

Everyone should eat healthy food. This is especially true for people with cancer. You should eat foods that are high in protein and calories before, during, and after your treatment. This will help you heal, feel better, and stay stronger.

Your doctor or nurse may send you to a **dietitian** or **nutritionist**. They are trained to work with people who have cancer and can suggest healthy foods for you. They can also help you to cope with weight loss, not wanting to eat, or other nutritional (food) problems.

## What are high protein and high calorie foods?

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Some high protein foods are eggs, cheese, dairy products, cold meats, nuts, tofu, and dried peas and beans.

Some healthy foods that are high in calories are muffins, puddings, cookies, dried fruit, granola, and sandwiches.

## What other kinds of food should I eat?

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When you plan your meals and snacks, choose foods from the 4 main groups from **Canada's Food Guide to Healthy Eating**.

The four main food groups are:

- Fruits and vegetables
- Poultry, fish, meat, and meat alternatives
- Cereals, breads, and pasta (grain products)
- Milk and milk products

## How can I make healthy eating part of my life?

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- Eat a healthy breakfast. Many people feel more like eating in the morning, so try to eat a good meal at this time of day.
- Try to eat many small meals and snacks during the day.
- Keep healthy snacks handy.
- Eat when you are most hungry.
- Cook foods that you like, so that you will want to eat.

- Plan meals ahead. Try cooking a large meal and breaking it up into 4 or 5 portions that you can put in the freezer. This will save you from cooking every day.
- Accept offers from family and friends to shop for you or make meals.
- Find out if you can get home delivery of meals, such as Meals on Wheels.
- Drink at least 8 glasses of liquid a day, such as milk, juice, soup, milkshakes, and/or eggnog.
- Keep in mind that eating well is very important during your treatment. If you don't feel like eating, try walking before meals to make yourself more hungry.

## Questions to ask your health care team

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- Do you think I should meet with a dietitian or nutritionist?
- Should I take vitamins or supplements?
- Are there any special foods that I should eat?
- Are there any foods that I should not eat?
- Is it okay if I drink beer, wine or liquor?
- What if I lose or gain weight during treatment?

## Looking for more information on this topic?

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You can contact the Canadian Cancer Society at [www.cancer.ca](http://www.cancer.ca) or call the Cancer Information Service of the Cancer Society at 1-888-939-3333. You can also contact your local public library for books, videos, magazine articles and online health information. For a list of public libraries in Nova Scotia go to <http://publiclibraries.ns.ca>.

*Cancer Care Nova Scotia* has made an electronic patient education program, the Oncology Interactive Education Series (OIES), available in most health districts in Nova Scotia. Please check with your health care team, your Cancer Patient Navigator, or your health care library to see if this program is available in your district and to learn how to use the program.

For more information visit *Cancer Care Nova Scotia's* website [www.cancercare.ns.ca](http://www.cancercare.ns.ca)



Capital Health

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