

## 健康飲食與癌症

此資訊是關於癌症治療期間和之後的健康飲食。其中說明了健康飲食為的重要性以及健康飲食應包括哪些食物。另外也提供了簡單的概念以協助您改善飲食，以及癌症治療期間的食品安全建議。

所有帶下劃線的辭彙在本文最後所附的辭彙表中均有說明。辭彙表中亦包括了英語單詞的發音。

如果您對此資訊存有任何疑問，您都可以向您的醫生、護士和營養師查詢。

週一至週五上午 9 時至晚上 8 時，您可以致電麥克米倫癌症援助機構（Macmillan Cancer Support）免費熱線：0808 808 00 00。我們有口譯員，所以您可以使用您的語言與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言（說「釵尼斯」）。

欲參閱更多繁體中文癌症資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### 該資訊主要介紹：

- 健康飲食為何重要
- 何謂健康均衡飲食？
- 改變您的飲食
- 您可以做的事情
- 使用食品標籤
- 癌症治療期間和之後的食品安全
- 麥克米倫（Macmillan）如何給予幫助
- 辭彙表
- 更多的繁體中文資訊
- 參考文獻與致謝

## 健康飲食為何重要

健康飲食是您為了自身健康而做的最為正確的事情之一。很多癌症患者表示，選擇健康的飲食方式讓他們感覺找回控制權。

健康飲食可以降低以下風險：

- 癌症
- 心臟病
- 中風
- 糖尿病。

如果您已經患有癌症，健康的飲食有助於減少罹患新癌症的風險。

健康飲食還能夠：

- 幫助您保持健康的體重
- 讓您變得更加健壯
- 為您提供更多能量
- 有助於您感覺更好。

體重超重會增加罹患某些癌症類型的風險。體重超重的原因很多，但不健康的飲食及缺乏運動是常見的原因。擁有健康均衡的飲食並適度運動可以幫助您維持健康的體重，這樣有助於降低罹患某些癌症的風險。

