

飲食問題與癌症

癌症可能會引起飲食問題。本資訊是關於可能發生的不同問題以及處理方法。

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。

若您對本資訊有任何疑問，您可以詢問您接受治療所在醫院的醫生、護士或營養師。

您也可於每日上午 8 時至晚上 8 時，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，所以您可以使用中文與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言（□「釵尼斯」）。

欲參閱更多繁體中文癌症資訊，請瀏覽 macmillan.org.uk/translations

本資訊主要介紹：

- 癌症如何影響飲食
- 若您感到疲累而無法煮飯或吃飯
- 照顧您的口腔健康
- 口腔及喉嚨問題
- 感覺噁心、胃灼熱和消化不良
- 影響您飲食的腸道變化
- 您的食慾和體重變化
- 麥克米倫（Macmillan）如何給予幫助
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癌症如何影響飲食

由癌症引起的飲食問題

取決於癌症在您體□的部位，飲食問題可能包含：

- 感覺噁心
- 生病
- 疼痛
- 消化問題
- 體重下降。

由癌症治療引起的飲食問題

癌症治療有時候會引起飲食問題，或導致消化不良。

一些飲食問題對您的影響可能較小，而有些飲食問題對您的影響可能較大。當您完成治療後，問題可能會消失，但有時可能會持續更長時間。

如果您有飲食問題，請與您的癌症醫生、護士或全科醫生溝通。他們可以給予您意見和支援，他們也可以給您介紹一位營養師。

感染風險（低免疫力）

癌症和癌症治療有時候可能會降低您的免疫力。這就是所謂的低免疫力。這代表您更容易受到感染。

您的醫生可能會讓您避免攝取某些食物。這是為了防止您腸胃受到感染。在準備、儲存並重新加熱食物時，您還必須更加留意。您的癌症護士會就這方面與您溝通。欲□□更多關「健康飲食」的繁體中文資訊，請瀏覽 macmillan.org.uk/translations

特殊飲食

有些人可能需要遵循特殊飲食。例如，如果您做過胃部或腸道手術或患有糖尿病。您的營養師會為您提供相關建議。

若您感到疲累而無法煮飯或吃飯

疲勞是癌症及癌症治療的常見症狀。您可能會覺得自己煮飯很困難，或者您可能會覺得太疲勞而不想吃飯。

您可以這麼做

- 確保您家中有足口且易於烹煮的食物。您可以選擇現成餐點、冷凍餐點或罐裝食物。
- 盡量提前做好計劃。如果您有冰箱，您可以趁您感覺比較好的時候準備食物，將其冷凍以供您疲倦時食用。
- 讓您的家人或朋友幫您採購或烹煮。
- 試著每天少量多餐，而不是吃幾頓大餐。
- 如果您在家裏需要協助煮飯或吃飯，請告訴您的全科醫生或營養師。他們可以安排餐點外送到您家，或者讓其他人在家中幫您烹煮餐食。

照顧您的口腔健康

癌症治療的常見副作用是口腔問題。治療期間，照顧好自己的口腔至關重要，以防止受到感染。

保持口腔健康

- 您可能需要在癌症治療開始前去看牙醫。他們可以告訴您在治療期間使用的最佳牙膏。
- 請每天早晚使用柔軟的兒童牙刷清潔您的口腔、舌頭及牙齒。請避免使用牙籤，使用牙線前請先諮詢您的癌症醫生。
- 如果您有配戴假牙，請每晚將假牙浸泡在假牙清潔液體中。白天請盡量減少配戴假牙，以免摩擦到您的牙齦。
- 多喝流質食物，尤其是水。喝牛奶也不錯。
- 確實遵照癌症醫生或護士提供的建議照護口腔。

如果您的嘴巴感到疼痛

- 放涼了的食物和飲料可能會比很燙或很冰的食物和飲料更好。
- 將碎冰加入飲料或在將果汁冷凍成冰塊 – 吸吮冰塊有助於舒緩嘴巴疼痛。吃冰淇淋也會有幫助。
- 一些酸性果汁可能會引起刺痛感。您可以試著喝較不酸的果汁（例如，西洋梨或黑醋栗汁）。
- 使用吸管飲用。
- 避免食用重鹹或辛辣的食物—這些食物可能會引起刺痛感。
- 避免食用粗硬口感的食物，如硬皮麵包、烤麵包或生蔬菜。
- 使用醬料和肉汁讓您的食物保持濕潤。
- 在進食前服用止痛藥可以幫助您吞嚥。
- 如果您嘴巴非常疼痛，請告知您的醫生或護士。他們會檢查您是否有口腔感染。
- 您的醫生可以為您開立凝膠或更強效的漱口水。自行購買前，請先諮詢您的癌症醫生或護士，因為這些產品有時可能過於強效。
- 如果您的嘴巴不那麼痛，用鹽水漱口可以有所幫助。

