



健康飲食與癌症：粵語

Healthy eating and cancer: Chinese Traditional (Hong Kong)

本資訊摘要介紹了在癌症治療期間和治療後如何吃得好保持良好飲食習慣。它解釋了健康飲食為何的重要性以及健康飲食應包括哪些原素。此外，本摘要還提供了一些簡單改變飲食習慣的方法，以及關於癌症治療期間食品安全的建議。

如對本資訊有任何疑問，請向為您提供治療的醫生或護士查詢。

您也可於每日上午8時至晚上8時，致電麥克米倫癌症支援助機構 (Macmillan Cancer Support) 免費熱線：**0808 808 00 00**。我們有傳譯員，所以您可以使用您自己的母語與我們溝通。致電時，請以英語告知您所需的語言。

我們網站上有更多以此語言提供的癌症相關資訊。請瀏覽：

macmillan.org.uk/translations

o 您可以 [閱讀此資訊摘要的英文版本](#)

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為什麼健康飲食很重要？

健康飲食是您能做的、對您健康最有益的事情之一。許多癌症患者說，選擇健康飲食能讓他們感到對生活重新找回對一些掌控制感。

健康飲食可以幫助您：

- 保持健康的體重
- 感覺更強壯
- 精力更充沛
- 感覺更好。

健康飲食和保持健康體重有助於降低患癌風險。如果您已經罹患癌症，它還能降低您患上新癌症的風險。鍛煉身體還有助於降低出現其他如心臟病、中風和糖尿病等健康問題的風險，如心臟病、中風和糖尿病。

超重會增加罹患某些種類型癌症的風險。人們超重的原因有很多，但不健康的飲食和缺乏運動是常見的原因。健康、均衡的飲食和勤加運動有助於您維持健康的體重。

一些如荷爾蒙療法或類固醇的癌症治療，如激素療法或類固醇，會導致體重增加。如果出現這種情況，請盡量將體重保持在符合你身高的正常範圍內。

您的全科醫生 (GP) 或實習診所護士可以告訴您理想體重是什麼。如果您擔心對自己的體重有所憂慮，請向諮詢您的全科醫生或營養師諮詢。營養師是食品物和營養方面的專家。

何謂健康、均衡的飲食？

食物中含有人體所需的營養素物質。健康、均衡的飲食能為您維持身體健康提供人體所需的全部營養素，使身體保持良好的狀態。

對於大多數人來說，健康的飲食包括：

- **大量水果和蔬菜。** 這些食物能提供維他命、礦物質和纖維。不同種類和顏色的水果和蔬菜有不同的營養成分，因此要盡量多吃各種蔬果不同種類的水果和蔬菜。
- **大量含澱粉質的食物（碳水化合物）。** 這些食物能為您提供能量、纖維、鐵質和各種維他命B。這些食物包括全麥麵包、米飯、麵條、意粉、蒸粗麥粉(俗稱小米)和馬鈴薯(又稱土豆)。
- **一些蛋白質。** 人體需要蛋白質來維持正常工運作、生長和自我修復。含有蛋白質的食物包括瘦肉、家禽、魚、堅果、雞蛋和豆類（豆子和扁豆）等食物。此外，還有以植物性為基礎的肉類替代品，例子有豆腐、大豆或徽真菌蛋白 (Quorn®)。
- **一些乳製品。** 乳製品包括牛奶、芝士和乳酪(又名優格)和酸奶等食物。
- **少量脂肪、鹽和糖。** 包括油和塗抹料醬等食物。

下圖顯示了每種食物您應攝取應當攝入、每種食物的份量。



纖維

儘盡量多吃不同的含有纖維的食物。纖維是穀物、水果和蔬菜中未被消化的部分，會進入腸道（小腸）。

纖維有助於保持腸道健康，防止便秘。便秘是指排便困難或排便時感到疼痛。

纖維含量高的食物包括：

- 全麥、有籽或穀物的麵包、全麥小麵包和皮塔餅
- 全麥穀物和麵食
- 糙米
- 帶皮的山藥和馬鈴薯(土豆)
- 豌豆、豆類、扁豆、穀物、燕麥和種子
- 水果和蔬菜。

