

NUTRITION AFTER CANCER



Nutrition has an important role to play following your cancer treatment.

AT THE END OF YOUR CANCER TREATMENT AND INTO SURVIVORSHIP

Once your cancer treatment has finished, it is important to maintain a healthy weight to speed up recovery. Eating a variety of foods and regular physical activity will help to rebuild muscles. If you are still experiencing treatment side-effects that are impacting your food intake, discuss with your **dietitian**.

Once you have recovered from the side-effects of treatment, it is important to focus on healthy eating. The Australian Dietary Guidelines provide general information about what to eat and how much.



A balanced diet includes all of the five food groups:

- **Breads and cereals:** Aim for four to six serves daily (wholegrain varieties contain more fibre, vitamins and minerals)
- **Fruits and vegetables:** Include five to six vegetable serves and two pieces of fruit daily – raw, cooked, tinned or frozen
- **Meat and alternatives:** Include two to three serves per day of lean meat, chicken, fish, eggs, legumes (beans and lentils) or vegetarian meat substitutes such as textured vegetable protein, tofu or tempeh
- **Dairy:** Include at least two to four serves daily of dairy or calcium-enriched soy products or alternatives such as soy milk, yoghurt or cheese
- **Extras:** Small serves of fats and oils are an important source of fat-soluble vitamins and energy (kilojoules). Limit saturated (or animal fats) and focus on plant based fats and oils such as extra virgin olive oil.

Excess body weight is a risk factor for a number of cancers. Being overweight or obese may also increase the risk of recurrence.

CABRINI CANCER EXERCISE AND WELLNESS CENTRE

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Some healthy eating tips include:

- Aim for a dietary intake that is high in vegetables (aim for half of your plate to be vegetables or salad at lunch and dinner)
- Choose whole grains such as brown rice, barley, quinoa and oats
- Choose water as your main drink
- Limit red and processed meats
- Consider meat-free days and incorporate beans and legumes (lentils, chickpeas) instead
- Use fresh foods and avoid heavily processed foods as much as possible

FURTHER INFORMATION ABOUT NUTRITION

A dietitian is a specialist in food and nutrition. A dietitian can help you meet your own nutrition needs to prevent and manage nutrition-related side-effects. To make an appointment to see a dietitian, please contact Cabrini Access on (03) 9508 1700 or email: access@cabrini.com.au

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