一些癌症治療會導致體重增加，如荷爾蒙療法或類固醇療法。在這種情況下，請盡量將您的體重保持在正常範圍內。您可以透過健康飲食及適度運動達到此目的。

您的家庭醫生或執業護士會告訴您，您的理想體重是多少。如果您擔心自己的體重，請向您的醫生或營養師尋求建議。

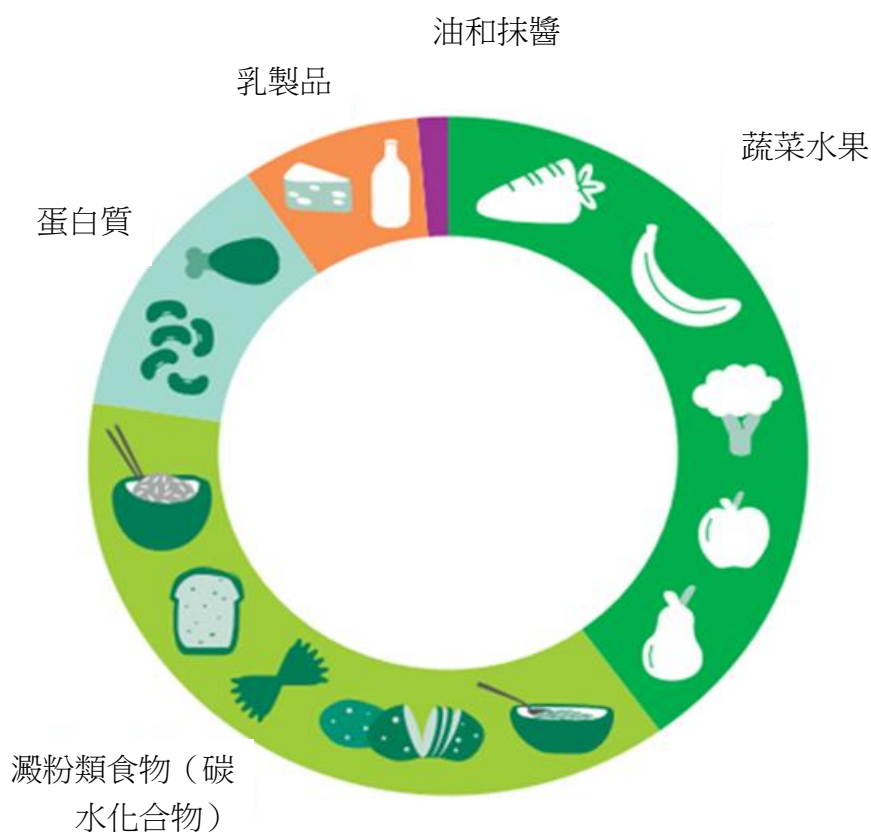
## 何謂健康均衡飲食？

食物包含了我們身體所需的營養素。健康均衡的飲食能為您提供維持身體健康所需的所有營養素。

對大多數人來說，健康飲食包括：

- **大量的蔬菜水果**—它們提供維生素、礦物質和纖維。
- **大量的澱粉類食物（碳水化合物）**—它們提供能量、纖維、鐵和維生素 B。這些食物包括麵包、米飯、麵食、麵條、北非小米和馬鈴薯。
- **適量蛋白質**—您的身體需要蛋白質運行、成長和自行修復。這些食物包括肉類、雞肉、其他家禽、魚類、堅果、雞蛋和莢果（豆類和小扁豆）。
- **適量奶類和乳製品**—這些食物包括起司（芝士）和優格（酸奶）。
- **少量的脂肪、鹽和糖**。

下圖顯示您應攝取各種食物的份量。



請盡量減少攝取加工肉品和紅肉，並避開「速食／快餐」餐廳。這些食物可能包含大量脂肪。

## 纖維

請盡量攝取各種富含纖維的食物。纖維有助於保持腸胃健康並預防便秘。富含纖維的食物包括：

- 全麥麵包
- 糙米
- 麥片
- 豆類
- 豌豆
- 小扁豆
- 穀物
- 種子
- 蔬菜水果

## 脂肪

攝取少量脂肪並選擇不飽和脂肪，例如，堅果、種子、高脂肪魚類及酪梨（牛油果）。

避免飽和脂肪，例如，奶油（牛油）、酥油、洋芋片（薯片）、西式餡餅（派）、蛋糕和糕點。

少吃油炸食品及高脂肉類。

## 鹽

請試著每天攝取不超過 6 克的鹽份，大約為一茶匙的量。攝取超過此量可能會讓您的血壓上升並增加罹癌症、心臟病及中風的風險。請盡量不要在您的食物中添加鹽巴。您可以使用香草、香料或黑胡椒替代鹽巴調味。

## 糖

我們需要糖份來提供能量，並可以從水果和奶類自然攝取。

但是很多食品含有添加糖，例如，糖果、餅乾、蛋糕、糕點和布丁。汽水和酒精通常含有大量的糖份。請盡量避免攝取有添加糖的食品和飲料。

## 飲料

飲料來源主要應為水或茶和咖啡（無糖）。

如果您要喝汽水、可樂或果汁飲料，請試著減少您喝的份量並選擇無糖飲料。請也試著減少您喝的果汁量，因為它的含糖量非常高。

## 酒精飲料

酒精飲料的熱量很高（見下圖）且可能導致您體重增加。酒精飲料也可能會增加罹患某些癌症的風險。

遵循飲酒建議指南有利於您的健康和體重。政府飲酒指南建議，男性和女性攝取：

- 每週不超過 14 單位的酒精。

如果您要攝取 14 單位，最好是在三天或更多天分次喝。如果您想減少酒精攝取量，您可以試著每週幾天不要喝酒。

### 每種酒類的熱量和酒精單位

酒精飲料	酒精單位	卡路里（熱量）
一品脫啤酒	2	170 至 250
標準的一杯白酒（175 ml）	2	130 至 160
伏特加調酒（25ml）	1	115

