

NUTRITION & RADIOTHERAPY



If you are undergoing radiotherapy, good nutrition can assist you to maintain your energy and weight and deal with the side-effects of treatment.

Radiotherapy may be used alone, after surgery and with or without chemotherapy. During radiotherapy your body needs more energy and protein than usual. **If you are undergoing radiotherapy, good nutrition aims to:**

- Maintain your weight
- Assist with improving your immune system
- Improve your recovery
- Reduce your chances of hospital admission due to malnutrition or dehydration
- Optimise your quality of life by improving strength and energy levels

Eating a varied and balanced diet is an important part of your cancer treatment. If you are well nourished, it is likely you will have more energy and an improved immune function. This can assist you in better coping with your treatment.

MAINTAINING YOUR WEIGHT

Record your weight each week and seek advice from a **dietitian** if you are losing weight.

Maintain your weight by:

- Eating snacks high in energy and protein
- Eating smaller, more frequent meals
- Aiming for six small meals or nourishing drinks each day

Some helpful tips:

Drink nourishing fluids

- Full cream or fortified milk (fortified milk = 200ml milk + 1 tablespoon skim milk powder)
- Include one nourishing milk drink per day (for example milkshake/smoothie, Milo®, Sustagen® or iced coffee/chocolate)

Fortifying meals

- Add extra butter or extra virgin olive oil to bread or vegetables
- Add cheese to meals

Snack ideas

- Cheese/dips, peanut butter or avocado on crackers or bread
- Yoghurt or dairy desserts
- Boiled egg
- Dried fruit and nuts

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