



# Nutritional Tips for Cancer Patients

Supporting Health and Well-being During Treatment

Presented by: Dr. Lames Elghareeb

Clinical pharmacist and nutritionist







#### Importance of Nutrition for Cancer Patients

- • Proper nutrition helps maintain strength and energy
- Supports immune function
- Helps manage treatment side effects
- Speeds up recovery and healing







### Tip 1: Stay Hydrated

- • Drink plenty of fluids (water, herbal teas, broths)
- Avoid caffeine and alcohol
- • Consider electrolyte-rich drinks if experiencing diarrhea or vomiting







#### Tip 2: Eat Small, Frequent Meals

- • Eat 5-6 small meals per day instead of 3 large ones
- Helps manage nausea and maintain energy
- Keeps blood sugar stable throughout the day







#### Tip 3: Prioritize Protein

- • Protein is essential for tissue repair and immune function
- • Include lean meats, poultry, fish, eggs, beans, and dairy
- Protein shakes or bars as supplements (consult your healthcare provider)

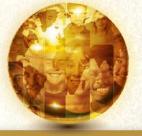






### Tip 4: Focus on Nutrient-Dense Foods

- • Include fruits, vegetables, whole grains, and healthy fats
- • Vitamins and minerals support overall health
- • Avoid empty calories from sugary or processed foods







#### Tip 5: Manage Nausea and Appetite Loss

- • Eat bland, easy-to-digest foods like toast, rice, and bananas
- • Ginger tea can help with nausea
- • Try cold or room-temperature meals if hot meals increase nausea

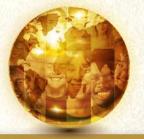






#### Tip 6: Stay Active

- • Light physical activity can stimulate appetite
- Helps reduce fatigue and improves digestion
- • Consult your doctor before starting any exercise routine







### Tip 7: Tailor Nutrition to Side Effects

- • For constipation: increase fiber (whole grains, vegetables) and fluids
- For diarrhea: eat low-fiber foods (bananas, rice) and stay hydrated
- • For mouth sores: avoid spicy, acidic, or rough-textured foods

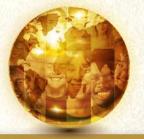






## Tip 8: Consider Supplements (with Medical Guidance)

- • Some patients may benefit from vitamin or mineral supplements
- Omega-3 fatty acids for inflammation
- Always consult your healthcare provider before taking any supplements

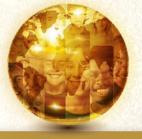






### Tip 9: Work with a Nutritionist

- • A personalized nutrition plan can address specific needs
- • Helps manage treatment side effects and maintain weight
- • Provides guidance on food safety and meal preparation







#### Conclusion

- • Good nutrition is a key component of cancer care
- • Stay flexible and adjust your diet based on how you feel
- Always consult your healthcare team before making significant changes to your diet







#### **Thank You**

