



Eating – Help Yourself

A guide for patients with eating problems,
and their families

We care, we discover, we teach



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The Christie Website

Many of The Christie booklets and a list of UK help groups are available on The Christie website, the address is below.

You can also access other patient information sites in the UK such as Macmillan Cancer Support and Cancerhelp UK via The Christie website.

www.christie.nhs.uk

Introduction

This booklet is part of a series of written information designed for patients and relatives with concerns about eating and drinking.

It offers advice on ways to alter your diet at a time when you may be concerned about losing your appetite or losing weight.

Difficulties with eating are often associated with the disease or the side effects of treatment.

We understand it is hard to be enthusiastic about both preparing food and eating it, especially when you feel unwell.

By eating as well as you can, you are giving your body the energy and nutrients it needs to rebuild damaged tissue, fight infection and cope with the side effects of treatment. This will hopefully help you recover and feel better more quickly.

Enriching your diet can help you to avoid losing weight or can help you regain any weight that you may have already lost. It may involve changing the balance of what you eat by encouraging foods that are higher in fat and sugar than the government or World Research Cancer Fund (WRCF) would normally advise.

We recommend you follow the advice in this booklet whilst you have difficulties with eating or concerns about weight loss, but then gradually return to a more balanced style of eating. You might like to refer to the booklet 'Eating well when following treatment and recovery', for more information on this. It is available from the cancer information centre or The Christie website.

We hope this booklet will help you and your carers during your treatment and your recovery.

**Department of Nutrition & Dietetics
The Christie on 0161 446 3729**

Eating when you don't feel well

Lost your appetite?

It is very common to lose your appetite when you are having treatment or feeling ill. Although you may not feel like eating, we encourage you to eat and drink as much and as often as you are able, in order to give your body the nutrients it needs to help it recover.

- If you find that you are overwhelmed by large meals then eat smaller amounts but try to eat more frequently. Eat little and often, grazing through the day on drinks and snacks.
- Try having your food from a smaller plate as a very large plate of food can seem like too much and put you off eating.
- You could try aiming for 6 small meals or nourishing snacks each day. Look at pages 6 and 7 to see if they give you some ideas.
- If you feel hungry, then eat and really make the most of any times when your appetite is good!
- You may find softer consistency foods are much easier to manage as they require less effort to chew.
- Make the food you eat as nourishing as possible – by enriching it. Pages 4 and 5 give suggestions on how to do this. If you don't feel you can face solid food, then try a nourishing drink and refer to page 10 for some ideas.
- Keep meals simple and let other people help you with the cooking and shopping. You may find it useful to use ready-made meals or convenience foods at this time. You could consider using one of the companies that deliver meals directly to your door such as Wiltshire Farm Foods or Oakhouse Foods. Alternatively, do your food shopping on the internet as this can save you time and energy.

- Foods such as fruit and vegetables can fill you up so just keep to small portions whilst your appetite is small.
- Try different foods as you may find you like things that you don't usually eat.
- A small alcoholic drink, such as a glass of wine, beer, lager or sherry before a meal may boost your appetite – but just check with your doctor to make sure it's allowed.
- Some people find that a short walk before a meal, or just a few breaths of fresh air, helps to give them more of an appetite.
- Try to relax and enjoy what you eat. Take your time and chew your food well.

If you have diabetes

The advice in this booklet sometimes suggests that you include foods that have high levels of sugar and fats.

If you are diabetic, we advise you to consult your doctor, dietitian or diabetes nurse for individual advice as some of the recommended foods and drinks may not be suitable for you.

If you have breast cancer

Treatment for breast cancer can cause weight gain.

Current evidence suggests it is best to try and keep your weight as near normal as is possible to reduce risk of recurrence.

The Christie booklet 'Eating well for breast cancer' may also be helpful, as it offers advice on how to manage weight.

Please discuss with your consultant what advice is more appropriate for you.

Ways to enrich what you eat and drink

If you have lost weight or your appetite is poor, you may find it helpful to enrich your food and drinks using milk and dairy products, and also fats and sugars.

Please read the suggestions below to see if they give you some ideas that you might be able to use.

