Serve foods cold or at room temperature.
- Keep foods covered and lift the lid away from you.
- Use cups with lids, such as travel mugs.
- Drink through a straw.
- Decrease indoor cooking smells by cooking outdoors or using a kitchen fan when cooking.
- Avoid eating in rooms that are stuffy or too warm.



Visit [cancer.org/sideeffects](https://www.cancer.org/sideeffects) for more information on managing cancer-related side effects.

Food Safety for People With Weakened Immune Systems

Cancer and its treatment can weaken your body's immune system by affecting the blood cells that protect you against disease and germs. As a result, your body can't fight infections and disease as well as a healthy person's body can.

Food Handling Tips

Proper Washing

- Wash your hands with warm, soapy water for 20 seconds before and after preparing food and before eating.
- Wash fruits and vegetables well under running water before peeling or cutting. Do not use soaps, detergents, chlorine bleach solutions, or commercial produce rinses. Using a clean vegetable scrubber, scrub produce with thick, rough skin or rind (melons, potatoes, bananas, etc.) or any produce with dirt on it.
- Rinse leaves of leafy vegetables one at a time under running water.
- Rinse packaged salads, slaw mixes, and other prepared produce again under running water, even when marked pre-washed. Using a colander can make this easier. Wash the tops of canned foods with soap and water before opening.

Food Storage

- Refrigerate foods at or below 40° F.
- Keep hot foods hot (warmer than 140° F) and cold foods cold (cooler than 40° F).
- Thaw meat, fish, or poultry in the microwave or refrigerator in a dish to catch drips. Do not thaw at room temperature.

Other Tips

- Use defrosted foods right away, and do not refreeze them.
- Put perishable foods in the refrigerator within 2 hours of buying or preparing them. Egg dishes and cream-based and mayonnaise-based foods should not be left unrefrigerated for more than an hour.
- Do not eat raw vegetable sprouts.
- Throw away slimy or moldy fruits and vegetables.
- Use different utensils to stir foods and taste them while cooking. Do not taste the food (or allow others to taste it) with any utensil that will be put back into the food.

Avoiding Cross-contamination

- Use a clean knife to cut different foods.
- Keep raw meat away from other foods to avoid cross-contamination.
- Keep foods separated on the countertops. Use a different cutting board for raw meats.
- Clean counters and cutting boards with hot, soapy water, or use a fresh solution made of 1 part bleach and 10 parts water. Moist disinfectant wipes may be used if they're made for use around food.
- When grilling, always use a clean plate for the cooked meat.

Cooking Meats Well

- Put a meat thermometer into the middle of the thickest part of the food to test for doneness.
- Cook meat until it's no longer pink and the juices run clear.
- The only way to know for sure that meat has been cooked to the right temperature is to use a food thermometer. Meats should be cooked to 160° F and poultry to 180° F. Test a thermometer's accuracy by putting it into boiling water. It should read 212° F.

Microwave Cooking

- If the microwave oven does not have a turntable, rotate the dish a quarter turn once or twice during cooking. This helps prevent cold spots in food where bacteria can survive.
- Use a lid or vented plastic wrap to thoroughly heat leftovers.
- Stir often during reheating.

Grocery Shopping

- Check “sell-by” and “use-by” dates. Do not buy products (including meats, poultry, or seafood) that are out of date. Pick only the freshest products.
- Do not use damaged, swollen, rusted, or deeply dented cans. Be sure that packaged and boxed foods are properly sealed.
- Choose unblemished fruits and vegetables.
- Do not eat deli foods. In the bakery, avoid unrefrigerated cream- and custard-containing desserts and pastries.
- Do not eat foods that are bought from self-serve or bulk containers.
- Do not eat free food samples.
- Do not use cracked or unrefrigerated eggs.
- Get your frozen and refrigerated foods just before you check out at the grocery store, especially during the summer months.
- Refrigerate groceries right away. Never leave food in a hot car.
- Do not buy produce that already has been cut at the grocery store (like melon or cabbage.)

