

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Eat a healthy diet





# About this easy read booklet



This booklet is about eating a healthy diet.



You can learn about what makes a diet healthy.



If you are worried about your health, you should talk to a doctor or nurse.



# Eat a healthy diet



You can make changes to your life that may make you less likely to get cancer.



You can do things to keep yourself healthy. Having a healthy diet is one of these things.



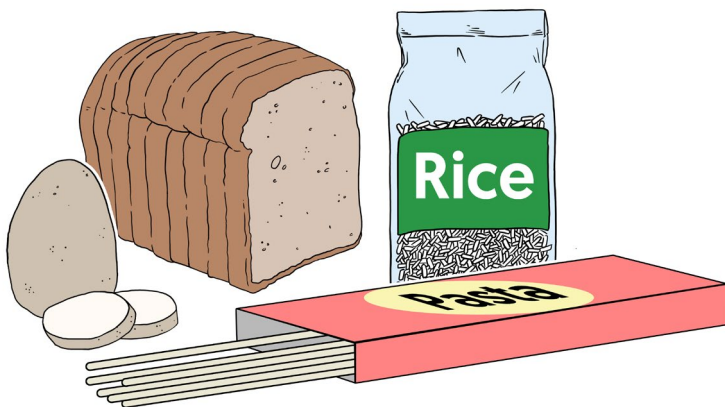
Eating a healthy diet can lower your risk of getting cancer.



Try to eat different types of healthy foods. This is called having balanced diet and helps your body keep healthy.

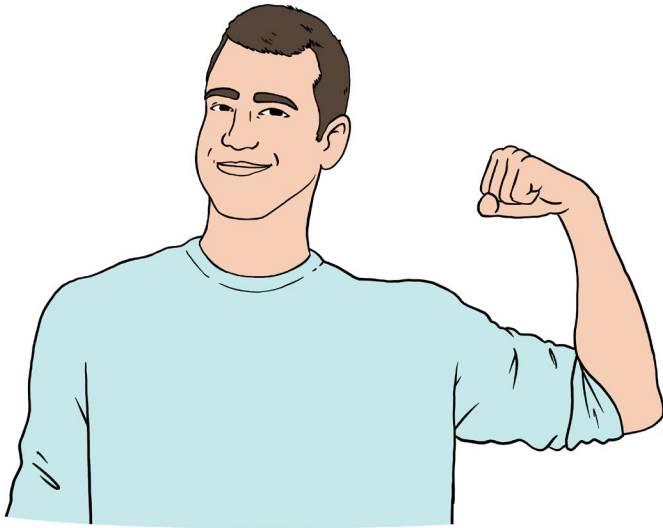


Fruit and vegetables are a good source of vitamins, minerals and fibre.

