

Taste Alteration	<ul style="list-style-type: none"> • Eat small, frequent meals and snacks. Eat whenever you feel hungry. • If foods taste metallic, use plastic utensils. • Add spices (salt, pepper or lemons) and sauces. • Eat meat with some gravy. • Avoid acidic foods that can irritate the mouth <i>i.e. coffee, vinegar, nuts, cheese.</i>
Xerostomia (dry mouth)	<ul style="list-style-type: none"> • Use a straw. • Increase oral hygiene. • Keep liquids handy at all times. • Avoid mouthwash that contains alcohol. • Consume sweet beverages <i>like milkshakes, smoothies, canned liquid drinks/supplements</i> high in nutritional value. • Try sucking ice chips • Try drinking warm yakhni and soup; it can soothe throat pain.
Stomatitis (sore mouth)	<ul style="list-style-type: none"> • Eat soft foods <i>like creamed soup, cooked cereal, macaroni and cheese, yogurt, and pudding</i> that are easy to chew and swallow. • Avoid foods that may irritate the mouth. Try foods cold or at room temperature. Hot foods can irritate a tender mouth and throat. • Cut food into small pieces. • Use a straw. • Practice good mouth care.

The nutrient needs of people with cancer vary from person to person. Your dietitian can help you identify your nutrition goals and plan ways to help you meet them.

References:

1. Nutrition Management During Chemotherapy, Karen Wagner, MS, RD, LDN, and Jaimie Bornstein, MPH, RD, CDN Vol. 11 No. 9 P. 50,
2. American Cancer society; Nutrition for the Person with Cancer during Treatment:

MISSION STATEMENT

To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of health care professionals and the public and perform research into the causes and treatment of cancer.



DIETARY GUIDELINES DURING TREATMENT OF CANCER

Good nutrition is especially important if you have cancer because both the illness and its treatments can change the way you eat. Cancer and cancer treatments can also affect the way your body tolerates certain foods and uses nutrients.

Nutrition intervention during chemotherapy and other cancer treatments can contribute to the success of treatment and to improve a patient's overall quality of life. Eating well while you are being treated for cancer might help you to:

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

Here are some things to keep in mind:

- ✓ Many people find their appetite better in the morning. Take advantage of this and eat more at that time
- ✓ On days when you cannot eat at all, do not worry about it. Come back to eating as soon as you can, and let your doctor know if this problem does not get better within couple of days.
- ✓ Try to drink plenty of fluids (6-8glasses), especially on those days when you do not feel like eating.
- ✓ Focus on eating variety of foods every day to get all nutrients you need.
- ✓ Limit fat, salt, sugar, smoked or pickled foods.

Managing Nutrition in Patients with Side Effects from Cancer Treatment

Side Effect	Recommendation
Neutropenia (weakened immune systems)	<ul style="list-style-type: none"> • Avoid all raw vegetables and unripe/over-ripe fruits, including all fresh garnishes. Cooked vegetables, canned fruits and juices are fine. • Avoid raw or rare-cooked meat, fish and eggs. Meat should be cooked to the "well-done" stage. Eggs should be thoroughly cooked, no runny yolks. • Avoid raw nuts. You may eat baked products with these ingredients. • Make sure all of the dairy products you eat are pasteurized. • Only pasteurized yogurt is allowed. • Keep hot food hot and cold food cold. • Do not thaw at room temperature. Thaw meat, fish, or poultry in the microwave or refrigerator in a dish to catch drips Be safe in the way you handle foods. Wash your hands before handling food. Wash all surfaces, cutting boards and cutting utensils thoroughly.
Loss of Appetite	<ul style="list-style-type: none"> • Plan a daily menu in advance. • Eat small, frequent meals high in protein and calories to avoid weight loss. • Seek foods that smell good. • Be creative and experiment with

	<p>different foods. Consume liquids high in protein and calories like milkshake, cream soups.</p>
Nausea/Vomiting	<ul style="list-style-type: none"> • Eat dry foods, such as crackers, rusk and toast, throughout the day. • Sit up for one hour or walk for a few minutes after eating. • Eat bland foods. Avoid foods that are overly sweet, greasy, fried, or spicy. • Reduce caffeine(coffee, coke) intake. • Avoid offensive odors. • Suck on candies, homemade ice cubes made from fruit juice. • Rinse mouth before and after eating.
Diarrhea	<ul style="list-style-type: none"> • Drink plenty of fluids (room temperature) to avoid dehydration. • Try liquids that have electrolytes like fruit juices and ORS. • Limit dairy and gas-forming foods like carbonated drinks, gas-forming vegetables (Beans and peas, spinach, cauliflower, cabbage, salads, nuts), and chewing gum. • Reduce fiber intake (fruits, vegetables, bran cereals). • Limit sugar-free foods.
Constipation	<ul style="list-style-type: none"> • Eat more fiber-containing foods (bran, fruits, vegetables, oatmeal). • Drink 8 to 10 cups of liquid daily. Try water, prune juice, warm juices, teas, and hot lemonade. • Take walks and exercise, preferably daily.