Dining Out Tips

- Eat early to avoid crowds.
- Do not eat yogurt and ice cream products from soft-serve machines.
- Ask that food be prepared fresh in fast-food restaurants.
- Ask for single-serving condiment packages, and avoid self-serve bulk condiment containers.
- Do not eat from high-risk food sources, including salad bars, delicatessens, buffets and smorgasbords, potlucks, sidewalk vendors, and food trucks.
- Do not eat raw fruits and vegetables.
- Ask for pasteurized fruit juices. Avoid “fresh-squeezed” juices in restaurants.
- Be sure that utensils are set on a napkin or clean tablecloth or placemat rather than right on the table.
- If you want to keep your leftovers, ask for a container and put the food in it yourself rather than having the server take your food to the kitchen to do this.

Safety Considerations for Herbs and Supplements

Be careful when buying vitamins, minerals, herbs, and other over-the-counter supplements. Makers of these products do not have to get approval from the United States Food and Drug Administration (FDA) to sell their products. This means they don't have to prove that their products are safe.

The FDA does watch for products that may be unsafe or make false or misleading claims, but they can only do this after the product is already on the market. Makers of these products also do not have to prove whether their products work. The FDA can only remove a product from the market if there is proof that it is unsafe.

Talk to your cancer care team about any supplements you are taking or thinking about taking. Some other safety tips:

- Ask your cancer care team for reliable information on dietary supplements.
- Your doctor may say it's OK for you to take a supplement during treatment. If so, choose one that contains no more than 100% of the daily value of vitamins and minerals.
- If your doctor, dietitian, or other cancer care team member suggests that you take a supplement, ask if you should choose one with iron.
- Stop taking the product and call your cancer care team if you have problems like wheezing, itching, numbness, or tingling.

Healthy Eating Tips for During and After Treatment

Eating well may help you regain your strength and energy and feel better overall. Be sure to ask your cancer care team if you have any food or diet restrictions during or after treatment.

Smaller changes to your diet are more likely to add up to long-term benefits than restrictive diets. The first step to eating healthy is to keep your pantry stocked with foods that you can throw together in a hurry for healthy meals .

Plan for meals with more:

- Vegetables
- Fruits
- Whole grains

Try to avoid:

- Added sugars
- Refined grains
- Processed and red meats

Enhancing Each Meal With Healthy Choices

Each day it's recommended that you eat 1½ to 2 cups of fruit and 2 to 3 cups of vegetables. Choose fruits and vegetables that are easiest for you to get. You can use fresh, frozen, or canned fruits and vegetables. Try to choose ones with less added salt and sugar.

Eating more fruits and vegetables has health benefits, even if you don't make other changes to your diet. Follow these tips at each meal to fuel your body with healthy foods.

Breakfast

- Add fruit to your cereal.
- Add spinach, tomatoes, or other veggies to your eggs.
- Choose unsweetened breakfast foods.
- Choose whole-grain bread or bagels.

Lunch and Dinner

- Choose soups with vegetables.
- Add protein-rich vegetables like beans, peas, and lentils.
- Add other vegetables to salads or wraps.
- Choose lean proteins like poultry, fish, beans, or tofu.

Dessert

- Make frozen treats from 100% juice.
- Try chocolate-covered bananas, strawberries, or apples.
- Add fruit to your sweet treat of choice.



Scan the QR code for healthy recipe ideas.

Don't forget about physical activity.

Being active has many benefits. It can help you manage some cancer treatment side effects. Talk to your cancer care team about what kind of exercise is right for you during or after treatment.



Scan the QR code for more information on getting and staying active.



Nutrition is an important part of cancer treatment. Eating the right kinds of foods during treatment can help you feel better and stay stronger.

This booklet covers:

- Benefits of eating well during treatment
- Getting ready for treatment
- Working with a dietitian
- How cancer treatments can affect nutrition
- Managing common eating side effects of treatment
- Food safety for people with weakened immune systems
- Healthy eating tips for during and after treatment

For more information and answers, visit the American Cancer Society website at [cancer.org](https://www.cancer.org) or call us at **1-800-227-2345**. We're here when you need us.

Scan the QR codes for more information.



Nutrition for people
with cancer



Managing cancer-related
side effects



[cancer.org](https://www.cancer.org) | 1.800.227.2345



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