脂肪

吃少量脂肪，選擇不飽和脂肪，如植物性烹調油和塗抹料、堅果、種子、油性魚和鱈梨(又稱牛油果)。

避免飽和脂肪，如牛黃油、酥油、椰子油、薯片、餡餅、蛋糕和糕點。少吃油炸食品和肥肉。

鹽

盡量每天攝入不超過6克(1茶匙)的鹽。過多的鹽會使血壓升高，增加患某些癌症、心臟病和中風的風險。

盡量不要在食物中加鹽。您可以使用香草、香料或黑胡椒來調味。不僅是在食物中加的鹽才算。由於有些食物本身的含鹽量已經很高，因此查看食品標籤很重要。

糖

糖能為我們提供能量。它天然存在於一些食物和飲料中，如水果和牛奶。

但許多食物都含有添加糖，如糖果、餅乾、蛋糕、糕點和布丁。汽水和酒通常也含有大量的糖。儘量避免食用添加糖的食品和飲料。

飲料

飲料應以水、無糖茶和無糖咖啡（不加糖）為主。每天盡量喝最少2公升（3.5 品脫）的液體

如果平時您有喝汽水、可樂或果汁飲料，請儘量少喝它們，並改喝無糖飲料。由於果汁中含有大量糖分，儘量少喝果汁，因為果汁中含有大量糖分。

酒精

酒精含有大量熱量，會使人體重增加。酒精還可能增加罹患某些癌症的風險。

遵循建議的飲酒指導有利於您保持健康和體重。政府指南建議您：

- 要習慣一周內不要習慣飲酒不超過14個單位
- 將一周內的飲酒量分散到3天或3天以上
- 每週儘量有幾天不喝酒。

每杯酒的熱量和酒精單位

飲品	酒精單位	卡路里（能量）
一品脫清淡啤酒	2	真 170至250
標準酒杯白葡萄酒一杯 (175毫升)	2	130至160
一個單位的伏特加（25毫 升）加調酒飲料	1	115

卡路里

食物和飲料能為您提供能量。能量以卡路里（能量）為單位。在食品標籤上，您會看到千卡的字樣。如果攝入食物和飲品的熱量超過身體需要，身體就會將多餘的熱量儲存為脂肪。

指南引建議：

- 男性每天攝入不超過2,500卡路里。
- 女性每天攝入不超過2,000卡路里。

隨著年齡的增長，所需的熱量會更少。

改變飲食習慣

當您已經在應對癌症和癌症治療時，改變飲食習慣可能會很困難。有些人在生活壓力大的時候會吃得更多。這就是所謂的“「安慰性飲食」”(又稱「借食消愁」)。其他人則非常忙碌，以致在購買食物時沒有時間尋找更健康的選擇。但有些人發現，改善飲食是他們可以在生活中做出的積極改變。

您可以在自己感覺準備好，可以做出改變的時候慢慢改變飲食習慣。這並不一定要花很多錢。豆類、扁豆和一些蔬菜等健康食品都是便宜的食材。

試著寫下您幾周來的飲食情況，然後與這幾頁中的資訊摘要進行比較。然後您就可以尋找一些小的改變來改善您的飲食。做出改變是一件令人愉快的事情。您可能會發現以前沒有嘗試過的新食物。

在對飲食做出任何重大改變之前，請諮詢您的醫生或護士。

他們可以將您轉介給營養師，由他們為您提供有關改變飲食的專業建議。

您可以做的事情

- 只吃您需要的適當適量食物。您的醫生或營養師可以就食物的量給您建議。
- 嘗試每天吃5份水果和蔬菜。嘗試在早餐時吃一些水果。在正餐中的肉食以外加一道沙拉律或烤蔬菜。水果和蔬菜應占佔一天進食量的三分之一。
- 少吃糖和脂肪。選擇水果和堅果等健康零食，而不是薯片和餅乾。
- 少吃紅肉和加工肉類，如香腸、漢堡和餡餅。如您果做煮燉菜或咖喱飯時，多加蔬菜，少吃肉要減少。
- 在健康飲食的同時，保持運動也很重要。即使只是短途散步、做家務或園藝也能增強體質。
- 避免去「快餐店」--這些地方的食物通常含有大量脂肪。

使用食品標籤

許多包裝食品的標籤上都使用「健康交通燈」系統。標籤上會顯示糖、脂肪和鹽的含量：

- 紅色代表高
- 橙琥珀色代表中
- 綠色代表低

多吃有綠色和橙色標籤的食品，少吃含紅色標籤的食品。

	糖類	脂肪	飽和脂肪	鹽
高 (每100克)	超過 22.5克	超過 17.5克	超過 5克	超過 1.5克
中 (每100克)	超過5克 至22.5克	超過3克 至17.5克	超過1.5克 至5克	超過0.3克 至1.5克
低 (每100克)	5克或低 於以下	3克或以 下	1.5克或 以下	0.3克或 以下