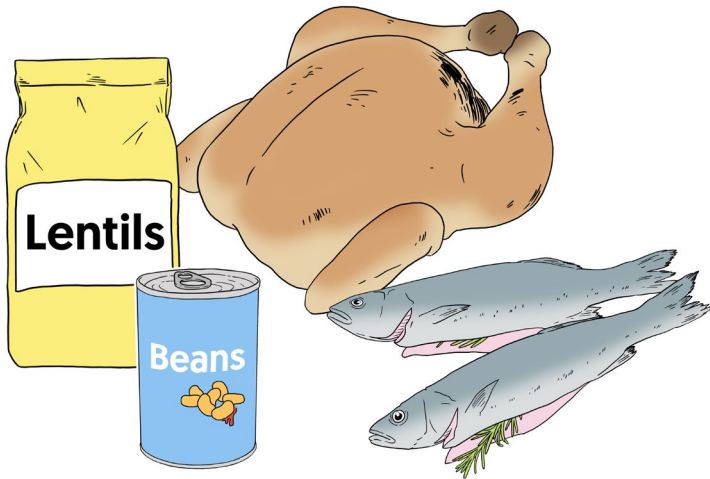


**Carbohydrates** give you energy. These are starchy foods like potatoes, pasta, rice & bread.

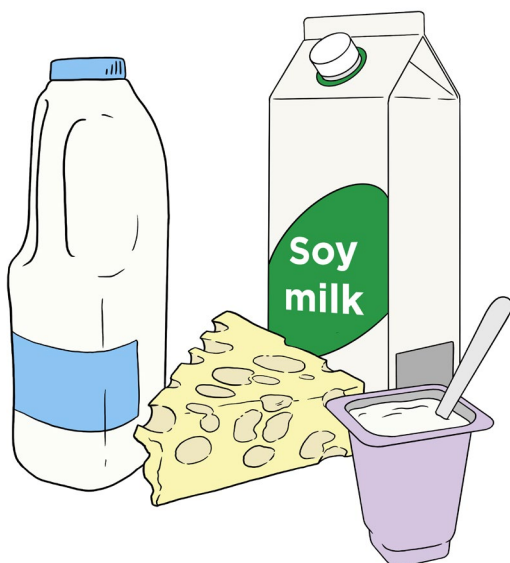




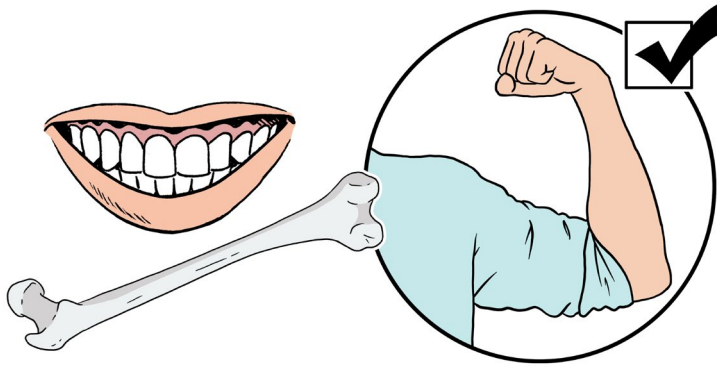
You also need to eat some foods with **protein** in. **Protein** helps to make and repair your muscles and body tissue.



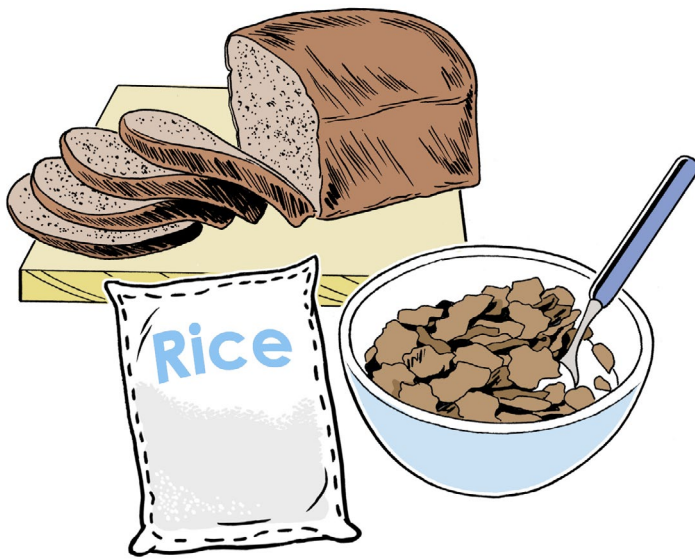
Protein is in foods like meat, chicken, fish, eggs, nuts, lentils and beans.



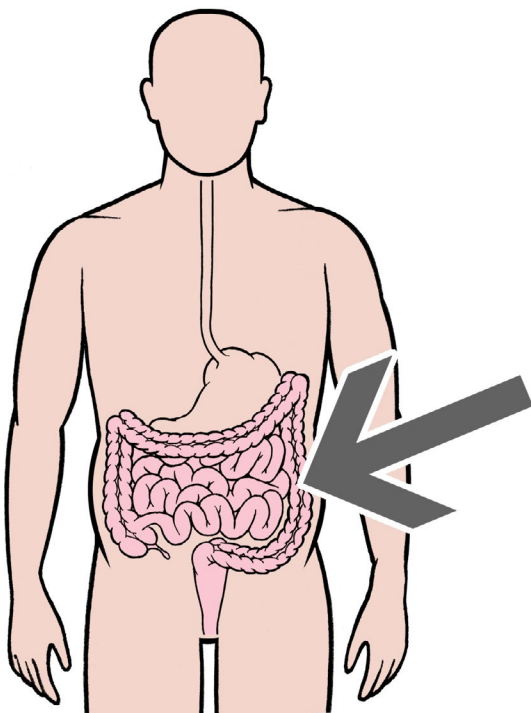
Have some milk and dairy foods like cheese and yoghurts. Or you can have alternatives like soy or oat milk.