■ **Milk and dairy products can be used to add energy and protein to food. For example:**

- Use full fat dairy produce, such as full cream milk* and full fat yogurt in place of low fat varieties. Yogurt may be labelled 'luxury' or 'thick and creamy' rather than 'light', 'diet' or 'low fat'.
- If you prefer, use non-dairy milk alternatives such as soya**, almond, rice or oat milks. Choose full fat varieties and ones that are fortified with vitamins and minerals.
- Replace cups of tea and glasses of water with milky drinks such as hot chocolate, malted milk and milky coffee – also lattes, cappuccinos and flat whites. Try drinking these between meals and at suppertime.
- Add milk powder or Natural Complan to soups, sauces, milky puddings and custards.
- Keep a box of grated cheese ready in the fridge and add to sauces, sprinkle onto soup or pasta, add extra to pizza, use to fill sandwiches, have with crackers and butter or mix into mashed potatoes.
- Add extra paneer, cream or full fat yogurt to curries.
- Use full cream milk or evaporated milk to make milk jellies, Angel Delight and instant whips.
- Serve cream, yogurt, fromage frais or evaporated milk with cereals, puddings and pies or add to soups, sauces and desserts.
- Make fortified milk by mixing 4 tablespoons of milk powder with 1 pint of whole, full fat milk and use whenever you would use ordinary milk.

*Full cream milk or whole milk has a blue cap. **Current evidence advises not more than two soya servings (equivalent to around 400 mls soya milk) a day.

■ **Fats – these can be used to add extra energy to food.**

For example:

- Put plenty of butter or margarine on bread, toast, scones, crumpets, malt loaf, teacakes, crackers, jacket potatoes, mashed potatoes and vegetables.
- Use mayonnaise, cream cheese, sour cream, salad cream and salad dressings in sandwiches, in salads, on jacket potatoes or use as a dip.
- Be generous with the amount of ghee, olive oil, butter or margarine that you use in cooking.
- Stir cream, full cream yogurt, mascarpone cheese or crème fraîche into soups, sauces, casseroles, cereals or milk puddings.
- Spread large amounts of chocolate spread, peanut butter or lemon cheese on bread, toast, crackers, oat cakes, crumpets, pancakes or pitta bread.
- Snack on nuts, seeds and chocolate.

■ **Sugars – these can also be used to add extra energy to food. Examples of sugars include:**

- white or brown sugar
- honey, syrup, molasses or treacle
- jam, marmalade and lemon curd

These can be added to drinks, stirred into puddings or sprinkled over cereals.

Food ideas

Below are some suggestions for foods you might like to try. Keep the ones that you fancy to hand so that you can snack or graze on them whenever you feel hungry.

Savoury snack suggestions

- crisps
- nuts – peanuts, cashews, pistachios, brazil, walnuts etc
- tortilla chips or nachos – try eating with guacamole, salsa or sour cream
- prawn crackers
- small sandwiches or rolls – remove the crusts and have with a soft filling such as egg mayonnaise, tuna mayonnaise, cream cheese or peanut butter
- cheese – grated or cubed, also cheese slices, cream cheese and cheese triangles – eaten with crackers, oatcakes or maybe with some toast
- sausage rolls, cocktail sausages, pasties or pork pies
- spring rolls or sesame toast – try dipping into sweet chilli sauce
- samosas, pakoras or onion bhajis
- poppadoms with chutney
- tamarind balls
- satay
- falafel
- humous or taramasalata with pitta bread or breadsticks
- feta cheese and olives
- chips and mayonnaise, vinegar or tomato sauce

Sweet snack suggestions

- dried fruit mixtures, for example raisins, cranberries, apricots, dates, figs, sultanas
- cakes, biscuits and sweets
- chocolate biscuits or mini chocolate bars
- cereal bars, flapjacks, chewy oat bars
- cereal and milk
- popcorn
- toast, crumpets, croissants, pikelets, currant teacakes, hot cross buns or malt loaf
- sweets, mints, toffees, chocolate, jelly babies, marshmallows etc.

Breakfast suggestions

- porridge or instant oat cereal made using full cream milk. Try adding in some cream to make even creamier, also some sugar, syrup or dried fruit to sweeten it nicely
- cereal or muesli soaked in full cream milk and sugar – try topped with a sliced banana
- full fat Greek or soya yogurt with soft fruits such as banana, strawberries, raspberries or blueberries – or stewed fruits such as apples, rhubarb or apricots
- croissants, pain-au-chocolat, pancakes
- buttered toast or bagels with jam, peanut butter or chocolate spread
- scrambled, poached or boiled eggs, also omelette, fried eggs or French toast (bread dipped in beaten egg and fried). It is important to make sure the eggs are cooked all the way through with no runny yolks or whites!
- smoothies – made by blending fruits together with milk and yogurt
- cheese or baked beans on toast