癌症治療期間和治療後的食物安全

如果您正在接受癌症治療，您的免疫系統可能比以前更弱。這被稱為低免疫力低下。免疫系統是人體保護自己的方式。免疫力低下時，您身體抵抗感染的能力會下降，更容易發生食物中毒的風險會隨之而增加。您可能無法應對食物中毒的症狀。

降低食物中毒風險的小貼上

- 選擇新鮮食材
- 在包裝上的使用期限之前食用使用食品
- 按照包裝上的指引在正確的溫度下儲存食品和飲料（按照包裝上的說明操作）
- 用流動的冷的自來水充分徹底沖洗所有水果和蔬菜
- 徹底煮熟食物
- 扔掉丟棄發黴霉的食物。

在廚房裡，您應該：

- 接觸食物前洗手
- 徹底清洗炊廚具和砧板
- 用熱肥皂水或抗菌噴霧擦拭工作臺，尤其特別是在準備生肉或雞蛋之後
- 定期清洗或更換洗碗布和茶巾
- 不要讓寵物進入廚房。

當你低免疫力低下時應避免食用的食物

如果你的免疫力低下，您需要避免食用某些食物。醫生、護士或營養師會告訴您是否需要避免食用某些食物，這些食物可能包括：

- 未經巴氏消毒的牛奶、忌廉(又稱鮮奶油)或乳酪(又稱優格)酸奶。在未經巴氏殺菌的食品中，有害細菌尚未被消滅
- 用未經巴氏消毒的牛奶製成的芝士(通常是軟乳酪，如布裡乳酪(Brie)和藍乳酪，如斯蒂爾頓乳酪(Stilton))
- 各種鴨肝醬
- 含益生菌(活性細菌或酵母)的乳酪(優格)酸奶或乳酪飲品(優酪乳)酸奶飲料
- 生肉或海鮮
- 流質半熟雞蛋和生雞蛋食品(如自製蛋黃醬)。

儲存、冷凍和加熱食物

如果您決定保留食物以備日後食用，請將其完全冷卻後再放入貯存在雪櫃冰箱或冷凍庫速凍櫃。

可行的話如果有條件，您可以在治療前多做煮幾份並冷凍起來。這意味著您可以在需要時快速製作飯菜。

在重新加熱食物之前，請記得適當解凍。食品包裝上有如何冷凍和解凍食品的說明。如果您因接受癌症治療而免疫力低下，尤其要小心。

食物只能加翻熱一次。加翻熱時食品時一定要確保食物要徹底加非常熱，食物中心部位亦要熱透而且中間也要熱。您可以等它冷卻後再吃。加熱食物時要小心，不要燙到嘴。不要加熱米飯應在煮熟後立即食用，不要將之翻熱。

外出就餐

如果低有免疫力低下，最好不要外出就餐。如果實在需要外出就餐，也要在知道食物是新鮮製作的地方就餐，並確保食物是徹底煮熟的。

沙拉律吧、自助餐和街頭小販的食物新鮮程度顧客難以知悉，因為很難知道食物的新鮮程度。因此要避免購買此外，還要避免吃流動雪糕車所賣的雪糕。

為您提供合適的護理與支援

如果您患有癌症並且不會說英語，您可能會擔心語言不通將影響您的癌症治療和護理。但是您的醫療團隊會為您提供切合您需要的護理、支援和資訊。

我們明白，有時人們在獲取適切支援方面或會面對額外的挑戰 困難。例如，若您有工作或家庭，或許會為經濟金錢與交通費成本煩惱。以上種種都會讓人倍感壓力，不知所措。

麥克米倫 (Macmillan) 能夠如何幫助您

在麥克米倫 (Macmillan)，我們知道癌症確診後會如何影響到您的各方面生活，我們隨時為您提供支援。

麥克米倫 (Macmillan) 支援助熱線。

我們有傳譯員，所以您可以使用您的母語與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。

我們的熱線專業顧問可協助解答醫療問題，亦可傾聽您的心聲。我們亦可與您討論經濟憂慮，並推薦其他可提供幫助的有用機構。此免費保密熱線的服務時間為每星期 7 天，每日上午 8 時至晚上 8 時。請致電 **0808 808 00 00** 聯絡我們。

麥克米倫 (Macmillan) 網站

我們網站設有大量關於癌症的英文資訊。您也可以在此 [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations) 這個網站上找到更多其他語言的資訊。

我們亦可視需要為您安排專屬的翻譯服務。如需協助，請發送電子郵件至 informationproductionteam@macmillan.org.uk 告知我們您的需要求。