口腔及喉嚨問題

口乾

對頭部和頸部位置進行放療可能會損害您的唾液腺並導致口乾。一些癌症治療藥物及其他藥物也會導致口乾。

您可以這麼做

- 告知您的醫生或護士，他們可以為您提供漱口水、喉糖、人工唾液噴霧劑或凝膠幫助緩解您的症狀。
- 隨身攜帶飲料並經常啜飲，包括上床睡覺或外出時。用餐期間，小口喝水。
- 用冷水噴灑口腔以保持濕潤。
- 吸吮冰塊或冰棒。
- 使用醬汁或肉汁軟化您的食物。
- 避免食用巧克力、糕點、花生醬和其他難下口的乾燥食物。
- 試著嚼無糖口香糖—有時可以增加唾液。
- 使用潤唇膏或凡士林（Vaseline®）塗抹乾燥的嘴唇。
- 如果您的舌頭出現一層白色舌苔，請告知您的護士。

味覺變化

癌症治療可能會以不同的方式改變您的味覺。這些變化通常不會持續很長時間。

您可以這麼做

- 使用香料、香草和調味料為食物增加風味。但如果您有嘴巴疼痛的情形，請小心，因為有些香料和調味料可能使其惡化。
- 您可以嘗試味道突出的食物（例如，新鮮水果和果汁）。但如果您有嘴巴疼痛的情形，請小心，因為這些食物可能會傷及您的嘴巴。
- 冷食的味道可能比熱食的味道更好。
- 冷肉與酸黃瓜或酸辣醬一起食用，味道會更好。
- 如果您的嘴裏有金屬味道，請使用塑膠刀叉和湯匙。
- 使用醬汁來烹煮或醃製魚肉、雞肉和雞蛋可以讓味道更好。
- 如果您吃紅肉時感覺有金屬的味道，您可以改吃白肉、魚肉或使用豆子和扁豆製成的素食餐。
- 試著在餐前刷牙。

咀嚼和吞嚥問題

某些類型的癌症和癌症治療可能會導致咀嚼和吞嚥問題。如果您有任何吞嚥上的問題，請告知您的醫生、護士、語言治療師 (SALT) 或營養師。如果喝東西會讓您咳嗽，請立即告訴您的醫生或護士。

您可以這麼做

- 如果咀嚼或吞嚥讓您覺得痛，飯前服用止痛藥可能會有所幫助。您的醫生可以給您建議。
- 選擇容易吞嚥的食物，比如炒雞蛋或優酪乳。
- 用醬汁或肉汁軟化食物。
- 長時間烹調食物使其軟化並攪碎可以讓您更容易食用。
- 將肉和蔬菜切碎。
- 切去麵包皮。
- 如果您感覺食物卡在喉嚨，喝氣泡飲料會有所幫助。
- 有些餐點外送公司的菜單提供軟食物的選項。
- 如果您覺得很難吃到足口的量，您可以在正餐之間喝營養補充品。

感覺噁心、胃灼熱和消化不良

感覺噁心想吐

一些癌症治療和其他藥物，如止痛藥和抗生素，可能會讓您感到噁心。便秘和肝損傷等問題也可能導致噁心。

您的癌症醫生可以開抗噁心藥物來緩解噁心的症狀。如果仍沒有幫助，請告知您的醫生。有其他藥物類型可以嘗試。

您可以這麼做

- 按照醫生囑咐定時定量服用抗噁心藥物。
- 早晨食用如蘇打餅乾或甜餅乾等乾性食物可以幫助減少噁心症狀。
- 如果可以的話，讓其他人為您烹煮餐食。有時候煮飯的味道會讓您感覺噁心。
- 避免食用油膩、高脂肪或油炸食物。
- 試著吃清淡的食物（例如，清湯）。
- 盡量在空氣新鮮的環境吃飯。
- 坐直於餐桌上吃飯，飯後維持該姿勢至少 30 分鐘。
- 含有生薑的食物或飲料可能會有幫助。
- 有些人覺得薄荷茶也有幫助。如果您喜歡甜味，試試加一茶匙蜂蜜。
- 啜飲檸檬水、薑汁汽水或汽泡水等氣泡飲料可能有所幫助。
- 盡量在正餐之間，而非吃飯時喝飲料。
- 在手腕上戴 Sea Bands®。這可以在藥店買到
- 放鬆技巧可能有助於減輕您的症狀。

