

Eating Well

A well-balanced, nutritional diet supports you in treatment and recovery.

Why good nutrition is so important

Cancer itself and the ensuing treatment places extra demands on your body, so it's important to understand how nutrition and exercise can help during treatment, recovery and beyond.

Eating a well-balanced diet can help you to maintain a healthy weight, sustain muscle strength and boost your energy levels – all of which contribute to your quality of life. Good nutrition can also assist with enhancing your mental health, managing the side effects of treatment, wound healing and rebuilding damaged tissues (especially after surgery, radiotherapy, chemotherapy or other treatment), improving your body's immune system and reducing the risk of cancer recurring

Tips for Eating Well During Cancer Treatment



Eating Well during treatment looks different for everybody, so an individualised approach is vital. It's important to understand that different treatments will have different side effects, and everyone responds differently.

You may be affected by loss of appetite, nausea, taste changes or bowel changes, such as diarrhoea or constipation. There are a range of tips to manage these symptoms [here](#). Taking care of your oral health, both during and after treatment, is also important.

Tips for Eating Well During Cancer Treatment



It's important that you try to maintain your weight, which will assist your recovery. Consult with your treatment team to get up to date and evidence-based information and to identify ways to assist you in your recovery. The following are recommended suggestions that may assist you.

- Eat a variety of foods from the five food groups - website eatforhealth.gov.au
- Fluids are vital – ensure you drink plenty of water
- Limit your alcohol intake and consumption of saturated fats
- Include some physical activity to rebuild your muscle mass and recover from the side effects of your treatment.

Tips for Eating Well in Recovery



Once you recover from any side effects of treatment, it's important to continue your healthy eating plan

- Focus on maintaining healthy body weight while being physically active to lower the risk of cancer recurring
- Consult your doctor for regular check ups.

Resources:

- **Living Well After Cancer Website** – cancervic.org.au
- **Peter Mac Website** – Nutrition/Dietetics resources for survivors and carers – petermac.org/
- **Cancer Council Victoria Website** – Nutrition and Information Booklets – cancervic.org.au/living-with-cancer/nutrition and cancervic.org.au/living-with-cancer/life-after-treatment