

# HEALTHY EATING TIPS DURING CANCER TREATMENTS

Written by Karen Jung

A healthy diet during cancer treatments is crucial for many reasons. Enjoying a proper diet can give you the necessary stamina for ongoing cancer treatments and the required physical strength for some exercise. Eating the right foods can assist individuals in overcoming the side effects of cancer treatments such as nausea, weight changes and constipation. A person's appetite and food tastes can change during chemotherapy treatments. With changes in health conditions and to maintain a healthy body weight, the focus should be on serving appropriate and easily digestible low-fat and high-fibre meals and snacks daily. Natural foods with plenty of antioxidants can aid in cell repair especially with chemotherapy. In addition, healing foods can contribute to a quicker recovery from cancer treatments.

With my experience as a caregiver, I have some tips for healthy eating that you or a loved one may find helpful during cancer treatments.

- Plan meals in advance every week so you can shop for groceries properly and cook around medical appointments and tests.
- Cook and prepare meals at home as much as possible so you can control fat, sodium and sugar intake.
- Limit buying processed and prepackaged foods and snacks with high fat, sodium and sugar content and minimal nutritional benefits.
- Have back-up food choices for changing food tastes and preferences.
- Eat properly, regularly and on time during cancer treatments, especially with prescribed medications and to maintain physical energy levels.
- Check with oncologist regarding dietary restrictions, including dairy foods, during chemotherapy treatments.
- Keep track of foods that contribute to appetite loss and avoid them during cancer treatments.
- Drink plenty of water daily, at least 8 to 10 cups, to clear out toxins from the body and to ease constipation problems.
- Serve water with meals to aid in swallowing and digestion.
- Enjoy a variety of foods daily from four food groups which include vegetables and fruit, grains, milk and low-fat dairy products, and meat and alternatives.
- Choose high-fibre foods such as fruits, vegetables, bran and oats for meals and snack ideas daily to promote bowel regularity.
- Select potassium-rich foods like bananas and sweet potatoes for boosting energy levels.
- Choose calcium-enriched foods like skim milk and low-fat cheeses for bone strength.
- Plan for one to two vegetarian meals such as pasta or tofu dishes weekly.
- Limit red meat and processed meat consumption weekly and select fish and poultry as healthier choices.

- Avoid gaseous foods like cabbage, brussels sprouts and some beans which contribute to stomach bloating and discomfort.

In my new book, *Healthier Eating and Living with Cancer*, there are many cancer and heart-friendly recipes in addition to menu suggestions and snack ideas for during and after cancer treatments.

*Karen Jung is the author of Healthier Eating and Living with Cancer. Her recently published book has received numerous praises and positive reviews from prominent cancer and health organizations in Canada, United States, United Kingdom and Australia. She has been an invited guest on cancer talk and health and wellness radio shows in the United States to speak about cancer treatments, healthier eating, and cancer and heart disease prevention. Her various articles on cancer and heart disease have been published in Canada, the United States and Australia. With over 20 years of health care experience, she served for 12 years as Director of Human Resources in several large hospitals in British Columbia, Canada. In addition to being a cancer and health advocate, she was a direct caregiver to family members diagnosed with cancer.*

*For more information on Healthier Eating and Living with Cancer, visit [http://www.granvilleislandpublishing.com/our\\_titles/cooking/#healthier\\_eating](http://www.granvilleislandpublishing.com/our_titles/cooking/#healthier_eating). Her books can also be purchased through your local bookstores or with Amazon.com, Amazon.co.uk and Amazon.ca.*

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