資訊中心

我們的資訊及支援中心設於醫院、圖書館及流動服務點中心。您可以前往任何一個中心，獲取您需要的資訊並與工作人員面對面交談。請瀏覽

[macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) 查找離您最近之中心，或致電 **0808 808 00 00**。

本地支援小組

在支援小組，您可與其他癌症患者交流。請瀏覽 [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) 查閱您所在地區之支援團體資訊，或致電 **0808 808 00 00**。

麥克米倫網上社群

您亦可以瀏覽 [macmillan.org.uk/community](https://www.macmillan.org.uk/community) 與其他受癌症影響的人交流。

您可以不論在白天或晚上、在任何時間到訪問該網站，無論白天或晚上。您可分享經驗、提出問題或瀏覽他人的貼文。

更多的繁體中文資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症的徵兆與症狀

- 徵兆及症狀卡咭

若您被診斷患有癌症

- 英國的癌症護理
- 難民和尋求庇護人士的醫療保健
- 若您被診斷患有癌症

癌症類型

- 腸癌
- 乳癌
- 子宮頸癌
- 肺癌
- 前列腺癌

癌症治療

- 化療
- 放射治療
- 敗血症和癌症
- 癌症治療的副作用
- 手術

與癌症共處

- 患癌症時如何申領福利
- 飲食問題與癌症
- 健康飲食
- 當您患有癌症時可在費用方面獲得的幫助
- LGBTQ+ 人士與癌症
- 疲憊（疲勞）與癌症

生命末期

- 生命末期

欲查閱該資訊，請瀏覽 macmillan.org.uk/translations

如需進一步協助以理解資訊，請瀏覽 macmillan.org.uk/understandinginformation

參考文獻與致謝

本資訊摘要由麥克米倫癌症支援助機構 (Macmillan Cancer Support) 癌症資訊開發團隊編寫和編輯。摘要經由專業翻譯

所包含的資訊是根據我們網站上的英文版「<<飲食和癌症>>」內容撰寫。

本資訊已由相關專家審核，並獲麥克米倫臨床專業中心或其他高級臨床醫生及專家批准。

同時感謝審閱本資訊摘要的癌症患者。

我們所有資訊的依據都是來自最佳的證據。如欲了解更多有關資料來源之資訊，請透過 informationproductionteam@macmillan.org.uk 和我們聯絡

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Healthy eating and cancer: English

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

If you have any questions about this information, ask your cancer team 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 this language on our website. Visit [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

- Why is a healthy diet 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
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

Why is a healthy diet 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 some feeling of control.

A healthy diet will help you to:

- keep to a healthy weight
- feel stronger
- have more energy
- feel better.

Eating a healthy diet and keeping to a healthy weight can help reduce the risk of cancer. If you have already had cancer it can reduce the risk of a new cancer. It also reduces the risk of other diseases, such as heart disease, diabetes and strokes.

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 active will help you keep to a healthy weight.

Some cancer treatments, such as hormonal therapy or steroids, can cause weight gain. If this happens, try to keep your weight within the normal range for your height.

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. Dietitians are experts in food and nutrition.

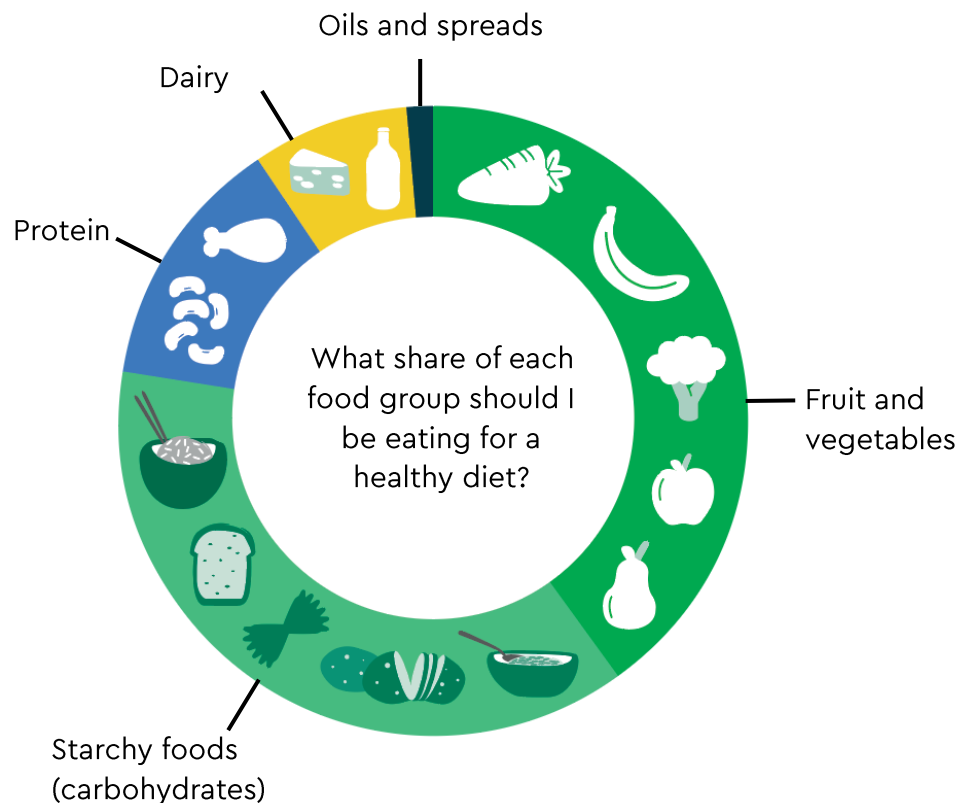
What is a healthy, balanced diet?

