

EATING WELL THROUGH CANCER

Cancer and cancer treatment can change how you eat and how your body uses nutrients in food. Eating the right kinds of foods before, during and after treatment can help you build up your strength and energy, better deal with side effects from cancer treatment, heal and recover faster.

Get Ready for Treatment

- Cook in advance and freeze foods in meal-sized portions.
- Ask friends or family members to help with shopping and cooking.



Coping with Eating Problems

Your treatment may have side effects that make it hard to eat. These can include:

Loss of appetite:

- Eat small meals several times a day rather than 3 large meals.
- Eat more when your appetite is good.

Sore mouth or throat:

- Avoid acidic or salty foods.
- Eat warm or cold foods instead of very hot or very cold foods.
- Drink through a straw.
- Avoid alcohol, caffeine, and tobacco.

Dry mouth:

- Moisten food with soup, sauce, or broth.
- Suck on sugar-free candy or gum, like lemon drops.
- Take small bites and chew food well.
- Mix 1 teaspoon of baking soda and 1 teaspoon of salt with 4 cups of warm water, and rinse mouth.

Changes in taste or smell:

- Try sugar-free lemon drops, gum, or mints.
- Try flavoring foods with new spices.

Nausea or vomiting:

- Eat 6 to 8 snacks or small meals a day.
- Eat dry foods like crackers or toast.
- Avoid hot, fatty or spicy foods.

Constipation:

- Drink more liquids (like hot water, soup, prune juice).
- Eat high-fiber foods (like brown rice, vegetables).

Diarrhea:

- Drink more warm liquids like water or soup.
- Avoid greasy, fried, spicy or very sweet foods.
- Eat congee, applesauce, banana, rice, toast.

Many of these side effects should go away after treatment ends.

Talk to your doctor and dietitian about eating well when you have cancer.

YOU ARE NOT ALONE. HELP IS AVAILABLE!

American Cancer Society: www.cancer.org (800) 227-2345

New York's Asian Initiatives: (718) 886-8890 Chinese, English

Cancer Care: www.cancercare.org

Charles B. Wang Community Health Center

Cancer Support Group: (212) 226-8339 Chinese, English

Gilda's Club New York City: www.gildasclubnyc.org

Susan G. Komen Greater NYC: www.komennyc.org

Breast Care Helpline: 1-877 GO KOMEN (1-877-465-6636)



CHARLES B. WANG
COMMUNITY HEALTH CENTER
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General Info Line (212) 226-8339

Website www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine (212) 379-6998

OB/GYN (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics & Adolescent Health (212) 226-3888

Teen Resource Center (TRC) (212) 226-2044

Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Internal Medicine (718) 886-1200

OB/GYN (718) 886-1287

Pediatrics (718) 886-1222

137-43 45th Avenue, Flushing, NY 11355

Internal Medicine, Pediatrics & GYN

(929) 362-3006

Health Education Department (212) 966-0461

Social Work Department

Manhattan (212) 226-1661

Queens (718) 886-1212

Need Health Insurance? We Can Help!

Manhattan (212) 226-8339

Queens (718) 886-7355