如果您有便秘問題，請告知醫生，因為便秘也可能會讓您感到噁心。您可能需要靠藥物幫助。

胃灼熱和消化不良

某些癌症治療和其他藥物有可能刺激胃部。胃灼熱是胸部感到灼熱疼痛。消化不良是指上腹部（肚子）感到不適。通常發生於餐後。

您可以這麼做

- 告知您的醫生，他們會開藥給您以提供協助。
- 記下會令您感到不適的食物，這樣您就可以避免攝取這些食物。
- 避免食用巧克力、酒精、辛辣食物、油膩食物和茴香。
- 避免大餐與宵夜。
- 定時定量吃飯，並細嚼慢嚥。
- 飯後休息 45 至 60 分鐘。飯後盡量不要躺下。
- 上身穿著寬鬆的衣服。
- 盡量保持健康的體重。
- 如果您抽煙，請盡量戒煙或少抽。

影響您飲食的腸道變化

便秘

排便（上廁所）困難或痛苦。一些抗癌藥物和其他藥物，如止痛藥和一些抗嘔心藥物，可能會導致便秘。如果您有便秘問題，請告知您的醫生。他們會開瀉藥給您。

您可以這麼做

- 多吃高纖食物。包含新鮮蔬果、全麥麵包、麵食、全麥麥片、什錦麥片、燕麥、豆類、扁豆、豌豆和糙米。
- 多喝水，冷熱皆可。每日盡量喝足 2 公升（3½ 品口）。如果您攝取更多纖維，這一點很重要。
- 食用西梅及其果汁、杏桃乾或無花果糖漿可能會有所幫助。
- 散步等輕度運動可能會有所幫助。

如果您患有腸癌，在改變飲食前，與您的營養師、醫生或護士溝通非常重要。

腹瀉

您需要排泄的次數比平時多，且糞便比正常軟。

許多癌症治療有可能導致腹瀉。它也可能是由藥物引起的，如抗生素、或發生感染。腹瀉可能是暫時的輕微副作用，也可能較為嚴重。如果您有腹瀉的情形或變得嚴重，請務必告知您的醫生。

如果您接受腸癌手術後出現腹瀉的情形，在改變飲食前，請與您的癌症醫生或護士溝通。

您可以這麼做

- 多喝水（每日至少 2 公升或 3½ 品口）。
- 少量多餐，避免大餐。
- 吃魚肉、雞肉、煮熟的雞蛋、白麵包、白麵條和白飯等清淡的食物。
- 細嚼慢嚥
- 少吃高纖食物（例如，穀片、生蔬果）
- 避免食用油膩以及高脂肪食物（例如，洋芋片、漢堡）
- 避免食用辛辣的食物。

如果改變飲食仍未改善腹瀉情形，您可能需要服用止瀉藥。重要的是，您要嚴格按照醫生的囑咐服藥。

有時腹瀉會很嚴重。如果 24 小時口腹瀉 4 次以上，或者夜間腹瀉，請立即聯絡醫院。

脹氣

骨盆腔放療（下腹部）和一些腸道手術可能會導致脹氣。一些藥物以及便秘也可能會導致脹氣。

如果您覺得脹氣引起疼痛或難以承受，請與您的癌症醫生或護士溝通。

您可以這麼做

- 慢慢吃，慢慢喝。小口吃並細嚼慢嚥。
- 避免食用豆類、莢果、酸黃瓜、甜玉米、洋蔥和汽泡飲料。
- 試試在一杯溫水中添加兩茶匙薄荷水。您可以加一點蜂蜜增加甜味，或者嘗試喝薄荷茶。
- 您的全科醫生可以提供對薄荷膠囊，來幫助減緩脹氣。
- 藥用炭片可能有所幫助 — 您可以透過藥劑師取得。
- 輕度運動，尤其是散步可能會有所幫助。
- 確保您有定期排便—脹氣有時候是便秘的徵兆。

您的食慾和體重變化

如果您吃不下飯或體重下降，請務必和營養師溝通。他們可以與您討論增加體重和避免體重下降的方法。

如果您不覺得餓（食慾不振）

癌症治療期間，您可能會失去食慾，不覺得飢餓。這可能是因為您不舒服、食物和飲料味道變了，或者因為您過於疲累。以下是一些建議，希望對您有所幫助：

- 少量多餐。
- 隨身攜帶點心（例如，洋芋片、堅果、乾果、起司、蘇打餅乾和優格），當您想吃時就可以輕易取得。
- 用小盤子盛裝食物。
- 細嚼慢嚥，每餐飯後休息片刻。
- 如果您無法吃一份正餐，您可以喝加了優格或冰淇淋的水果冰沙，或者加了全脂牛奶及鮮奶油的奶昔或熱可可。（請參閱下方的營養補充品）。
- 在用餐之前或隨餐喝少量的酒可以幫助您增進食慾。請與您的醫生確認您是否可以飲酒。
- 您的醫生可以為您開立增加食慾的藥物。
- 您食慾較好的時候，盡量吃得健康並享受您喜歡的食物。

