

Nutrition during your cancer journey



DID YOU KNOW?



Did you know **losing weight** during your cancer journey can **impact treatment**?

Nutrition is important at every stage; before, during and after any treatment



Maintaining your weight and muscle strength can **help limit the side effects** of treatment and contribute to better **quality of life**



ASK YOURSELF

Have I recently **lost any weight** without trying to, or are any of my clothes/belts/ jewellery/ dentures now **loose fitting**?

Have I been experiencing any **changes in bowel habits** (constipation or diarrhoea) or episodes of **nausea or vomiting**?

Am I feeling **full after smaller amounts of food** than normal?

Am I experiencing a **loss of appetite** or **lack of interest in food**?

Am I experiencing any **symptoms**, such as dry/sore mouth, taste changes or difficulties swallowing, which are **impacting on my ability to eat and drink**?



DON'T WAIT TO BE ASKED ABOUT YOUR NUTRITION

Keep an eye on how you've been eating and feeling and **watch out for weight loss.**

If you notice any of the above signs, **speaking to your medical team, nurse or dietitian right away.**

Download your 'Eating well with cancer' booklet here



SCAN ME