

# 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**



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