如果您接受腸癌治療，請與您的營養師、癌症護士或醫生討論關於您的飲食。

避免體重下降

如果您的體重下降或吃不下飯，您可以無需吃更多食物也能攝取額外卡路里（熱量）和蛋白質：

- 在早餐或甜點裡面加入全脂牛奶、糖漿、蜂蜜或糖
- 試著在砂鍋菜和湯裡面加入扁豆、豆子和麵條
- 熱湯裡面也可以加入刨絲起司（芝士）或橄欖油
- 可以在馬鈴薯泥或醬汁中加入鮮奶油、起司（芝士）和奶油。
- 在三明治中塗抹大量奶油，並加入美乃滋或沙拉醬
- 在麵包、吐司、餅乾和曲奇上塗抹花生醬（或其他堅果醬）、巧克力醬、芝麻醬、蜂蜜或果醬。

營養補充品

您的醫生可能會建議您攝入營養補充品（營養食品）。您可以透過這些食品攝取更多卡路里（熱量）和蛋白質。有些是飲品，有些則是添加到食物或飲料中的粉末。還有一些食品，比如現成的布丁。

有些補充品可能需要由您的醫生或營養師開立處方，但有些您可以直接在藥房或超市買到。您可以詢問您的醫生或營養師有關營養補充品的資訊。您最好在他們建議的時候才食用營養食品。

如果您有糖尿病，在食用營養補充品前，請務必諮詢您的全科醫生、癌症護士或營養師的意見。

麥克米倫 (Macmillan) 如何給予幫助

麥克米倫 (Macmillan) 致力於協助您和您的家人。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，所以您可以使用中文與我們溝通。您只需用英語告訴我們您希望使用何種語言即可。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。熱線服務時間為每日上午 8 時至晚上 8 時。
- 麥克米倫 (Macmillan) 網站 (macmillan.org.uk)。我們的網站提供許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
- 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 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 – 您可以在支援團體中與其他受癌症影響的人交流。瀏覽 macmillan.org.uk/supportgroups 尋找離您最近的當地支援團體或致電我們。
- 麥克米倫 (Macmillan) 網路社群 – 您亦可以前往 macmillan.org.uk/community 與其他受癌症影響的人交流

辭彙表

詞語 (繁體中文)	英文	英文發音 (英文單詞的譯音)	意思
便秘	Constipation	康斯泰派辛	清腸 (排便) 困難或痛苦。排便沒有往常頻繁, 或大便較硬, 成塊狀。
標靶治療	Targeted therapy	塔給提得 塞若匹	使用藥物靶向並破壞癌細胞的癌症治療方法。
蛋白質	Protein	普若婷	健康飲食中非常重要的食物成分。我們的身體需要蛋白質運行、培養和自行修復。
低免疫力	Low immunity	樓依謬尼太	當您身體的免疫系統運作不正常。這代表您更容易受到感染。
放療	Radiotherapy	瑞迪歐塞若匹	使用高能 X 射線 (如 X 光) 殺死癌細胞的癌症治療方法。
感染	Infection	英菲克辛	當細菌進入您的身體進而導致疾病。
化療	Chemotherapy	開莫塞若匹	使用藥物殺死癌細胞的癌症治療方法。
卡路里	Calories	凱勒瑞斯	卡路里是食物中所含的能量。您的身體需要從食物獲得能量。
抗生素	Antibiotics	安泰巴艾奧提克斯	治療感染的藥物。
免疫系統	Immune system	依謬因 希斯特姆	您的免疫系統是您的身體保護您免受有害細菌及感染侵害的方式。
食管	Oesophagus	一掃佛格斯	從口腔到胃部的通道。進食時, 食物沿其進入。也稱之為食道或食物管。
食慾	Appetite	艾匹塔艾特	對於進食的慾望。
糖尿病	Diabetes	達艾而碧緹絲	一種因為身體無法正常代謝糖, 而導致血液中含糖量太高的疾病。