### 卡路里

食物和飲料能為您提供熱量，而熱量值以卡路里計算。在食品標籤中，您會看到標示為大卡（kcal）。如果您攝取的卡路里（熱量）超過您的身體所需，身體就會以脂肪的型態儲存剩餘的熱量。指南建議：

- 男性每日應攝取 2,500 卡路里以下。
- 女性每日應攝取 2,000 卡路里以下。

人隨著年齡增長，所需的熱量會減少。

## 改變您的飲食

當您正在應對癌症，改變您的飲食可能會有些困難。但有些人認為改善飲食是他們可以在生活中做出的正面改變。

當您準備好的時候，您可以逐漸改變您的飲食習慣。改變不一定很昂貴－健康的食物如豆類、小扁豆及一些蔬菜都是便宜的食材。

您可以試著記錄您幾週的飲食，然後與第 3 頁及第 4 頁的建議做比較。接著您可以找出一些小地方來改善您的飲食。

如果您早餐不吃水果，您則可以嘗試一下。零食方面，您可以試著將巧克力和洋芋片（薯片）換成果乾和堅果。

用筆記本記錄您所吃的食物及您的身體和情緒狀況。做出改變可能會令您身心愉快。您可能會發現您以前沒吃過的新食物。

改變您的飲食前，請與您的醫生或護士討論。他們會將您介紹給營養師，讓營養師為您提供改變飲食的專業的建議。

## 您可以做的事情

- 只吃您需要的食物。您的醫生或營養師可以為您提供關於食物份量的建議。
- 請試著每日攝取 5 份蔬菜水果。在您的餐點中增加一份沙拉或烤蔬菜。
- 少吃糖和脂肪。選擇健康點心，例如水果和堅果，而非洋芋片（薯片）和餅乾。
- 少吃紅肉和加工肉品，例如，香腸、漢堡、西式餡餅（派）和香腸卷。煮燉肉或咖哩時，您可以多加蔬菜，並減少肉量。
- 適度運動搭配健康飲食很重要。即便是短距離散步、做家事或園藝都能改善您的體能。

## 使用食品標籤

很多食品包裝在其標籤上使用紅綠燈系統。標籤會告訴您該食品的糖份、脂肪和鹽份屬於高、中或低含量。紅色代表高，黃色代表中，而綠色代表低。

盡量多吃綠標和黃標食品，少吃紅標食品。

	糖	脂肪	飽和脂肪	鹽
高 (每 100 克)	15 克以上	20 克以上	5 克以上	1.5 克以上
中 (每 100 克)	5 克至 15 克	3 克至 20 克	1.5 克至 5 克	0.3 克至 1.5 克
低 (每 100 克)	5 克以下	3 克以下	1.5 克以下	0.3 克以下

## 癌症治療期間和之後的食品安全

如果您正在接受癌症治療，您的免疫系統可能較弱。這就是所謂的低免疫力。代表您的身體對抗感染的能力較差，因此您發生食物中毒的風險更高。您也可能較無法應對食物中毒的症狀。

### 減少食物中毒風險的小提示

- 盡量使用最新鮮的食材。
- 在包裝所示的有效期限內使用該食品。
- 將食物和飲料儲存在正確的溫度下（按照包裝上的說明）。
- 處理食物前洗手。
- 徹底煮熟食物。
- 不要吃發霉的食物。
- 廚房內禁止寵物進入。
- 用流動冷水清洗所有蔬菜水果—不要浸泡（小扁豆或豆類除外）。
- 徹底清潔炊具和砧板。
- 使用熱肥皂水或抗菌噴霧擦拭檯面，尤其是曾經接觸過生肉或雞蛋。
- 定期清洗或更換抹布和廚房巾。

