

Diarrhoea

- Increase fluid intake, including coconut water, low sugar beverages and sports drinks
- Eat foods containing soluble fibre, **unless your doctor says otherwise:**
 - Oats, barley, ground linseed
 - Dried peas, beans, lentils
 - Breadfruit and other provisions
 - Vegetables and fruits
- Probiotics in non-pasteurized yogurt may be helpful
- Avoid high fat foods, excess sugar, caffeine, alcohol, bran and maybe milk (if you are lactose-intolerant)
- Ask your doctor about supplements that may be helpful

Nausea & vomiting

- Eat frequent small meals and snacks
- Drink fluids between meals rather than with meals. Serve cold and sip slowly. Also try ice pops or jello
- Dry, salty foods are often better tolerated than fatty or sugary foods:
 - Plain crackers, dry cereal, dry toast
 - Sandwiches
 - Plain rice or potato with steamed fish or baked skinless chicken
- Eat foods cold or at room temperature if the smell of food is a problem; use a straw for beverages
- Sit upright for at least an hour after eating
- Ginger tea, ginger ale, crystallized ginger or ginger capsules may reduce nausea

Abnormal Taste

- Enhance food flavour with marinades, sauces, spices
- Eat protein foods cold or at room temperature
- Sugar masks a salty taste; salt masks sweet; sour decreases metallic taste
- Chewing sugar free gum helps get rid of bitter taste. Hard candies, mint tea or ginger ale may also help get rid of strange tastes in the mouth
- Using plastic utensils can minimize metallic taste



Complementary & Alternative Therapies

At present, it is unclear whether dietary supplements and other alternative and complementary therapies are beneficial or even safe. So, until there is more research, the best advice is to choose a healthy diet where the balance of risks is known. If you do want to try something let your doctor know what you are doing. Be realistic - if it sounds too good to be true, it probably is.

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Nutrition Series



DIET & CANCER

Prevention & Management

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Recommendations

The World Cancer Research Fund International (WCRF) recommendations for **Cancer Prevention** outline what you can do to reduce your cancer risk. It is estimated that at least 20% of cancer cases could be prevented if people followed these recommendations.

1. **Be as lean as possible without becoming underweight**
2. **Be physically active for at least 30 minutes every day**
3. **Limit consumption of energy-dense foods (foods high in fats and added sugars and low in fibre) and avoid sugary drinks**
4. **Eat more variety of fruits, vegetables, whole grains and legumes (peas, beans and nuts)**
5. **Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats**
6. **If consumed at all, limit alcohol to 2 drinks a day for men and 1 drink for women**
7. **Limit consumption of salty foods and foods processed with salt (sodium)**
8. **Don't use supplements to protect against cancer**

Special Population Recommendations

The following recommendations don't apply to everyone but may be relevant to you.

1. **It's best for mothers to breast feed exclusively for up to 6 months and then introduce complementary foods**
2. **After treatment, cancer survivors should follow the recommendations for cancer prevention**



Managing Treatment Side-Effects

Sometimes treatment may cause unwanted side-effects. These can be managed and this leaflet contains some suggestions on how you can cope. However, anyone who has received a diagnosis of cancer should receive specialist nutritional advice from an appropriately trained professional.

Dry or Sore Mouth, Problems Swallowing

- Drink plenty of fluids; room temperature or cold may be best. Drinking through a straw might help
- Suck ice chips or ice pops
- Avoid hard or dry foods; take small bites
- Eat nutritious soft or puréed foods or fluids (see **Poor Appetite & Fatigue**)
- Avoid spicy or acid foods and beverages
- Thicker liquids are easier to swallow, such as a thick fruit smoothie rather than regular juice

Poor Appetite & Fatigue

- Eat little and often - aim to eat at least every 3 hours starting with breakfast and ending with a bedtime snack. Think of food as part of your treatment plan
- Try to plan ahead and make sure food is readily available. Include nutritious foods that are easy to eat such as yogurt, smoothies & shakes, blended soups or commercial liquid supplements
- Add butter, gravy, sauce or milk in foods to increase calories. Avoid low-fat foods unless fats cause problems like heartburn
- Drink beverages between meals to avoid getting too full
- With your doctor's OK, have a glass of beer or wine before eating



Constipation

- Exercise regularly
- Increase fluid intake
- Eat more high-fibre foods:
 - Whole grain bread, biscuits and cereals like oats
 - Vegetables and fruits
 - Dried peas, beans, lentils and nuts
 - Breadfruit and other provisions
- Talk to your doctor about fibre supplements