Meal suggestions

- omelettes or frittatas filled with cheese, ham or mushrooms
- well cooked eggs – scrambled, poached, boiled or fried – try having with fingers of buttered toast
- beans or tinned spaghetti on toast topped with grated cheese
- sardines or pilchards on buttered toast
- soup made with beans or lentils served with croutons and a buttered roll
- casseroles, stews or hotpots made using meat or beans and topped maybe with a dumpling!
- cottage pie, shepherd's pie, lasagne or moussaka – these can also be made using soya mince or Quorn. Try topping with extra grated cheese to make even more nourishing.
- spaghetti bolognese or chilli con carne
- fish poached, grilled or fried, also fish fingers, fish in batter, fish cakes and fisherman's pie – have maybe with chips or bread and butter
- cauliflower cheese or macaroni cheese
- korma, tikka masala, channa curry or dahl served with rice, naan bread or chapatti – even tastier if served with brinjal pickle or mango chutney
- Thai curry served with basmati or sticky rice
- meat, fish, tofu or Quorn – stir-fried and served with noodles or rice and maybe a stir-fry sauce
- sausages – meat or vegetarian – with mashed potato and onion gravy
- quiches, flans or pies
- pizza topped with extra cheese
- toasted sandwiches or cheese on toast
- jacket potatoes – try mashing the flesh of the potato with butter and cream and extra cheese

pudding suggestions

- milky puddings such as custard, rice pudding and semolina, also Angel Delight, instant whips and milk jelly
- egg custard
- soft consistency desserts such as yogurt, fromage frais, crème caramel, mousse, cheesecake, soya desserts and trifles. Buying these in small, individual sized pots from a supermarket is often easier and less wasteful.
- ice-cream, sorbet or frozen yogurt
- fruit, tinned or fresh e.g. bananas and peaches – try serving with cream, ice cream, evaporated milk or kulfi
- meringues, vanilla slices, fruit tarts and slices of cake
- sponge pudding, sticky toffee pudding or bread and butter pudding all of which are even softer and easier to eat if topped with custard, cream or ice cream

Ideas for drinks

These may be easier to manage than solid food.

Try:

- hot milky drinks, for example, Horlicks, Ovaltine, hot chocolate, cocoa and milky coffees such as latte, cappuccino, flat white etc.
- cold milk shakes with added ice-cream
- fruit juices or vegetable juices
- cup-a-soups or packet soups – make these up using milk rather than water
- smoothies made with milk or yogurt
- alternative milks (e.g. soya, rice, oat, almond or coconut) – make sure they are calcium enriched
- Lassi
- special powdered drinks such as: Complan (Nutricia), Build Up (Nestlé) or Recovery (Boots) – these can replace a light meal. They are best made with milk and come in a range of sweet and savoury (soup) flavours. They can be bought at most chemists or supermarkets. Try a variety to find the ones you enjoy the most.

Some special meal replacement drinks are available on prescription. Ask your doctor or dietitian whether they are appropriate for you.

You may also find it helpful to read The Christie booklet 'Nutritional drinks' for more information and ideas.

Treatment days

For those having treatment as an outpatient, it is possible that you may be at the hospital for several hours. You may also need to attend over a number of days. As a result, you may miss some meals.

It is important that you try and avoid missing any meals, so we suggest that you come prepared by bringing snack and drinks with you. Refer to pages 6, 7 and 10 for some ideas.

If you have been prescribed nutritional supplement drinks, you may find it convenient to put a bottle or carton into your pocket or bag to bring with you.

Alternatively, patients attending The Christie can buy food and drinks from the hospital restaurant (department 19) or from the coffee shop at the Oak Road entrance, should you prefer.

Eating when you are having treatment

Dry or sore mouth?

Radiotherapy or chemotherapy can make your mouth dry or sore. If it becomes difficult to eat, you may find it helpful to:

- take plenty of fluids – we suggest at least 10-12 glasses/ mugs a day
- keep your mouth fresh and clean – **ask the nursing staff for advice about mouth care**
- eat soft, moist food such as stews and main meal soups.
- add gravies, sauces, butter or mayonnaise to food to make it moister
- drink through a straw
- try dipping biscuits in hot drinks to make them softer
- include nourishing drinks and refer to page 10 for more ideas and suggestions.

If your mouth is dry...