### 免疫力低時，您應避免的食物

如果您的免疫力低，您必須避免特定食物。請諮詢您的醫生、護士或營養師。應避免的食物：

- 未經巴氏消毒的牛奶、奶油或優格（酸奶）
- 使用未經巴氏消毒牛奶製成的起司（芝士），通常是軟起司（軟芝士），如布利起司（布利芝士），以及藍紋乳酪（藍芝士），如斯蒂爾頓起司（斯蒂爾頓芝士）
- 所有肝醬
- 含有益生菌的優格（酸奶）或優酪乳
- 生菜沙拉
- 生肉或海鮮
- 半熟雞蛋。



### **儲存，冷凍和重新加熱食物**

如果您打算將食物留著之後再吃，請先讓它完全冷卻再放入冰箱或冷凍。

如果可以，您可以多做幾份然後冷凍，如此一來您需要時就可以快速料理。

加熱您的食物前，請記得需確實解凍。包裝上有說明如何冷凍和解凍食物。如果您因接受癌症治療導致免疫力下降，小心謹慎非常重要。

食物只能重新加熱一次。當您加熱時，請確保食物完全煮熟，包含中間的部分。開動前您可以先讓食物冷卻。加熱食物時，請小心不要燙口。

### **外出用餐**

如果您免疫力低，最好避免外出餐。如果真的要外出用餐，請盡量前往提供新鮮食品的地方，並確保有完全煮熟。

避免購買沙拉吧、自助餐和路邊攤的食物，因為您很難知道食物的新鮮度。也請避免購買冰淇淋車（雪糕車）的冰淇淋（雪糕）。

## 麥克米倫 (Macmillan) 如何給予幫助

麥克米倫 (Macmillan) 致力於幫助您和您的家人。您可透過下列方式獲得援助：

- **麥克米倫 (Macmillan) 援助熱線 (0808 808 00 00)**。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用甚麼語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。我們的電話接聽時間是週一至週五上午 9 時至晚上 8 時。
- **麥克米倫 (Macmillan) 網站 ([macmillan.org.uk](http://macmillan.org.uk))**。我們的網站有很多有關癌症和癌症病患生活的英文資訊。欲瞭解其他語言的更多資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **資訊與支援服務**。您可透過資訊與支援服務中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- **本地支援團體**—您可以在支援小組中與其他受癌症影響的人交談。瀏覽 [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 尋找離您最近的當地援助小組或致電我們。
- **麥克米倫 (Macmillan) 網路社群**—您亦可以前往 [macmillan.org.uk/community](http://macmillan.org.uk/community) 與其他受癌症影響的人交談。

## 辭彙表

單詞	英文	英文發音	意思
便秘	Constipation	[康斯提佩順]	排便（上廁所）困難或痛苦。
營養師	Dietitian	[戴餓替順]	食品和營養方面的專家。他們可以告訴您哪些食物最適合您。如果您有飲食上的問題，他們也可以為您提供建議。
食物中毒	Food poisoning	[復得·破衣身寧]	因攝取含有細菌的食物而引起的疾病。食物中毒會導致噁心和嘔吐。
荷爾蒙療法	Hormonal therapy	[荷爾蒙那·特拉披]	一些人可能會接受的癌症治療。
免疫系統	Immune system	[以木呢·西斯特恩]	您的免疫系統是您的身體保護您免受有害細菌侵害並抵禦感染的方式。
感染	Infection	[印費克順]	當細菌進入您的身體進而導致疾病。
營養素	Nutrients	[奴翠恩特斯]	您的身體持續正常運作並保持健康所需的物質。
益生菌	Probiotics	[普勞百歐替克斯]	存在於一些優格（酸奶）或優酪乳中的活菌或酵母。
類固醇	Steroids	[斯特諾衣德斯]	某些人的癌症治療中可能包含的藥物。
未經巴氏殺菌	Unpasteurised	[恩帕司特萊斯德]	代表食物或飲料中的有害菌種未遭到破壞。