Milk and dairy are good sources of protein and a **calcium**. **Calcium** helps to keep your bones and teeth strong.



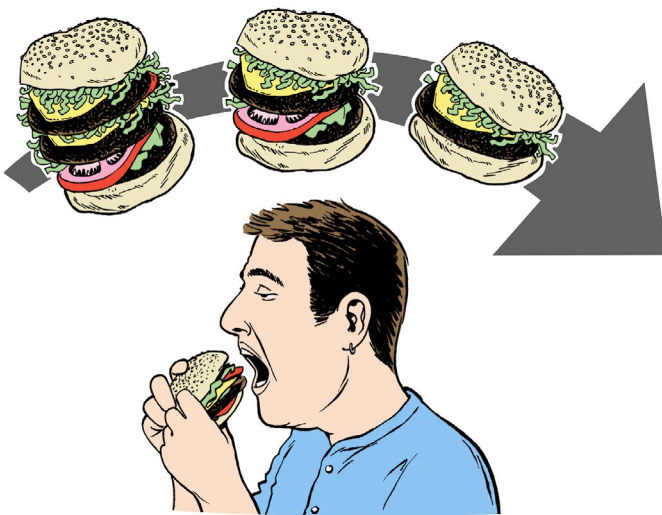
Try to have foods high in fibre, like bran cereals and brown bread, rice and pasta.



Fibre helps to keep your **bowel** healthy. The **bowel** is inside your body. It is a long tube which helps digest food.



Fibre can help you go to the toilet if you are **constipated**.  
**Constipation** is when you have problems pooing.



Try to eat less red meat, like beef, lamb and pork.  
And less processed meat, like burgers, sausages and bacon.

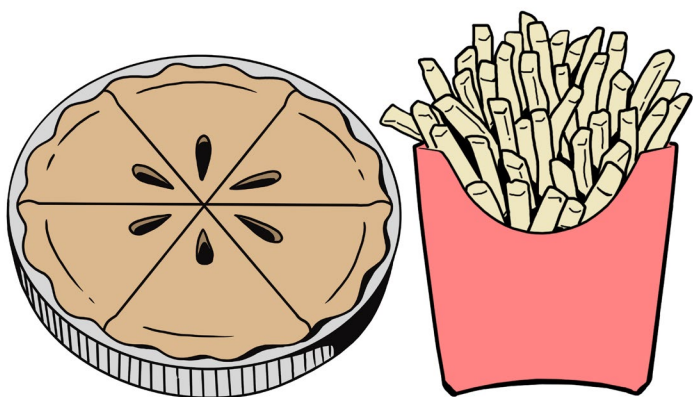


Try to eat smaller amounts of food with a lot of fat, salt and sugar in them.  
For example:

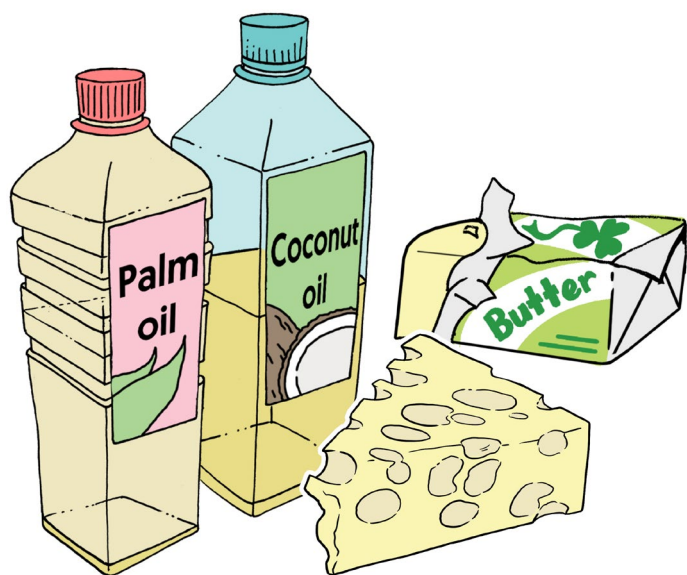
- fried food
- takeaway food



- sweets, cakes, crisps
- sugary drinks

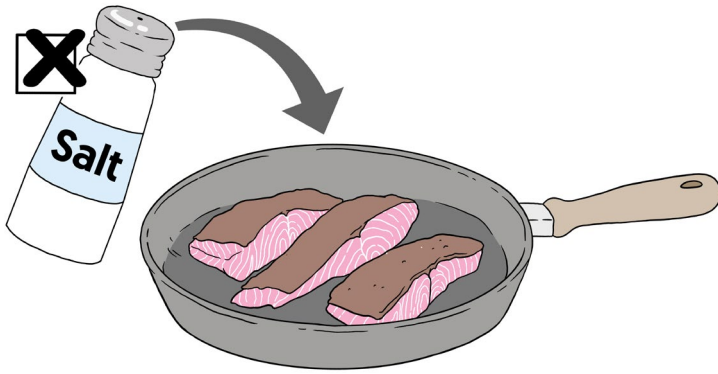


- pies, chips



- cheese, butter, lard, ghee
- palm oil and coconut oil.

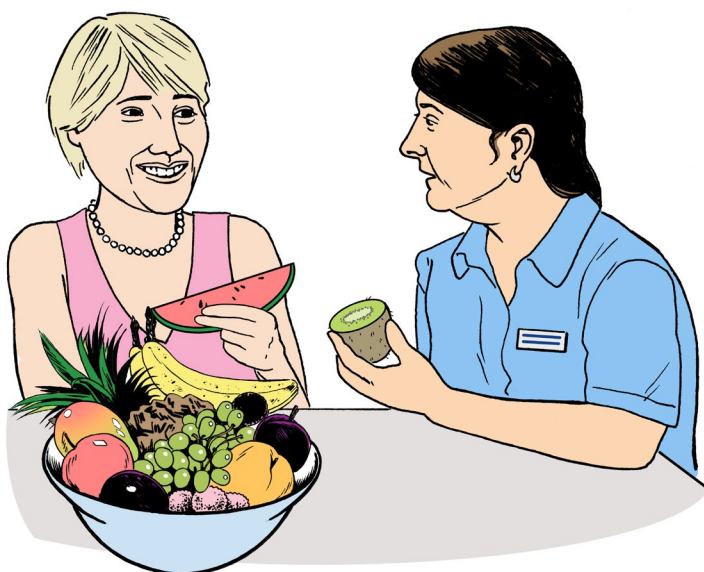




Do not add salt to foods when cooking. Only add a small amount of salt to food after it has been cooked.



Ask your doctor or nurse if you need more support with eating a healthy diet.



A **dietician** can also help. A **dietician** is an expert health professional who can help with your diet and what foods to eat or avoid.



# How Macmillan can help you



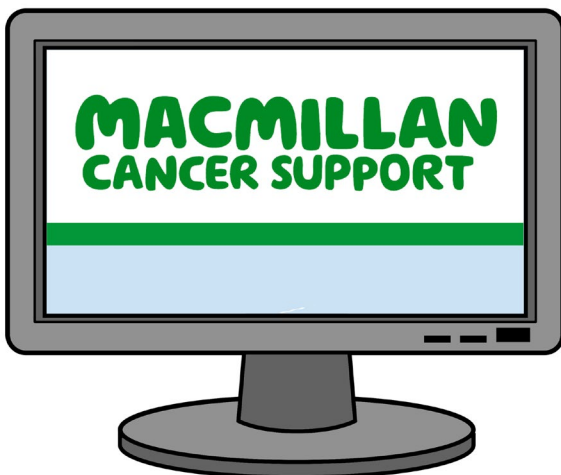
You can get support from:

## The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

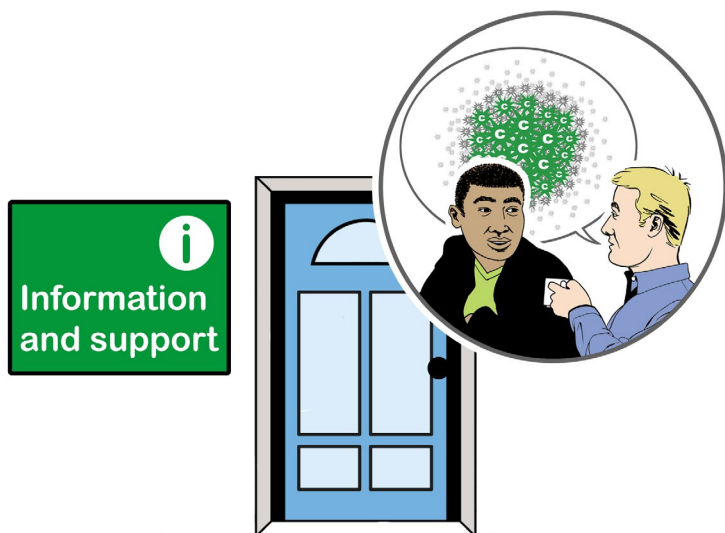


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



## The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



## Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

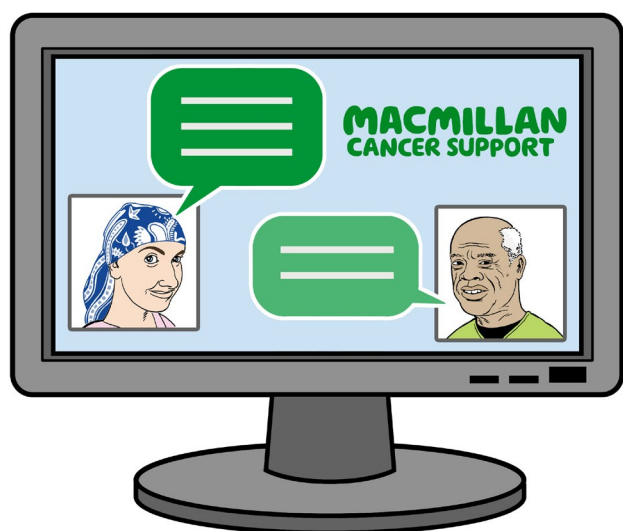
[macmillan.org.uk/informationcentres](https://macmillan.org.uk/informationcentres) or call us.



## Local support groups

Find a group near you at

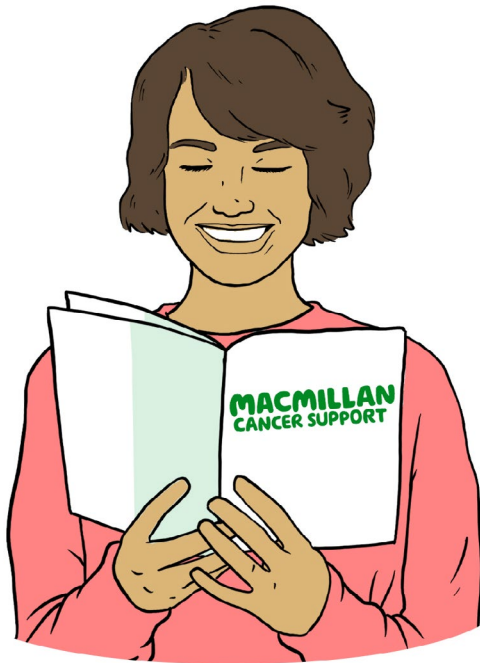
[macmillan.org.uk/supportgroups](https://macmillan.org.uk/supportgroups) or call us.