- ✓ sip drinks frequently, especially with meals
- ✓ suck ice cubes or lollies – try making them with lemonade for a change
- ✓ fizzy drinks can make your mouth feel fresher
- ✓ suck strongly flavoured pastilles or mints to keep your mouth moist
- ✓ sharp flavours such as lemon or lime may help your mouth produce more saliva – but don't use them if your mouth is sore
- ✓ avoid dry foods such as bread, potatoes, crackers, cold meats, hard boiled eggs and chocolate
- ✓ pineapple slices can be refreshing
- ✓ artificial saliva or pastilles are available – ask your doctor or nurse about this

If your mouth is sore...

Avoid the following as these may hurt or irritate:

- ✗ salty or spicy foods
- ✗ acid fruits and juices such as oranges, grapefruit, lemon, lime, tomato and also vinegar
- ✗ coarse or dry foods such as crisps, toast and dry biscuits
- ✗ alcohol
- ✗ food that is very hot or very cold

Food tastes different?

One of the side-effects of your illness or treatment is that your sense of taste may be affected so that food either loses its flavour or just tastes different. This situation can last for several months making it difficult to find things to eat and drink that you enjoy.

Don't forget that your body still needs many nutrients to help it recover from treatment and minimise weight loss.

- Keep your mouth fresh and clean with good mouth care and by drinking plenty of fluids. Ask nursing staff for advice about this, especially if your mouth feels coated.
- If tea or coffee taste unpleasant, consider replacing these with fruit squash or hot Bovril, Oxo or Marmite.
- Sharp flavoured or fizzy drinks and fruits may stimulate your taste buds.
- Use herbs, spices, tomato sauce, brown sauce, chutney etc. to add flavour, though be careful not to use too many spices if your mouth is sore.
- Try sucking mints or fruit sweets or chewing on sugar-free gum.
- If food tastes bland, try putting different temperature foods together, such as fruit crumble and ice cream, or different textured foods together such as cottage pie and crisps or yogurt and crushed nuts.
- You may find you enjoy savoury foods more than sweet ones. If red meat tastes unpleasant, see if blander foods such as fish, chicken or turkey and eggs or dairy produce such as milk, cheese or yogurt, taste better. Pulses such as peas, beans and lentils can also be very useful. Soaking or marinating meat in fruit juice or wine before cooking may improve the flavour, as can having salty foods such as crisps, bacon, ham and crackers.

- If, however, you dislike the taste of savoury foods then try eating more sweet ones instead!
- Present food nicely so that you can still enjoy how it looks as well as how it smells. Concentrate on foods you enjoy even if they are different from your usual favourites, but don't eat foods that taste unpleasant.
- Sipping drinks through a straw can avoid some of the taste buds and may cut down unpleasant tastes.
- If you have a metallic taste in your mouth try sucking on mints, chewing on sugar-free gum, eating salty food or using plastic knives and forks to help overcome it.

Finding it difficult to swallow?

Radiotherapy near your mouth or throat and some types of chemotherapy can make your throat sore, so that it is hard to swallow.

Concentrate on soft moist foods such as –

- Savoury**
 - creamy soups and broth
 - fish in a soft sauce or fisherman's pie
 - cooked pulses and lentils such as baked beans or dhal
 - tender stews, casseroles or tagines of meat, chicken Quorn or tofu
 - minced meat made into a bolognaise sauce, cottage pie, chilli con carne or curry
 - tuna or hard-boiled egg, mashed with mayonnaise.
- Sweet**
 - milky puddings such as rice, semolina, sago or custard
 - mousses, crème caramel, yogurt, fromage frais
 - egg custard, trifle, fruit fool or soft sponge cake
 - ice-cream or sorbets
 - jelly made with milk or fruit juice
 - porridge or other soft cereals

- Ensure that what you do eat is as nourishing as possible
 - Eat and drink more frequently.
 - Try nourishing drinks between meals (see page 10).
 - Add extra gravy, butter or margarine to make food more moist
- * If you are only able to swallow liquids, please contact a dietitian for more detailed advice.**

Feeling full?

It is quite common to feel full even after small amounts of food and this can be very uncomfortable:

- Graze on small frequent snacks and drinks rather than eating large meals (see pages 6 and 7 for ideas).
- Take liquids between meals rather than just before, or whilst eating food, as they can fill you up.
- Be aware that rich or fatty foods can be more difficult to digest and can therefore leave you feeling full for longer.
- You may find cold food and drinks, for example, yogurts, ice-cream, fruit fool, and iced drinks can be easier to manage.
- Try to relax when you are eating, eat slowly and chew foods well.
- Consider taking a little gentle exercise – such as a short walk after meals as it can be helpful.
- Wind can make you feel very full and bloated. Try avoiding things such as fizzy drinks, cabbage, cucumber, onions and pickles or any other items that you know makes symptoms worse. Some people find peppermint cordial, peppermint tea or mints helpful for clearing trapped wind.

