



- Try icy liquids such as Popsicles® and ice chips.
- Avoid fried, greasy, fatty foods.
- Eat small amounts slowly and rest after meals.
- Avoid spicy, hot foods and stay away from foods with strong odors.
- Let someone else do the cooking.

Changes in Taste/Smell

You may experience changes in taste and smell, especially if you are being treated in the head and neck areas or are receiving certain chemotherapy drugs. Some people say that foods have a bitter or metallic taste. Try some of these tips for making food taste better:

- Eat foods that look and smell good to you.
- Use plastic eating utensils rather than silverware.
- Serve food at room temperature and try tart foods such as oranges or lemonade.
- Try using seasonings to help flavor foods (basil, oregano, rosemary are just a few ideas).
- Marinate your meats in sweet juices, wine, Italian dressing or sweet and sour sauce to enhance flavor.

Vitamins and Minerals

If you are eating a well-balanced diet you are probably meeting all of your nutrient needs. If you are not eating well, consult your doctor about taking a multivitamin. High doses of vitamins and minerals can interfere with the effectiveness of treatment, so ask your doctor before taking any vitamin, mineral or herbal supplements.

Getting enough calories and protein is very important. For protein, eat more meats, eggs and dairy products. For calories, eat higher fat content foods, along with plenty of fruits, vegetables and whole grains.

Remember

Try to maintain your weight and make sure to eat enough protein. For more information about nutrition, ask to see a registered dietitian.

Contributing to the Community's Health

Frequently people inquire as to how they may make a contribution to the community's health. We encourage you to consider Glendale Adventist Medical Center's Healthcare Foundation whenever you or your family desire to make a difference in the health of our community. For more information, please call (818) 409-8055.

Physician Referral (818)409-8100

HEALTH CONNECTIONS

Understanding Nutrition & Cancer

at Glendale Adventist
Medical Center



Overall nutrition is important for good health, but also important for a healthy immune system against cancer and infections.

www.glendaleadventist.com

Glendale Adventist
Medical Center

Adventist
Health

Nutrition for Cancer Patients

Overall nutrition is important for good health, but especially for people being treated for cancer. Good nutrition during your cancer treatment may improve the results of your treatment and reduce common side effects. It helps you feel better, stay stronger and may help you recover more quickly. Nutrition is also important for a healthy immune system, your body's defense system against cancer and infections.

Poor nutrition can result in weight loss and muscle loss, which can contribute to fatigue and weakness. Your nutritional needs for calories and protein increase during treatment. Protein is needed to build, repair and maintain tissue, and to help fight infection. Calories are needed to maintain your weight.

Eating Right

Maintaining your weight is a good indicator of enough calories. When you lose weight, you are not meeting your body's need for calories. You may think you are losing only fat tissue, but in fact you may be losing muscle mass. When you lose muscle you feel weak and fatigued. Your immune system may become weaker as a result of weight loss. Weight loss is not desired during your cancer treatment.

Treatment Effects on Nutrition

Loss of Appetite

Adequate nutrition is sometimes difficult when you are experiencing some of the side effects of cancer treatment. Loss of appetite is one common side effect. Try eating five to six small, high calorie and/or high protein meals a day. You may want to consider a commercial nutrition drink such as Ensure® or Boost® to supplement your diet. If loss of appetite is severe, there are medications called appetite stimulants your doctor may prescribe.

Feeling Full

You may also have a feeling of fullness. Once again, eat several small, but nutrient-dense, meals a day. Do not fill up on low calorie foods like broth, lettuce and diet soda. Water is good for you, but it has no calories or protein and may cause a feeling of fullness. Choose fluids with calories (sugared soda, juice, milk and shakes). Drink between meals rather than with your meals to leave room for food.

Sore Throat and Mouth

Sore throat and sore or dry mouth are some other common side effects. Eat foods that are cool or at room temperature. Try soft foods and drinks like milkshakes, yogurt, cottage cheese, custards and puddings. Also, eggs and tuna fish are great soft sources of protein.

You may need to blend some of your foods to a baby food consistency if you experience trouble swallowing. Keep your foods moist with sauces, gravies and butter. Keep your mouth wet with frequent fluids or try ice

chips. Ask your healthcare team about medications and salves available to help relieve these side effects.

Nausea/Vomiting

Nausea and vomiting are other side effects of treatment. They may prevent you from eating enough and can eventually result in weight loss. Your doctor may prescribe medications and suggest other methods to lessen these side effects.

- Try snacking on toast, crackers, pretzels.
- Eat soft and bland foods like yogurt, sherbet, angel food cake, oatmeal, skinned chicken, and bland fruits and vegetables.

(continued on pack panel)