## Macmillan Online Community

You can talk to other people in similar situations at

[macmillan.org.uk/community](https://macmillan.org.uk/community)



Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[orders.macmillan.org.uk](https://orders.macmillan.org.uk)



### Videos

You can watch videos about cancer at

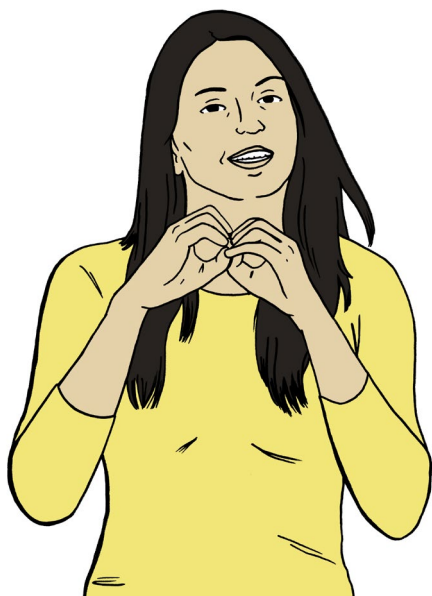
[macmillan.org.uk/videos](https://macmillan.org.uk/videos)



### Audio

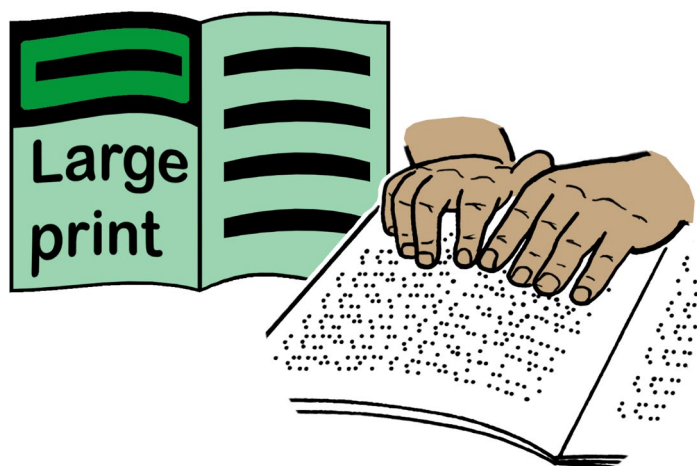
You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://macmillan.org.uk/audio)





### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



### Large print or Braille

Tell us if you need information in large print or Braille.

Email: [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)



### Translations

Tell us if you need information in another language.

Email: [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)



# More easy read booklets



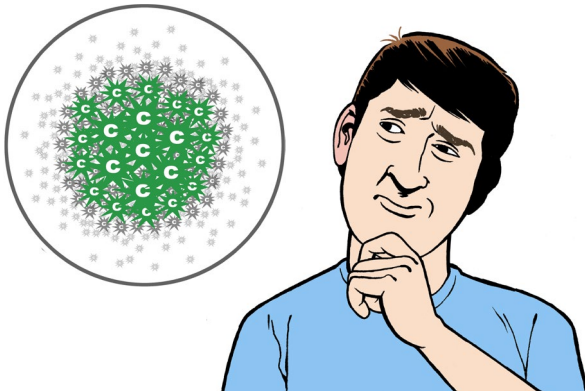
Order more easy read booklets from [macmillan.org.uk/easyread](https://macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



## About cancer

- Lung cancer
- What is cancer?



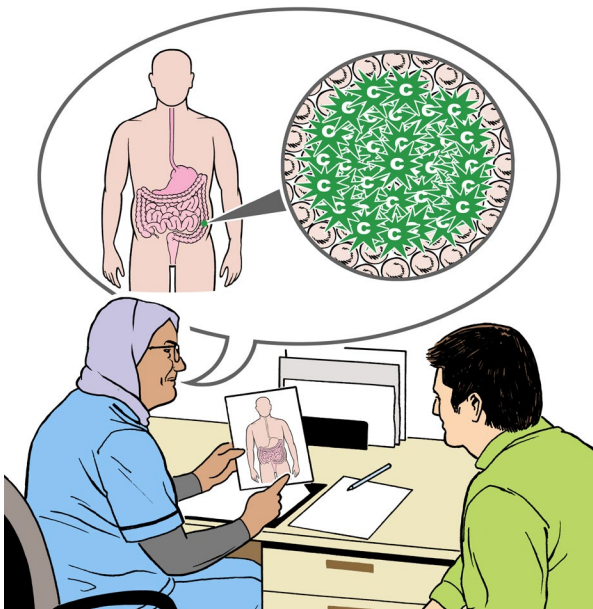
## Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



