

EATING WELL DURING CANCER TREATMENT



Nutrition is an important part of cancer treatment. Eating the right kinds of foods before, during and after treatment can help patients feel better and stay stronger. To ensure proper nutrition, a person has to eat and drink enough of the foods that contain key nutrients such as protein, carbohydrates, fat, vitamins, minerals and water. The table below provides guidelines on choices of food in its food groups that may help in planning meals during cancer treatment.

Note:

To be encouraged – may be consumed daily

In moderation – may be included in meal plan twice weekly

Not recommended – should not be included in meal plan due to risk of food contamination and known carcinogen

FOOD GROUP	TO BE ENCOURAGED	IN MODERATION	NOT RECOMMENDED
Milk and Dairy Products	Milk, cheese, cottage cheese, yogurt, milkshakes, yogurt drink, cultured milk.	Ice cream, flavoured milk, for e.g., chocolate, coffee, strawberry. Milk alternative, for e.g., oats milk, ricemilk, nut milk, etc.	Unpasteurized raw milk. Cheese containing uncooked vegetables and spices, such as chilli peppers, "mouldy" and soft cheeses, such as blue cheese, Roquefort, Stilton, brie, feta, or farmer's cheese.
Egg	Whole eggs – boiled, poached, scrambled, omelette, sunny side up.	Salted eggs, century eggs.	Raw egg, soft runny eggs.
Meat and Poultry	Chicken, lean meat, turkey.	Salt-cured, smoked and charcoal broiled meats, beef, pork, lamb.	Raw or undercooked meat, poultry Processed meats, for e.g., ham, bacon, sausages, luncheon meat, canned meat.
Fish and Shellfish	All type of fishes, fresh water, and deep-sea water fishes.	Prawn, shrimps, crabs, lobsters, squid. Smoked or pickled.	Raw fish (sashimi), raw seafood and raw shellfish, half cooked oyster, clams, salted fish.

FOOD GROUP	TO BE ENCOURAGED	IN MODERATION	NOT RECOMMENDED
Fruits	Most type of fresh fruits, for e.g., cantaloupe, mangos, papaya and guava, grapes, apricot, peaches, orange, kiwi, banana, etc.	Durian, dried fruit, preserved fruits. Stringy and fibrous: pineapple, some mangoes.	Unwashed fruit. Cut fruit and fresh fruit juices when eating out.
Vegetables	Fresh or frozen vegetables. Dark green vegetables, for e.g., spinach, asparagus, green peppers, Brussels sprouts, broccoli, watercress, other greens. Root vegetables, for e.g., potatoes, sweet potatoes, pumpkin, carrot, turnip, tapioca. Variety of dark orange, red, yellow vegetables.	Canned vegetables.	Raw vegetables, uncooked sprouts (alfalfa, mung bean, others). Salads from salad bar or deli or when eating out.
Cereal Foods and Grains	Whole grains, wheat, wheat germ, brown rice, oatmeal, whole grains bread, wholemeal pasta, barley.	White bread, white flour, pasta, polished rice.	Grains cooked in fat, butter, and oil, for e.g., fried rice, roti prata, croissants, pastries, curry puffs, cakes and cream filled biscuits, donuts, potato wedges.
Beans, Legumes, Nuts and Seeds	Soya bean and its products, kidney beans, peas, chickpeas, lentils, etc. Nuts, for e.g. almond, walnut, cashew, pecan, etc. Seeds, for e.g., sunflower, sesame, etc.	Nut butter, peanuts.	Unroasted or uncooked, raw nuts and seeds.
Fats, Oil and Dressings	Mono-unsaturated fats (in canola and olive oil, olives, avocados). Oil based and vinegar dressing, low fat salad dressing.	Polyunsaturated fats (in soybean oil, sunflower oil, corn oil, etc). Full fat salad dressing, mayonnaise.	Saturated fats such as ghee, lard. Trans fat and partially hydrogenated oils, cottonseed oils, palm kernel. Fresh, prepared salads and salad dressings that is stored in the deli counter.
Beverages	Water, clear soup, homemade barley drink, chrysanthemum tea, electrolyte drink. Nutritionally complete supplements (when necessary) such as Ensure, Prosure, Resource, Enercal, etc.	Soft drinks and fruit-flavoured beverages, sugars and sugar-sweetened drinks, tea, coffee.	Unpasteurized fruit and vegetable juices, Sun-tea or other "cold brewed" teas and drinks, uncooked brewer's yeast, alcohol.
Sweet Preserves and Spreads	Naturally sweetened.	Sugars and sucrose sweetened.	Artificial sweetener, sweetened with sorbitol, xylitol.
Herb and Spices	All type, added into cooking.		Chili padi, big chilli, pepper, jalapeno, paprika.
Sauces, Marinades and Condiments	Barbecue sauce, extracts or other flavourings, ketchup, meat marinades, mustards, soy sauce, spices and herbs, teriyaki sauce, vinegar, wine, etc.		Chili sauce, Tabasco sauce.



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