EATING WELL DURING CANCER TREATMENT

Simple food habits that help maintain strength, healing, and comfort during treatment.

1 Eat small meals often



- Try 5–6 small meals instead of 2–3 large meals.

2 Add protein



- Include dal, paneer, curd, milk, eggs, fish or chicken if you take them.

3 Choose soft nourishing foods



- Khichdi, porridge, curd-rice, soups, smoothies and bananas are often easier to take.

4 Drink enough fluids



- Sip water, ORS, coconut water, buttermilk or clear soups through the day.

5 Keep easy snacks nearby



- Biscuits, fruit, roasted chana, yogurt or nuts can help between meals.

6 Ask for help



- Family support with shopping, cooking and serving food can make eating easier.



If your weight is dropping or eating is very difficult, ask your doctor or dietitian for individual advice.

WHEN EATING IS DIFFICULT

Practical tips for common problems during treatment.

1 Poor appetite



- Eat a few bites at a time. Choose your favourite nourishing foods.

2 Nausea or vomiting



- Try dry foods, bland foods, ginger, and small sips of fluids. Avoid greasy smells.

3 Mouth ulcers or sore mouth



- Choose soft, cool foods. Avoid spicy, rough or very hot foods.

4 Taste changes



- Try lemon, herbs, marinades, or a different texture.

5 Diarrhoea



- Take more fluids. Choose simple foods like rice, banana, toast or curd.

6 Constipation



- Drink more fluids, add fruit and vegetables, and walk if possible.

Tell your treatment team if you cannot keep food down, cannot drink, or symptoms are not improving.

FOOD SAFETY AND WHEN TO CALL YOUR DOCTOR

Simple steps to reduce infection risk and know when you need help.

FOOD SAFETY

1. Wash hands before eating or cooking.



2. Wash fruits and vegetables well.



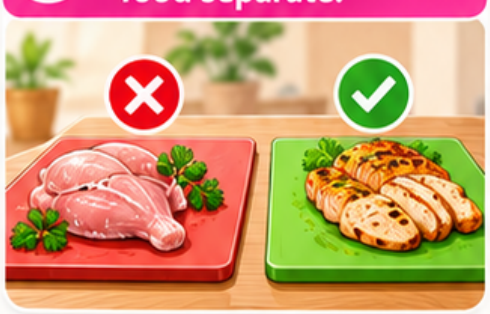
3. Eat freshly cooked food whenever possible.



4. Drink clean, safe water.



5. Keep raw and cooked food separate.



6. Avoid raw eggs, undercooked meat, and unhygienic street food if your immunity is low.



CALL YOUR DOCTOR IF YOU HAVE

1. You cannot eat or drink properly.



2. Repeated vomiting.



3. Frequent diarrhoea.



4. Fever or chills.



5. Fast weight loss.



6. Dizziness, dry mouth, or very little urine.



This guide is for patient education. Individual advice may differ depending on treatment and your health condition.