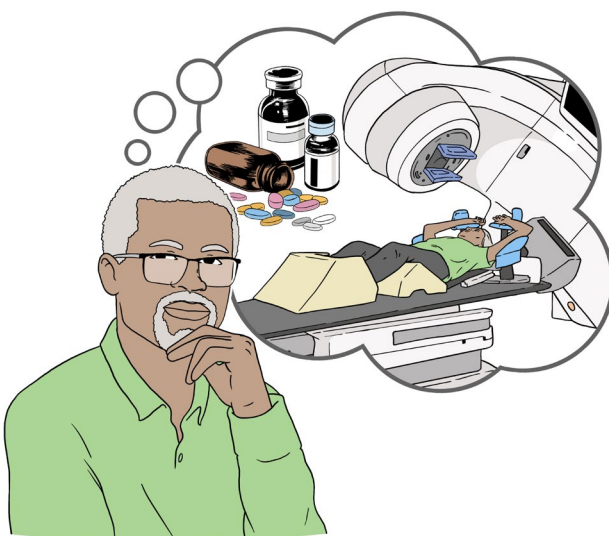
## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



## Living with cancer

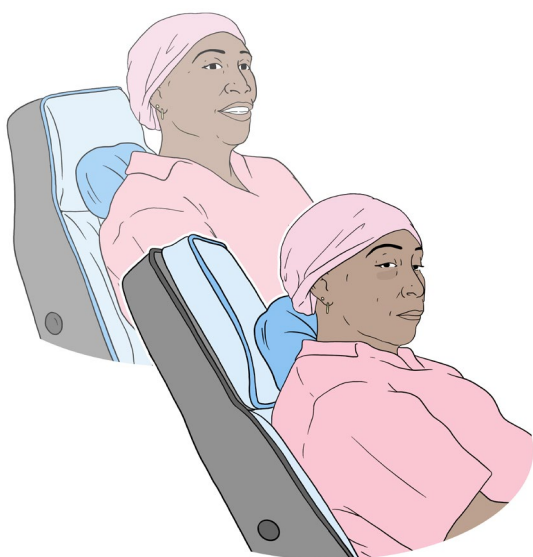
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings





## Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



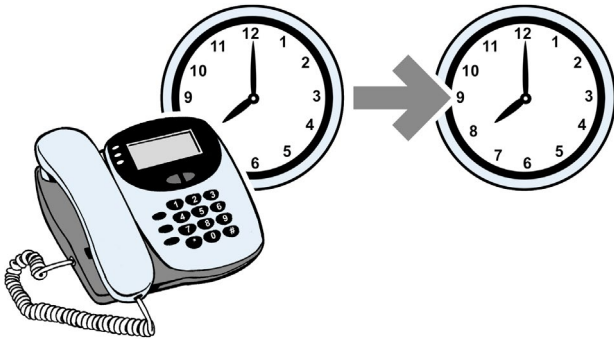
## After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about eating a healthy diet.

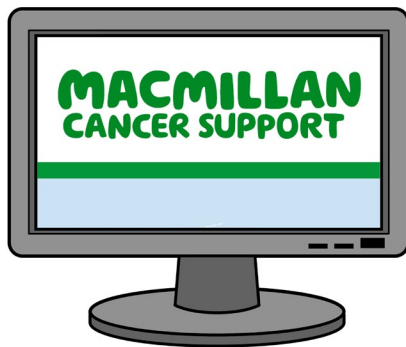
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:  
**18001 0808 808 00 00**



- Or go to the website:  
**[macmillan.org.uk](https://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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