唾液	Saliva	色拉埃佛	您的身體產生的液體並釋放於口中。有助於保持您的口腔健康和濕潤。也有助於咀嚼、吞嚥和消化。唾液也稱作唾沫。
唾液腺	Salivary glands	撒勒佛瑞 格蘭茲	口腔周圍產生唾液的腺體。
胃灼熱	Heartburn	哈特崩	胃灼熱是胸部感到灼熱疼痛。發作時可能會令人非常難受，而原因是胃酸刺激了您的食管（食道）內壁。
消化	Digestion	迪傑斯切恩	您的身體如何分解您吃的食物並從中獲取營養。
消化不良	Indigestion	因迪傑斯切恩	上腹部疼痛或不適。由胃酸刺激胃壁時產生。它通常在飯後發作。
營養素	Nutrients	紐崔恩次	您的身體持續正常運作並保持健康所需來自食物的物質。
營養師	Dietitian	達艾爾提辛	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。
營養補充品	Food supplements	福德 撒破力門次	加入您的飲食的飲品、粉末或食品，以增加您所攝取的卡路里、蛋白質或營養素。
語言治療師	Speech and language therapist	斯比奇 安得 蘭桂奇 塞若匹斯特	幫助您治療言語和吞嚥問題的人士。

更多繁體中文版資訊

我們提供更多有關下列主題的繁體中文資訊：

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

欲查看該資訊，請前往 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** 透過口譯員以中文與我們交談。您可以同我們討論您的憂慮和醫療問題。當您致電我們時，只需用英語口出「中文」即可（請口出「釵尼斯」）。

我們的辦公時間為每日上午 8 時至晚上 8 時。

參考文獻與致謝

本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。由翻譯公司提供繁體中文的翻譯版本。

本資料單資訊以麥克米倫 (Macmillan) 宣傳冊釵尼斯為基礎編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。

本資訊經有關專家審閱，並獲得我們的首席醫療編輯蒂姆·艾弗森教授、醫學腫瘤學顧問及麥克米倫 (Macmillan) 首席醫療編輯的批准。

同時感謝審閱本資訊的癌症患者。

我們所有的資訊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 聯絡我們

MAC15753_Traditional Chinese

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MAC15753_Traditional Chinese



Eating problems and cancer

Cancer can cause problems with eating and drinking. This information is about the different problems that can happen and ways of dealing with them.

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 at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am 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.

There is more cancer information in other languages at macmillan.org.uk/translations

This information is about:

- How cancer can affect eating
- If you are too tired to cook or eat
- Looking after your mouth
- Mouth and throat problems
- Feeling sick, heartburn and indigestion
- Bowel changes that affect your diet
- Changes to your appetite and weight
- How Macmillan can help you
- Word list
- More information in [\[language\]](#)
- References and thanks

How cancer can affect eating

Eating problems caused by cancer

Depending on where the cancer is in your body, problems can include:

- feeling sick
- being sick
- pain
- problems with digestion
- weight loss.

Eating problems caused by cancer treatments

Cancer treatments can sometimes cause problems with eating, drinking or your digestion.

Some eating problems may be minor, while others may affect you more. Problems may stop when you finish treatment or sometimes they can last longer.

Talk to your cancer doctor, nurse or GP if you have problems with eating. They can give you advice and support and they can refer you to a dietitian.

Risk of infection (low immunity)

Cancer and cancer treatments can sometimes weaken your immune system. This is called having low immunity. It means you are more at risk of getting an infection.

Your doctor may ask you to avoid certain foods. This is to stop you getting a gastric (tummy) infection. You will also need to be even more careful when preparing, storing and reheating food. Your cancer nurse will talk to you about this. We have more information in [language] in the factsheet 'Healthy eating.' Visit macmillan.org.uk/translations

Special diets

Some people may need to follow a special diet. For example, if you have had stomach or bowel surgery or if you have diabetes. Your dietitian can give you advice on this.

If you are too tired to cook or eat

Feeling very tired is common with cancer and cancer treatment. You may find it hard to cook your meals or you may feel too tired to eat them.

What you can do

- Make sure you have enough food at home that is easy to make. You could use ready-made meals, frozen meals and tinned food.
- Try to plan ahead. If you have a freezer, prepare food while you are feeling better, and freeze it for when you are tired.
- Ask family or friends to help with shopping or cooking.

- Try eating smaller meals often throughout the day, rather than a few big meals.
- If you need help at home with cooking or eating, tell your GP or dietitian. They can arrange for meals to be delivered to your home, or someone to help prepare meals at home.

Looking after your mouth

A common side effect of cancer treatment is mouth problems. It is very important to look after your mouth during treatment, to avoid getting an infection.

