

COPING WITH CANCER TREATMENT SIDE EFFECTS

CANSA's Top Dietary Tips: **Nausea***

- 1 Follow a bland or plain diet
- 2 Eat and drink small, regular meals and snacks (5-6 times per day)
- 3 After eating, rest in upright position
- 4 Avoid fatty, oily foods
- 5 Avoid a too-full stomach
- 6 Drink slowly and between meals, not with meals
- 7 Suck on frozen juice cubes
- 8 Find something to distract you
- 9 Ask someone else to prepare your food
- 10 Try ginger/mint tea, lemonade, ginger ale, ginger beer, food cooked with ginger
- 11 Try cold foods instead of warm foods
- 12 Suck on mints, lemon sweets or bitter dark chocolate for bad mouth taste
- 13 Wear loose-fitting clothes
- 14 Avoid caffeine (e.g. coffee) and smoking

Link to CANSA approved recipes: <https://www.cansa.org.za/affordable-nutritious-recipes-top-dietary-tips-for-cancer-patients>

*Please speak to your healthcare professional for individualised advice



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CANSA's Top Dietary Tips: **Loss of Appetite***

1

Have small, regular meals/snacks throughout the day (5- 6 times per day), better than not eating at all

2

Try to eat more when you feel at your best

3

Eat slowly and chew food well

4

Eat food you feel like

5

Avoid greasy, fatty, not as nutritious foods that will make you feel full more quickly

6

Do not force yourself to eat

7

Liquids, like smoothies/shake, are often better tolerated

8

Gradually add more food with each meal

9

Consume liquids after meals, not with meals

Take liquid nutritional supplements that will help to increase your protein and energy intake*

10

Dark chocolate can stimulate appetite

11

Eat in a calm, comfortable atmosphere

12

Ask for help in preparing and cooking food

13

Cook and freeze food for easy reheating

14

Perform regular mouth care to reduce unpleasant aftertastes

15

Do light, regular exercise, e.g. walking

16

If you are undergoing any cancer treatment or your immunity is low (compromised), opt for only well-cooked foods (avoid raw meats and sushi)

17

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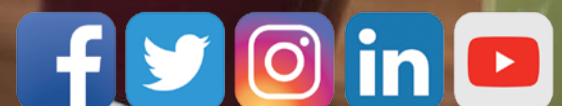


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CANSA's Top Dietary Tips: **Diarrhoea***

1 Total food abstinence/avoidance is not recommended

2 Eat small amounts of food frequently

3 Foods at room temperature may be better tolerated

4 Take frequent sips of clear fruit juice, sports beverages, black tea, flat carbonated beverages and ice lollies. Drink liquids between meals

5 Soft, easily digested foods, (bananas, apple sauce, rice, potatoes, noodles, crackers, toast, soup), are usually better tolerated

6 Dairy products should be avoided. Try lactose-free milk and yoghurt or soya milk and soya products, as lactose intolerance can develop due to the diarrhoea

7 Fatty foods and highly spiced foods may not be well tolerated

8 Potassium is an important mineral for the body, try to eat some foods that are high in potassium, such as ripe bananas, avocado, apricot, or peaches, and potatoes

9 If you have cramps, avoid consuming foods that may produce gas, such as carbonated drinks, beer, dried beans (legumes), cabbage, broccoli, garlic, cauliflower, highly spiced foods and chewing gum

10 Avoid foods/juices that have a laxative effect, such as prunes and prune juice

11 Eat well-cooked, tender meats, such as tender cuts of baked, grilled or roasted beef, lamb, liver and pork as well as chicken, fish and peanut butter

12 Avoid pips and skins of fruit and vegetables, seeded bread and rolls, whole-wheat kernels, nuts and dried fruit

13 Be careful of products containing artificial sweeteners sorbitol and xylitol

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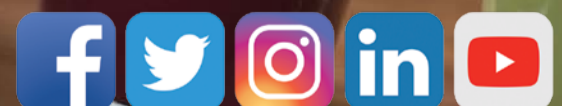


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CANSA's Top Dietary Tips: **Constipation***

1 Drink at least 6–10 glasses of water a day

2 Follow a diet high in soluble and insoluble dietary fibre, e.g. fresh fruit, vegetables with skin, whole-wheat bread, dried beans, lentils, dried fruit or stewed dried fruit, brown rice, digestive/oat bran, oats

3 Ask your healthcare professional whether stool softeners/laxatives might be suitable for you with your medication

4 Eat at regular times and try to increase your physical activity if possible

5 If you follow a high-fibre diet without drinking enough water, the constipation might get worse

6 Avoid caffeine in the form of coffee and tea, for example, as caffeine has a diuretic effect and can aggravate constipation. Rooibos tea* is caffeine-free

7 Follow a regular bowel movement routine. Do not sit for too long or push too hard

8 Consult your registered dietitian about nutritional supplements and to recommend a high-energy, high-protein, fibre-containing liquid supplement if required

9 Fresh fruit & vegetable smoothies are high in dietary fibre

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