## 更多繁體中文版本資訊

我們提供更多關於以下主題的繁體中文資訊：

癌症類型	應對癌症
<ul style="list-style-type: none"><li>• 乳腺癌</li><li>• 大腸癌</li><li>• 肺癌</li><li>• 前列腺癌</li></ul>	<ul style="list-style-type: none"><li>• 若您被診斷患有癌症 - 快速指南</li><li>• 申請福利救濟</li><li>• 飲食問題與癌症</li><li>• 生命的終點</li><li>• 健康飲食</li><li>• 疲憊（疲勞）與癌症</li><li>• 癌症治療的副作用</li><li>• 您可以做些甚麼來幫助自己</li></ul>
<b>治療</b> <ul style="list-style-type: none"><li>• 化療</li><li>• 放療</li><li>• 手術治療</li></ul>	

欲查看該資訊，請前往 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### 以中文與我們溝通

您可以撥打麥克米倫（Macmillan）免費電話 0808 808 00 00 透過口譯員用 中文與我們交談。您可以同我們討論您的憂慮和醫療問題。當您致電我們時，只需用英語說出「中文」即可（請說出「釵尼斯」）。

我們的辦公時間是週一至週五上午 9 時至晚上 8 時。

## 參考文獻與致謝

該資訊由麥克米倫癌症援助機構 (Macmillan Cancer Support) 癌症資訊開發團隊編寫和編輯。並由翻譯公司提供繁體中文的翻譯版本。

本資料單資訊內容以麥克米倫 (Macmillan) 宣傳冊《**健康飲食與癌症**》為基礎編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。

本資訊單 已由相關專家審閱，並得到顧問醫療腫瘤學家和麥克米倫 (Macmillan) 首席醫療編輯，即我們的醫學編輯 Tim Iveson 博士的批准。

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同時感謝審閱本資訊單的癌症患者。

我們所有的資料都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請透過 [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) 聯絡我們。

MAC15915\_Chinese (traditional)



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## Healthy eating and cancer

This information is about how to eat well during and after cancer treatment. It explains why a healthy diet is important and what a healthy diet should include. There are also ideas for simple changes you can make to improve your diet, and advice on food safety during cancer treatment.

Any words that are underlined are explained in the word list at the end. The word list also includes the pronunciation of the words in English.

If you have any questions about this information, ask your doctor, nurse or dietitian.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, Monday to Friday, 9am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need (say “xxxxx”).

There is more cancer information in [language] at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

### This information is about:

- Why a healthy diet is important
- What is a healthy, balanced diet?
- Making changes to your diet
- Things you can do
- Using food labels
- Food safety during and after cancer treatment
- How Macmillan can help you
- Word list
- More information in [language]
- References and thanks

## Why a healthy diet is important

Eating a healthy diet is one of the best things you can do for your health. Many people with cancer say that choosing to eat a healthy diet gives them back a sense of control.

A healthy diet can reduce your risk of:

- cancer
- heart disease
- stroke
- diabetes.

If you have already had cancer, a healthy diet can help reduce the risk of a new cancer.

A healthy diet will also:

- help you keep to a healthy weight
- make you stronger
- give you more energy
- help you feel better.

Being overweight increases the risk of some types of cancer. There are many reasons why people are overweight, but an unhealthy diet and lack of physical activity are common reasons. Having a healthy, balanced diet and being physically active will help you keep to a healthy weight. This can help reduce the risk of some cancers.

Some cancer treatments can cause weight gain, such as hormonal therapy or steroids. If this happens, try to keep your weight within the normal range for your height. You can do this by eating healthily and doing exercise when you can.

Your GP or practice nurse can tell you what your ideal weight is. If you are worried about your weight, ask your GP or a dietitian for advice.