Keeping your mouth healthy

- You may need to see your dentist before cancer treatment starts. They can tell you the best toothpaste to use during treatment.
- Clean your mouth, tongue and teeth gently each morning and evening, with a soft children's toothbrush. Avoid using toothpicks and check with your cancer doctor before using floss.
- If you wear dentures, soak them in a denture cleaning solution overnight. Leave them out for as long as you can during the day to stop them rubbing your gums.
- Drink lots of fluids, especially water. Milk is also good.
- Follow any advice from your cancer doctor or nurse about how to care for your mouth.

If you have a sore mouth

- Cool foods and drinks may be better than very hot or very cold ones.
- Add crushed ice to drinks or freeze juice in ice cube trays – sucking on ice cubes can sooth your mouth. Ice cream can also help.
- Some fruit juices can sting if they are acidic. Try less acidic juices like pear or blackcurrant.
- Drink through a straw.
- Avoid salty or spicy foods – these may sting.
- Avoid rough textured foods such as crusty bread, toast or raw vegetables.
- Keep your food moist with sauces and gravies.
- Taking painkillers before eating can help you swallow more easily.
- If you have a sore mouth, tell your doctor or nurse. They can check if you have a mouth infection.
- Your doctor can prescribe a gel or stronger mouthwash. Check with your cancer doctor or nurse before buying your own as sometimes these can be too strong.

- If your mouth is not too sore, a salt-water mouthwash can help.

Mouth and throat problems

Dry mouth

Radiotherapy to the head and neck area can damage your salivary glands and cause a dry mouth. Some cancer drugs and other medicines can also make your mouth dry.

What you can do

- Tell your doctor or nurse – they can give you mouthwashes, lozenges, artificial saliva sprays or gels to help.
- Keep a drink with you all the time and sip it often, including when you go to bed or go out. Have sips of water with your meals.
- Spray your mouth with cool water to keep it moist.
- Suck ice cubes or ice lollies.
- Use sauces and gravies to soften your food.
- Avoid chocolate, pastry, peanut butter and other dry foods if they are hard to eat.
- Try sugar-free chewing gum – this can sometimes increase saliva.
- Use lip balm or Vaseline® on dry lips.
- Tell your nurse if your tongue gets a white coating over it.

Taste changes

Cancer treatment can change your taste in different ways. These changes normally do not last for very long.

What you can do

- Use spices, herbs and seasoning to flavour food. But be careful if your mouth is sore as some spices and seasonings can make this worse.
- Try having sharp tasting foods, such as fresh fruit and fruit juice. Be careful if your mouth is sore though, as these may hurt your mouth.
- Cold foods may taste better than hot foods.
- Cold meats may taste better with pickle or chutney.
- If you have a metal taste in your mouth, use plastic knives, forks and spoons.
- Fish, chicken and egg meals may taste better when cooked or marinated in a sauce.
- If you have a metal taste when eating red meat, try white meat, fish, or vegetarian meals using beans and lentils.
- Try brushing your teeth before meals.

Chewing and swallowing problems

Some types of cancer and cancer treatments can cause problems with chewing and swallowing. Tell your doctor, nurse, speech and language therapist (SALT) or dietician if you have any problems swallowing. If drinking makes you cough, tell your doctor or nurse straight away.

What you can do

- Taking painkillers before meals may help if it hurts to chew or swallow. Your doctor can give you advice.
- Choose foods that are easy to swallow, such as scrambled egg or yoghurt.
- Soften foods with sauces or gravy.
- Cook food slowly for a long time to make it softer and blend it to make it easier to eat.
- Chop meat and vegetables into small pieces.
- Cut the crusts off bread.
- If you feel food is getting stuck in your throat, fizzy drinks can help.
- Some meal delivery companies have a choice of soft foods on their menu.
- If you find it hard to eat enough, there are food supplements that you can have as drinks in between meals.

Feeling sick, heartburn and indigestion

Feeling sick

Some cancer treatments and other medications, such as painkillers and antibiotics, can make you feel sick.. Problems like constipation and liver damage can also cause sickness.

Your cancer doctor can give you anti-sickness drugs to help with sickness. If this does not help, tell your doctor, as there are different types you can try.

What you can do

- Follow the instructions you are given about when and how to take the anti-sickness drugs.
- Dry foods, such as crackers or plain biscuits, can help you to feel less sick first thing in the morning.
- If possible, let someone else cook your meals. Sometimes the smell of cooking can make you feel sick.
- Avoid greasy, fatty or fried foods.
- Try to eat light foods such as thin soups.
- Have some fresh air around you when you eat.

