



Dietary Plan for Side Effect of Cancer Therapy I

癌症治療副作用之飲食處理(一)(英文)

Goal:

1. Is to prevent weight decrease or too much weight decrease;
2. Is to increase resistance of infection;
3. Is to decrease side effects caused by cancer therapy and prevent complications caused by malnutrition.

Subject:

Patients ready to undergo or have undergone cancer treatment:

1. Chemical and radioactive therapy;
2. surgeries;
3. bone-marrow transplant and stem cell transplant.

General principles:

During treatment session, we intend to modulate such a diet place in accordance with individual needs at any time.

| Symptoms | Diet principle and improving Method |
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| Loss of appetite and Body weight | <ol style="list-style-type: none"> 1. Have multiple meals a day with fewer amount each intake Choose food with high calories, high protein, dessert, beverage and nutrition formula. 2. Use seasoning bring out the flavor and r to increase appetite. |

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| | <ol style="list-style-type: none"> 3. At dinner, eat solid food first, and then drink liquid or beverage. 4. While feeling tired, rest a bit and then continue eating; remember not to have greasy food. |
| Disgusting and vomiting | <ol style="list-style-type: none"> 1. Have multiple meals a day; avoid empty stomach or abdominal distension. 2. Drink light and ice-cold beverage. Foods with tart flavor like hot and sour soup could decrease these symptoms. 3. Eat dry foods like biscuit and toast before and after getting up, 4. Avoid sweet or greasy foods. 5. When patients suffer from severe vomit, have them take the prescriptive medicine and watch out for the supplement intake of water and electrolyte. |
| Thirsty | <ol style="list-style-type: none"> 1. Try ice-cubes in the mouth, chew some chewing gums, or drink lemon juice or tea. 2. Avoid foods with too much flavor, or beverage containing alcohol. 3. Cook smooth types of foods like pudding and thick soup. Gargle frequently helps moisturize oral cavity. |