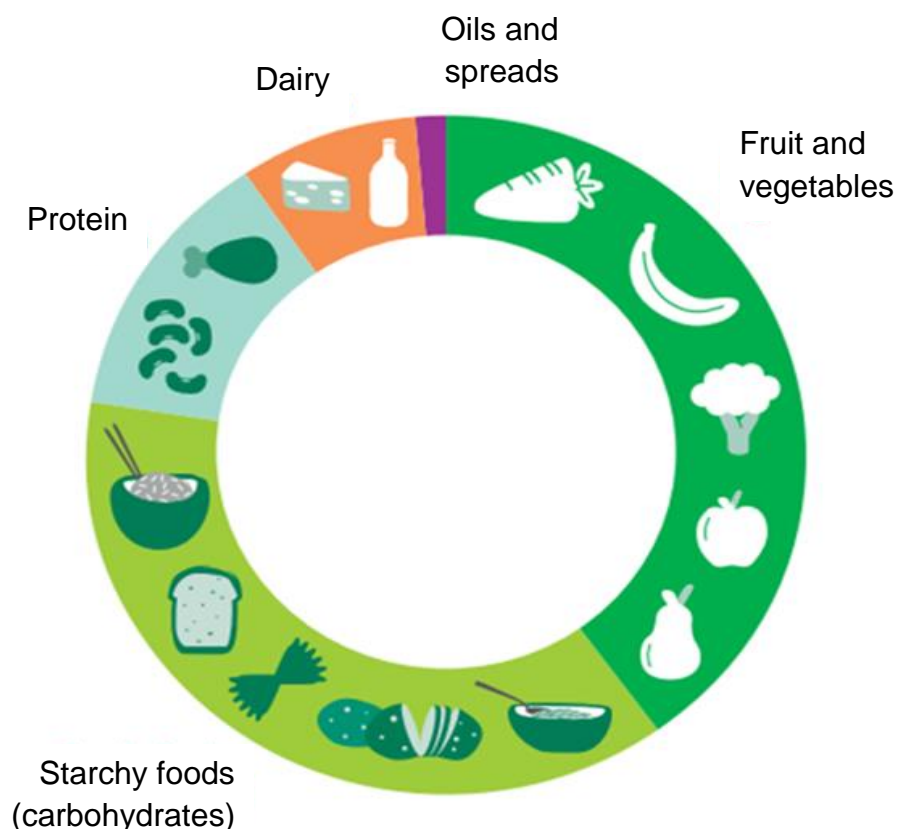
## What is a healthy, balanced diet?

Food has nutrients in it that our bodies need. A healthy, balanced diet gives you all the nutrients you need to keep your body working well.

For most people, a healthy diet includes:

- **Lots of fruit and vegetables** – These give you vitamins, minerals and fibre.
- **Lots of starchy foods (carbohydrates)** – These give you energy, fibre, iron and B vitamins. Foods include wholemeal bread, rice, pasta, noodles, couscous and potatoes.
- **Some protein** – Your body needs protein to function, grow and repair itself. Foods include meat, chicken, other poultry, fish, nuts, eggs and pulses (beans and lentils).
- **Some milk and dairy** – Foods include cheese and yoghurt.
- **A small amount of fat, salt and sugar.**

The diagram below shows how much of each food you should have.



Try to reduce the amount of processed meat and red meat you eat, and avoid 'fast food' restaurants. These foods contain a lot of fat.



## Fibre

Try to eat a variety of foods with fibre. Fibre helps keep your bowels healthy and prevents constipation. Foods high in fibre include:

- wholegrain bread
- brown rice
- oats
- beans
- peas
- lentils
- grains
- seeds
- fruit and vegetables

## Fat

Eat a small amount of fat and choose unsaturated fats, such as nuts, seeds, oily fish and avocados.

Avoid saturated fats, such as butter, ghee, chips, pies, cakes and pastries. Eat less fried foods and less fatty cuts of meat.

## Salt

Try to have no more than 6 grams of salt each day, which is about a teaspoon. Eating more than this can increase your blood pressure and your risk of cancer, heart disease and stroke. Try not to add salt to your food. You could use herbs, spices or black pepper for flavour instead of salt.

## Sugar

We need sugar for energy and it already occurs naturally in fruit and milk.