- Sit up straight at the table to eat and stay like this for at least 30 minutes after eating.
- Food or drink with ginger in it can help.
- Some people find peppermint tea helps. Try adding a teaspoon of honey if you prefer a sweeter taste.
- Sipping a fizzy drink, such as lemonade, ginger ale or fizzy water may help.
- Try having drinks between meals rather than with your food
- Wear Sea Bands® on your wrists. You can get them from your pharmacy
- Relaxation techniques may help you feel less sick.

Let your doctor know if you have constipation, as this can make you feel sick. You may need some medicine to help.

Heartburn and indigestion

Some cancer treatments and other drugs can irritate the stomach. Heartburn is a burning feeling in the chest. Indigestion is an uncomfortable feeling in the upper part of the abdomen (tummy). It usually happens after meals.

What you can do

- Talk to your doctor, they can give you medicines to help.
- Make a note of foods that make you feel uncomfortable so you can avoid them.
- Avoid chocolate, alcohol, spicy food, fatty food and aniseed.
- Avoid large meals and eating late at night.
- Eat regular meals and eat slowly.
- Rest for 45–60 minutes after you eat. Try not to lie down after a meal.
- Wear loose clothing around your waist.
- Try to stay a healthy weight.
- If you smoke, try to stop or cut down.

Bowel changes that affect your diet

Constipation

This is when you find it difficult or painful to poo. Some cancer drugs and other medicines, such as painkillers and some anti-sickness drugs, can cause constipation. Talk to your doctor if you have constipation. They may give you medicines called laxatives.

What you can do

- Eat foods with lots of fibre in. These include fresh fruit and vegetables, wholemeal bread, flour and pasta, whole wheat cereal, muesli, oats, beans, lentils, peas and brown rice.
- Drink lots of fluids, both hot and cold drinks. Try to drink 2 litres each day (3½ pints). This is important if you are eating more fibre.
- Eating prunes and their juice, dried apricots or syrup of figs may help.
- Gentle exercise, such as walking, can help.

If you have bowel cancer, it is important to talk to your dietitian, doctor or nurse before changing your diet.

Diarrhoea

This is when you need to poo more often than normal, and the poo is softer than normal.

Many cancer treatments can cause diarrhoea. It can also be caused by medications such as antibiotics, or by having an infection. Diarrhoea can be a temporary, mild side effect or it can be more severe. Always tell your doctor if you have diarrhoea and if it gets worse.

If you have diarrhoea after surgery for bowel cancer, talk to your cancer doctor or nurse before changing your diet.

What you can do

- Drink lots of fluids (at least 2 litres or 3½ pints each day).
- Eat small meals more regularly, rather than having large meals.
- Eat light foods, such as fish, chicken, well-cooked eggs, white bread, pasta and rice.
- Eat your meals slowly
- Eat less fibre (such as cereals, raw fruits and vegetables).
- Avoid greasy and fatty foods such as chips and burgers.
- Avoid spicy foods.

If changing what you eat does not help with diarrhoea, you may need to have anti-diarrhoea tablets. It is important to take the tablets exactly as your doctor explains.

Sometimes diarrhoea can be severe. If you have diarrhoea more than 4 times in 24 hours, or have diarrhoea during the night, contact the hospital straight away.

Wind

Radiotherapy to the pelvis (lower tummy area) and some types of bowel surgery may cause wind. Some types of medicines, and having constipation can also cause wind.

If you find wind painful, or difficult to cope with, talk to your cancer doctor or nurse.

What you can do

- Eat and drink slowly. Take small mouthfuls and chew food well.
- Avoid beans, pulses, pickles, sweetcorn, onions and fizzy drinks.
- Try adding 2 teaspoons of peppermint water to a glass of warm water. You can sweeten it with honey. Or you could try peppermint tea.
- Your GP can give you peppermint capsules that may help.
- Charcoal tablets may help – you can get some from your pharmacy.
- Gentle exercise, especially walking, can help.
- Try to make sure you poo regularly – wind can be a sign of constipation.

Changes to your appetite and weight

If you find it hard to eat, or you are losing weight, it is important to talk to a dietitian. They can talk to you about ways to put on weight and avoid losing weight.

If you do not feel hungry (poor appetite)

During cancer treatment, you may lose your appetite and not feel hungry. This may be due to feeling sick, food and drink tasting different, or because you feel too tired. Here are some tips that may help:

- Eat smaller meals but have them more often.
- Keep snacks, such as crisps, nuts, dried fruit, cheese, crackers and yoghurt, with you for when you feel able to eat.
- Serve food on a small plate.
- Eat meals slowly, chew the food well and relax for some time after each meal.
- If you cannot eat a meal, you could have a fruit smoothie with yoghurt or ice cream. Or a milkshake or hot chocolate, made with full fat milk and some cream. (See food supplements below).
- Drinking a small amount of alcohol just before, or with, food can help your appetite. Check with your doctor that you can have alcohol.
- Your doctor may give you a medicine that can help increase your appetite.
- On days when your appetite is better, try to eat well and have your favourite foods.

