

Nutrition for Radiotherapy Patients





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Radiotherapy is an essential component of cancer treatment, and maintaining proper nutrition during this time is crucial. The right diet can help manage side effects, boost your immune system, and support your overall well-being. This guide aims to provide you with practical tips and insights to ensure you are nourishing your body effectively during your radiotherapy journey.

Ideal Diet Intake for Cancer Patients

Type of nutrition	Description
 <p>Protein</p>	<ul style="list-style-type: none">• Protein-rich foods help in the repair and maintenance of body tissues, rebuild muscle, and strengthen the immune system• Examples of food sources: fish, chicken, egg, milk and dairy products, soybean and soy products, legumes
 <p>Carbohydrates</p>	<ul style="list-style-type: none">• Carbohydrates are a source of energy and help in energy replenishment• Examples of food sources: bread, rice, potato, pumpkin, corn, pasta, cereal
 <p>Fibre, Vitamins and Minerals</p>	<ul style="list-style-type: none">• Vitamins and Minerals help to support the body's function and metabolism• Fibre helps in digestion and prevents constipation• Examples of food sources: vegetables, fruits, whole grains

Type of nutrition	Description
 <p>Fluids</p>	<ul style="list-style-type: none"> • Consuming enough fluids keeps you hydrated and helps to replace fluid loss • Examples of fluid sources: plain water, soups, juices, milk • Suggested plain water intake: 6 to 8 glasses per day (1 glass = 250 ml)
 <p>Supplements</p>	<ul style="list-style-type: none"> • Consult your doctor or a pharmacist about appropriate vitamins or supplements while you are undergoing treatment

Pay attention to the food that may cause diarrhoea

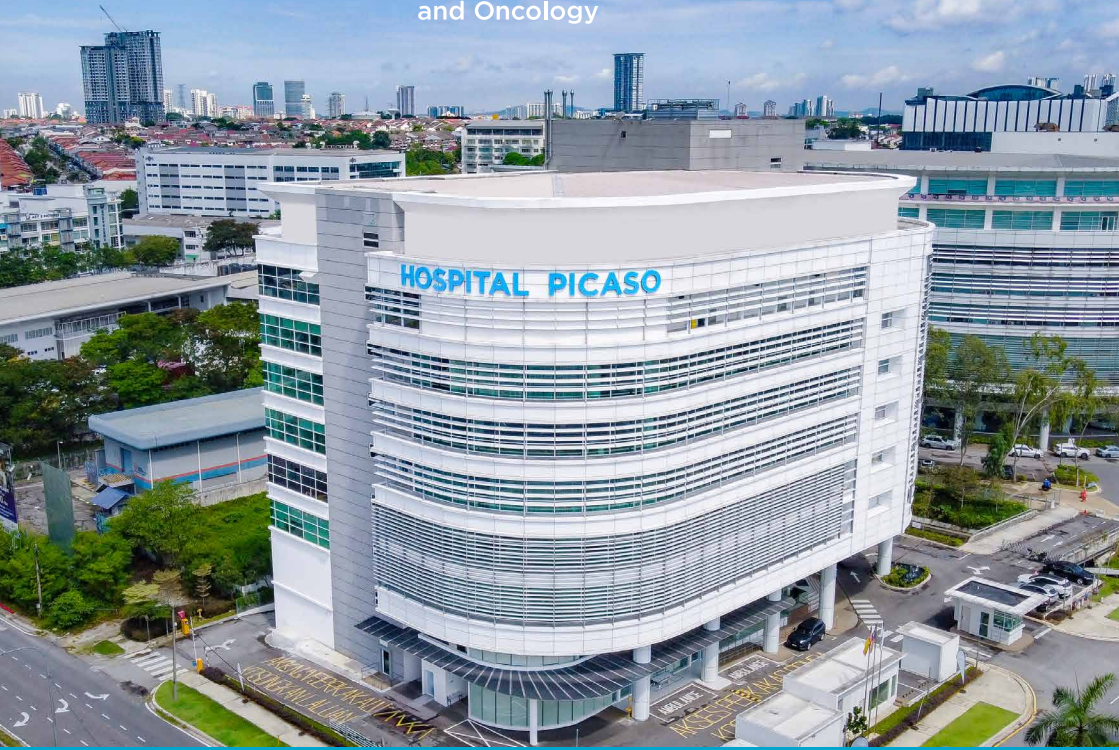
A portion of your large intestine, known as the colon, might fall within the treatment area. The colon is particularly susceptible to the effects of radiation, which may lead to discomfort such as abdominal cramps and diarrhoea. To mitigate these potential side effects, adhere to the following recommendations:

- Avoid gas-producing foods
- Avoid food high in lactose (dairy products)
- Avoid greasy, fatty, and fried food (french fries, bacon, sausages, full-fat cheese, potato chips), pastries, gravies, and high-fat sauces
- Avoid spicy food (chilli, cayenne, jalapeno, mustard, and black pepper)
- Eat more food with soluble fibre (white rice, apples and pears without skin, apple sauce, oatmeal, smooth peanut butter, and ripe bananas)
- Eating 5-6 small meals throughout the day might be more suitable than having big meals

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HOSPITAL PICASO

PJ Integrated Centre
for Advanced Surgery
and Oncology



HOSPITAL PICASO

No. 110, Jalan Professor Khoo Kay Kim,
Seksyen 19, 46300 Petaling Jaya,
Selangor Darul Ehsan, Malaysia

Emergency Line : +603-7457 2999

General Line : +603-7457 2888

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