But many foods contain added sugar, such as sweets, biscuits, cakes, pastries and puddings. Fizzy drinks and alcohol often contain a lot of sugar too. Try to avoid foods and drinks with added sugar.

## Drinks

Drinks should be mainly water, or tea and coffee (without sugar).

If you drink fizzy drinks, cola or squash, try to reduce the amount you drink and have the sugar-free types instead. Try to limit the amount of fruit juice you drink as well, as this is very high in sugar.

## Alcohol

Alcohol contains lots of calories (see below) and can make you gain weight. Alcohol may also increase the risk of some cancers.

Following recommended drinking guidelines is good for your health and your weight. Government guidelines suggest that both men and women drink:

- no more than 14 units of alcohol per week.

If you do drink 14 units, it is best to spread this out over three days or more. If you want to reduce the amount you drink, try having several days each week when you do not drink.

### Number of calories and units of alcohol per drink

Drink	Units of alcohol	Calories (energy)
Pint of lager	2	170 to 250
Standard glass of white wine (175ml)	2	130 to 160
Single vodka (25ml) with a mixer	1	115

### Calories

Food and drinks give you energy. The amount of energy is measured in calories. On food labels, you will see this written as **kcal**. If you eat or drink more calories (energy) than your body needs, the body stores the extra calories as fat. Guidelines suggest that:

- Men eat no more than 2,500 calories per day.
- Women eat no more than 2,000 calories per day.

As people get older, they need even less calories.

## Making changes to your diet

It can be difficult to make changes to your diet when you are already coping with cancer. But some people find improving their diet is a positive change they can make in their life.

You can make changes to your diet gradually, when you feel ready. It doesn't have to be expensive – healthy foods like beans, lentils and some vegetables are cheap ingredients to use.

Try writing down what you eat for a few weeks, and then compare this with the advice on pages 3 to 4. Then you can look for small changes you can make to improve your diet.

If you don't have fruit with breakfast, you could try this. For snacks, try swapping chocolate or crisps for some dried fruit and nuts.

Use a notepad to write down what you eat and how you feel, physically and emotionally. Making changes can be enjoyable. You may discover new foods that you have not tried before.

Before making changes to your diet, talk to your doctor or nurse. They can refer you to a dietitian, who can give you expert advice about how to make changes to your diet.

## Things you can do

- Only eat as much food as you need. Your doctor or dietitian can give you advice on portion sizes.
- Try to eat 5 portions of fruit and vegetables each day. Add a side dish of salad or roasted vegetables to your meals.
- Eat less sugar and fat. Choose healthy snacks such as fruit and nuts, rather than crisps and biscuits.
- Eat less red meat and processed meat, such as sausages, burgers, pies and sausage rolls. If you make stews or curries, add more vegetables and less meat.
- It's important to do some physical activity along with your healthy diet. Even just short walks, housework or gardening will improve your fitness.

## Using food labels

Many packaged foods use a traffic light system on their labels. The label tells you if the food has a high, medium or low amount of sugar, fat and salt in it. Red means high, amber means medium and green means low.

Eat more foods with green and amber labels, and less foods with red labels.

	Sugars	Fats	Saturates	Salt
High (per 100g)	Over 15g	Over 20g	Over 5g	Over 1.5g
Medium (per 100g)	5g to 15g	3g to 20g	1.5g to 5g	0.3g to 1.5g
Low (per 100g)	Under 5g	Under 3g	Under 1.5g	Under 0.3g

## Food safety during and after cancer treatment

If you are having cancer treatment, your immune system may be weaker. This is called having low immunity. It means your body is less able to fight infection and you are more at risk of food poisoning. You may also be less able to cope with the symptoms of food poisoning.

