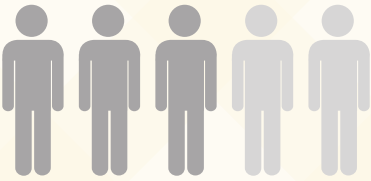


# Cancer NUTRITION

## WHY IS NUTRITION IMPORTANT FOR CANCER PATIENTS?

**80-90%** of people with cancer have signs and symptoms of malnutrition



**20-40%** of people with cancer may die from malnutrition or its associated complications

Proper nutrition can help patients **speed up the healing process** and **navigate side effects** of cancer treatment



## NUTRITIONAL FIXES FOR COMMON CANCER SIDE EFFECTS:

### NAUSEA/VOMITING



#### DO TRY

Water  
Bland foods  
Low-fat proteins  
Ginger



#### DON'T TRY

Fried or fatty foods  
Spicy or acidic foods  
Caffeine



### HEARTBURN



#### DO TRY

Calcium  
*(in moderation)*



#### DON'T TRY

Carbonated Beverages  
Fried or fatty foods  
Tobacco, alcohol or caffeine  
Raw, high-fiber fruits & veggies  
Acidic foods



### SORE MOUTH/THROAT



#### DO TRY

Liquid meals  
Soft, bland foods  
Healthy fats  
Honey



#### DON'T TRY

Spicy or acidic foods  
Hard/coarse/crunchy foods  
Tobacco and alcohol



### DIARRHEA



#### DO TRY

Potassium-rich foods  
Staying hydrated



#### DON'T TRY

Caffeine  
Fried or fatty foods  
Alcohol  
Dairy



For more information, call 1-800-296-9333.