

Best Foods to Eat After Cancer Diagnosis

Recommendations about food and eating for cancer patients can be very different from the usual suggestions for healthful eating.

Nutrition recommendations for cancer patients are different because they are designed to help build up your strength and help you withstand the effects of your cancer and its treatment. When you are healthy, eating enough food to get the nutrients you need is usually not a problem. During cancer treatment, however, this can become a challenge, especially if you have side effects or simply don't feel well.

Nutrition recommendations for cancer patients may focus on helping you eat more higher calorie foods that emphasize protein. Recommendations might include eating or drinking more milk, cream, cheese, and cooked eggs. Other suggestions might include increasing your use of sauces and gravies, or changing your cooking methods to include more butter, margarine, or oil. Sometimes, nutrition recommendations for cancer patients suggest that you eat less of certain high-fiber foods because these foods can aggravate problems such as diarrhea or a sore mouth.

Below are some general recommendations for diet that may help to cleanse the intestinal tract, help rid the body of toxins, and provide the nutrients needed to rebuild tissue and regain organ function. **However, it is important for cancer patients to always review any diet plans with their physician prior to starting any dietary modifications.**

- Eat at least 5 servings of fruits or vegetables every day. Eating a diet rich in fruits and vegetables provides necessary fiber and antioxidants.
- Replace white or processed carbohydrates with whole grain varieties to increase B vitamins and fiber.
- Eat 2–3 servings of low fat dairy daily. Cancer treatment may negatively affect bone health, so it is important to incorporate calcium-rich foods into your diet on a regular basis.
- Incorporate lean meats, poultry, fish, nuts, seeds, legumes, and beans into your meals to ensure an adequate amount of protein in your diet.
- In addition to diet, drinking adequate amounts of pure water throughout the day is essential for cancer patients.
- Green tea is well-known for its health benefits.
- Grape and wheat juices also have anti-carcinogenic properties and functions.
- Miso soup is known to detoxify radiation.



Understand that nausea and anorexia are common complications of a patient undergoing chemotherapy or other aggressive treatments. Under these circumstances, you should simply try to eat anything that you can easily digest.



The Final Word

A healthy diet is vital for a person's body to work its best. This is even more important for cancer patients. If you've been eating a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defenses against infection.

People who eat well are better able to cope with side effects. You may even be able to handle higher doses of certain treatments. For example, we know that some cancer treatments are actually much more effective if the patient is well-nourished and getting enough calories and protein in his or her diet.

Don't be afraid to try new foods. Some things you may never have liked before may taste good to you during treatment.



www.thedietchannel.com/Diet-For-Breast-Cancer-Patients.htm

www.thedietchannel.com/Cancer-Fighting-Foods.htm

www.cancer.gov/cancertopics/eatinghints/allpages#A2