### Tips to reduce the risk of food poisoning

- Use ingredients that are as fresh as possible.
- Use foods before the use-by date on the packaging.
- Store food and drinks at the correct temperature (follow instructions on the packaging).
- Wash your hands before you handle food.
- Cook food thoroughly.
- Do not eat mouldy food.
- Keep pets out of the kitchen.
- Wash all fruit and vegetables well in cold running water – do not soak them (unless you are using lentils or beans).
- Clean cooking utensils and chopping boards thoroughly.
- Wipe worktops with hot, soapy water or an antibacterial spray, particularly if you have been preparing raw meat or eggs.
- Wash or replace dishcloths and tea towels regularly.

### Foods to avoid if you have low immunity

If you have low immunity, you will need to avoid certain foods. Ask your doctor, nurse or dietitian. Foods to avoid are:

- unpasteurised milk, cream or yoghurt
- cheese made from unpasteurised milk (usually soft cheeses, such as Brie, and blue cheeses, such as Stilton)
- all types of paté
- yoghurt or yoghurt drinks that contain probiotics
- fresh salads
- raw meat or seafood
- runny eggs.

**Storing, freezing and reheating food**

If you decide to keep food to eat later, let it cool down completely before storing it in the fridge or freezer.

If you feel able to, you could make extra portions and freeze them before treatment, so you will have meals that are quick to make when you need them.

Remember to defrost your food properly before reheating it. There are instructions on the packaging about how to freeze and defrost food. It is especially important to be careful if you have low immunity due to cancer treatment.

You should only reheat food once. When you reheat it, make sure it gets very hot, even in the middle. You can let it cool down before eating it. Be careful not to burn your mouth if you reheat food.

**Eating out**

It is best to avoid eating out if you have low immunity. If you do eat out, eat somewhere where you know the food is freshly prepared and make sure it is thoroughly cooked.

Avoid buying food from salad bars, buffets and street vendors, as it is difficult to know how fresh the food is. Also avoid having ice-cream from an ice-cream van.

## How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open Monday to Friday, 9am to 8pm.
- **The Macmillan website ([macmillan.org.uk](http://macmillan.org.uk)).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at [macmillan.org.uk/community](http://macmillan.org.uk/community)

## Word list

Word	In English	How to say in English	Meaning
	Constipation		When you find it difficult or painful to poo (pass stools).
	Dietitian		An expert in food and nutrition. They can tell you which foods are best for you. They can also give you advice if you have any problems with your diet.
	Food poisoning		An illness caused by eating food that contains bacteria. It can cause nausea and vomiting.
	Hormonal therapy		A type of treatment for cancer that some people may have.
	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and fighting off <u>infections</u> .
	Infection		When bacteria gets into your body and causes an illness.
	Nutrients		Substances that your body needs to keep working properly and stay healthy.
	Probiotics		Live bacteria or yeast that might be in some yoghurts or yoghurt drinks.
	Steroids		A medicine that some people may have as part of their cancer treatment.
	Unpasteurised		This means the harmful bacteria in a food or drink has not been destroyed.



## More information in [language]

We have information in [language] about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you're diagnosed with cancer – A quick guide</li><li>• Claiming benefits</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
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To see this information, go to [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in [language] through an interpreter. You can talk to us about your worries and medical questions. Just say [language] in English when you call (say "xxxxx").

We are open Monday to Friday, 9am to 8pm.

## References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into [language] by a translation company.

The information included is based on the Macmillan booklet **Healthy eating and cancer**. We can send you a copy, but the full booklet is only available in English.

The information has been reviewed by relevant experts and approved by our medical editor, Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

With thanks to: Gemma Burgess, Macmillan Senior Specialist Dietitian; June Davis, National Cancer Rehabilitation Lead; Claire Donnolly, Dietitian; Rosie Hill, Macmillan Specialist Dietician; Barbara Parry, Senior Research Dietitian; Monika Seimicka, Senior Specialist Haematology and TYA Dietitian; Jaspreet Singh, Specialist Oncology Dietitian; Hannah Starling, Senior Specialist Dietitian; and Sarah Wheeldon, Macmillan Oncology Dietitian.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

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We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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