Feeling sick?

Nausea or sickness can be due to your disease, treatment or medication. If you are experiencing this, talk to your doctor or specialist nurse. They may be able to prescribe anti-sickness medication to help.

Additionally, if you are feeling sick:

- Try salty foods such as crisps, crackers or savoury biscuits; dry foods such as toast, plain cake, plain biscuits (rich tea, ginger nut, arrowroot etc.): or bland foods such as chicken and eggs.
- Avoid foods if they make you feel worse. Examples may include greasy or fried foods, spicy foods or foods with a strong smell.
- Eat and drink slowly. You may find a soft diet easier to tolerate as it requires less chewing.
- Avoid the smell of food or cooking – cold foods usually smell less than cooked ones.
- Drinks sipped through a straw often taste better.
- Try sucking mints or boiled sweets.
- Asking someone else to prepare food for you may also help.
- Sometimes ginger - taken as ginger ale, ginger nut biscuits, crystallised ginger or lemon and ginger fruit tea - can be soothing and helpful.
- Try a little light exercise or fresh air before eating.
- Sit up to eat and don't lie down immediately afterwards.
- Avoid going long periods without food. You may find that nibbling frequently on snacks or light meals helps keep the sickness under control.

If you are being sick:

- It is important that you keep drinking plenty of fluids. Try cold, clear fluids such as squash or fruit juice, and aim for a minimum of 10 to 12 drinks each day to ensure you are replacing any fluids that are being lost.
- You may find it easier to sip drinks through a straw.
- Slightly fizzy drinks may also be helpful.
- As the sickness settles, start to include nourishing milky drinks (see page 10).
- Gradually move on to light meals and snacks (see page 6).

Diarrhoea?

Radiotherapy to the abdomen or pelvis sometimes irritates the intestines and causes diarrhoea. If diarrhoea becomes persistent, please discuss this with your doctor or specialist nurse to see if medication may help. While you have diarrhoea you may find that your symptoms are eased by following a lower fibre diet. Fibre is the part of food that passes through your gut undigested. It is contained in whole grains, pulses, vegetables and fruit. To reduce fibre, we suggest you:

- Replace wholemeal, multigrained or seeded bread with **white bread**.
- Replace wholewheat cereals, oat based cereals, porridge and muesli with **Rice Krispies, Cornflakes or Special K**.
- Replace wholemeal biscuits with biscuits made from **white flour such as Rich Tea, Marie biscuits, shortbread or custard creams**.
- **Avoid nuts and pulses** (baked beans, kidney beans, peas and lentils).
- Take only **small amounts of fruit and vegetables** and avoid eating their skins, pips and seeds.

Whilst following a lower dietary fibre diet, you will need to take a complete multi-vitamin and mineral supplement daily until you return to your full diet. These are available from your local chemist. Please look at the FAQs on page 19 for suitable suggestions. Some people also find it helpful to cut down on fat by avoiding fried foods, pastries, cream cakes and fatty meat.

If you have diarrhoea it is important to drink enough to replace fluid that is being lost. Aim for a minimum of 10 to 12 drinks a day to prevent dehydration. Fluids can include milk, milkshakes, soup, fruit juice, squash, fruit tea, herbal tea as well as tea, coffee and water.

At this time you may find it easier to graze through the day, eating small amounts but at frequent intervals.

When you have no more diarrhoea, slowly start re-introducing the foods that you have been avoiding. By adding in one new fibre-containing food each day, you will find the foods your body can tolerate without the symptoms returning. Keep re-introducing new foods one at a time until you have returned to your normal diet.

If you are diabetic and develop diarrhoea, follow the above recommendations. Make sure you include lower fibre starchy foods such as white bread, white rice, cornflakes, rice krispies, yoghurt and milk, at each mealtime and snack. Return to your normal diet once symptoms have resolved.

Constipated?

- Constipation may be as a result of disease, treatment or medications. Some painkillers can be especially constipating.
- At this time, drink plenty of fluids - aiming for at least 10 to 12 glasses or mugs daily. Also taking some gentle exercise such as walking.
- For some people it is advisable to increase the fibre content of their diet, for others they may need to decrease it.
- Please speak with your doctor for advice on what is appropriate for you.