If you have had treatment for bowel cancer, talk to your dietitian, cancer nurse or doctor about your diet.

Avoiding weight loss

If you are losing weight or finding it hard to eat, you can add extra calories (energy) and protein to your diet without having to eat more food.

- Add full-fat milk, syrup, honey or sugar to breakfasts and desserts

- Try adding cream or lentils, beans and noodles to casseroles and soups
- Grated cheese or olive oil can be added to hot soup
- Cream, cheese and butter can be added to mashed potatoes or sauces
- Use plenty of butter and add mayonnaise or salad cream in sandwiches
- Add peanut butter (or other nut spreads), chocolate spread, tahini, honey or jam to bread, toast, crackers and biscuits.

Food supplements

Your doctor may suggest that you have food supplements (nutritional supplements). These can add extra calories (energy) or protein to your diet. Some are drinks and others are powders that you add to food or drink. There are also some foods, such as ready-made puddings.

Your doctor or dietician may need to prescribe some supplements but others you can buy from the pharmacy or supermarket. You can ask your doctor or dietitian about food supplements. You should only use supplements if they recommend it.

If you have diabetes, you must get advice from your GP, cancer nurse or dietitian, before you use food supplements.

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 7 days a week, 8am to 8pm.
- **The Macmillan website (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
- **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 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 or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word	In English	How to say in English	Meaning
	Antibiotics		Medicine that treats an <u>infection</u> .
	Appetite		When you feel you want to eat food.
	Calories		Calories are the amount of energy contained in food. Your body needs energy from food to function.
	Chemotherapy		A cancer treatment that uses drugs to kill cancer cells.
	Constipation		When you find it difficult or painful to empty your bowels (poo). You might not be going as often as usual, or your poo might be hard and lumpy.
	Diabetes		A condition where the amount of sugar in the blood is too high because the body does not use it properly.
	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 problems with your diet.
	Digestion		How your body breaks down the food you eat and gets <u>nutrients</u> from it.
	Food supplements		Drinks, powders or foods that can be added to your diet to increase the amount of <u>calories</u> , <u>protein</u> or <u>nutrients</u> you are getting.
	Heartburn		Heartburn is a burning feeling in the chest. It can be very painful. It happens when acid from the stomach irritates the lining of your the <u>oesophagus</u>

			(food pipe).
	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and <u>infections</u> .
	Indigestion		Pain or discomfort in the upper part of the tummy. It can happen when stomach acid irritates the lining of the stomach. It happens mostly after meals.
	Infection		When bacteria gets into your body and causes an illness.
	Low immunity		When your body's <u>immune system</u> is not working properly. It means you are more at risk of getting an <u>infection</u> .
	Nutrients		Substances in food that your body needs to keep working properly and stay healthy.
	Oesophagus		The tube that goes from the mouth in to the stomach. Food passes down it when you eat. It's also called the gullet or food pipe.
	Protein		A substance found in food that is important in a healthy diet. Our body needs protein to function, grow and repair itself.
	Radiotherapy		A cancer treatment that uses high-energy rays, such as x-rays, to kill cancer cells.
	Saliva		A liquid your body produces and releases into the mouth. It helps keep your mouth healthy and moist. It also helps with chewing, swallowing and <u>digestion</u> . It is also called spit.

	Salivary glands		Glands around the mouth that produce <u>saliva</u> .
	Speech and language therapist		Someone who can help if you have problems with speech and swallowing.
	Targeted therapy		A cancer treatment that uses drugs that target and attack cancer cells.

More information in other languages

We have information in other languages about these topics:

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

Speak to us in another language

You can call Macmillan free on **0808 808 00 00** and speak to us in another language through an interpreter. Please tell us in English which language you need. You can talk to us about your worries and medical questions.

We are open 7 days a week, 8am 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 this language by a translation company.

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

This information has been reviewed by relevant experts and approved by our Chief Medical Editor, Professor Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

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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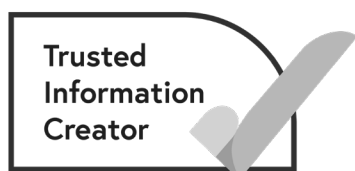
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Patient Information Forum