If you have been advised to follow a low fibre diet, then refer to The Christie booklet 'Eating well when following a low fibre diet' for advice on what to eat.

Eating well can mean extra expense

If you have a low income and are finding it hard to manage financially, you may be entitled to benefits or help from the Macmillan fund. For advice contact the benefits advisers at The Christie. Tel: 0161 446 8539 or 8538.

Frequently asked questions

Should I take a vitamin and mineral supplement?

If you are eating well and eating a variety of foods you are unlikely to need a vitamin and mineral supplement. If your appetite is poor you may need a standard complete multivitamin preparation to meet your daily needs.

Examples include: Centrum, Boots A-Z multi, Sanatogen A-Z Complete and Nature's Best A-Z multi.

Please be aware that high doses of vitamins and minerals can be harmful and may interfere with your medication and your treatment. Speak to your doctor, dietitian or pharmacist if you have further queries regarding this.

Should I be following an alternative diet for treating my cancer?

There are a number of alternative diets claiming to treat or cure cancer. Some diets recommend avoiding certain foods or taking large doses of vitamins or minerals. There is no scientific evidence that these diets can make cancers shrink, cure the disease or reduce recurrence. The effects of such diets on your general health are not known as these diets have not been properly researched. If you are thinking of following a special diet, please discuss this with your consultant, specialist nurse or dietitian.

What should I do if I follow a diabetic diet or cholesterol-lowering diet?

If your appetite is poor, it may be appropriate to relax your diabetic or cholesterol lowering diet and include some foods and drinks that you may not normally eat. Ask your dietitian or doctor for advice.

I normally follow a healthy diet. My appetite is good and my weight is stable, should I follow the advice in this booklet?

If you are eating well, eating a variety of foods, and have no weight loss then continue to eat your normal healthy diet.

If however, you are about to start treatment, your appetite could be affected. It is important to keep your body nourished and prevent any weight loss, so follow the guidelines in this booklet, should it become appropriate.

Once you have completed and recovered from your cancer treatment, you may wish to refer to the information booklet 'Eating well following treatment and recovery from cancer' for advice on healthy eating.

Should I be eating organic foods?

There is no evidence to suggest that eating organic foods will either help recovery or reduce the risk of recurrence.

Organic fruit and vegetables contain the same vitamins and minerals as conventionally grown produce, however their nutrient levels may be lower by the time they reach the shops if they have been in transport for a long time. Additionally they can be more expensive to buy. It is more important to eat fruit and vegetables which are fresh - whether organic or not - rather than ones which have been a long time travelling. Sometimes locally sourced ones can be the freshest and most beneficial of all.

Can I take probiotic drinks or live yoghurts?

It is recommended not to have these whilst you are having chemotherapy. For further advice on eating and chemotherapy, see page 16 of The Christie booklet on chemotherapy.

If you are an haematology/transplant patient, please follow the advice on diet in The Christie transplant programme handbook.

The Christie information booklets

Further information booklets include:

- **Nutritional drinks.** Describes all the special nutritional products available to help people when eating is difficult.
- **Advice about soft and liquidised foods.** For people who can only manage a soft or liquidised diet because of swallowing difficulties. Offers practical suggestions, recipes and nutritional information.
- **Eating well: dietary information for people with breast cancer.** Offers advice on diet for people having treatment for breast cancer who are worried about weight gain and gives advice on how to cope with feelings of hunger.
- **Low Fibre Diet:** Your doctor may suggest that you need to follow a low fibre diet while you are having treatment. This booklet lists the foods you are advised to avoid and suggests suitable alternatives.
- **Eating well following treatment and recovery from cancer:** Offers advice on eating healthily once you have finished and recovered from your cancer treatment.

These booklets are free to patients attending The Christie. If you would like a copy of any booklets, please ask the ward staff. If you are an out-patient please ask your clinic nurse or visit the Cancer information centre.

For the visually impaired: Large print versions of the booklets are available. Please contact Patient Information on 0161 446 3576 or you can download these from The Christie website at

www.christie.nhs.uk.



Visit the Cancer Information Centre:

The Christie at Withington Tel: 0161 446 8100

The Christie at Oldham Tel: 0161 918 7745

The Christie at Salford Tel: 0161 918 7804

Open Monday to Friday, 10am to 4pm.

Opening times can vary, please ring to check before making a special journey.



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The Christie Patient Information Service
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