Food contains nutrients 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. Different types and colours of fruit and vegetables have different nutrients so try to eat lots of different ones.
- **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 work properly, and to grow and repair itself. Foods include lean meat, poultry, fish, nuts, eggs and pulses (beans and lentils). There are also plant-based meat alternatives such as tofu, soya or mycoprotein (Quorn®).
- **Some dairy.** Foods include milk, cheese and yoghurt.
- **A small amount of fat, salt and sugar.** Foods include oils and spreads.

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



Fibre

Try to eat lots of different foods with fibre. Fibre is the part of cereals, fruit and vegetables that is not digested, and passes down into the gut (small intestine).

Fibre helps keep your bowels healthy and prevents constipation. Constipation is when you find it difficult or painful to poo.

Foods high in fibre include:

- wholemeal, seeded or granary bread, wholemeal chapatis and pittas
- wholegrain cereals and pasta
- brown rice
- yams and potatoes with their skin on
- peas, beans, lentils, grains, oats and seeds
- fruit and vegetables.

Fat

Eat a small amount of fat and choose unsaturated fats, such as vegetable-based cooking oils and spreads, nuts, seeds, oily fish and avocados.

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

Salt

Try to have no more than 6 grams (1 teaspoon) of salt each day. Too much salt can increase your blood pressure and your risk of some types 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. It is not just the salt you add to your food that counts. Some foods already contain high levels of salt, so it is important to check the food labels.

Sugar

Sugar gives us energy. It is found naturally in some food and drinks, such as 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). Try to drink at least 2 litres (3½ pints) of fluids each day.

If you drink fizzy drinks, cola or squash, try to have less and have the sugar-free types instead. Try to limit the amount of fruit juice you drink because it has lots of sugar in it.

Alcohol

Alcohol contains lots of calories 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 weight. Government guidelines suggest that you:

- should not regularly drink more than 14 units of alcohol in a week
- spread the alcohol units you drink in a week over 3 or more days
- try to have several days each week where 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 (energy). On food labels, you will see this written as kcal. If you eat or drink more calories 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 fewer calories.

Making changes to your diet

It can be difficult to make changes to your diet when you are already coping with cancer and cancer treatment. Some people eat more when life is stressful. This is called comfort eating. Others are so busy that they do not have time to look for healthier options when food shopping. But some people find improving their diet is a positive change they can make in their life.

You can make changes to your diet slowly, 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 information in these pages. Then you can look for small changes you can make to improve your diet. Making changes can be enjoyable. You may discover new foods that you have not tried before.

Before making any big changes to your diet, talk to your doctor or nurse. They can refer you to a dietitian, who can give you expert advice about changing 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. Try having some fruit with your breakfast. Add a side dish of salad or roasted vegetables to your meals. Fruit and vegetables should make up a third of what you eat in a day.
- 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 and pies. If you make stews or curries, add more vegetables and less meat.
- It's important to keep active along with eating a healthy diet. Even just short walks, housework or gardening will improve your fitness.
- Avoid 'fast food' restaurants – these foods usually contain a lot of fat.

Using food labels

Many packaged foods use a traffic light system on their labels. The label shows how much sugar, fat and salt they contain:

- red means high
- amber means medium
- 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 22.5g	Over 17.5g	Over 5g	Over 1.5g
Medium (per 100g)	Over 5g to 22.5g	Over 3g to 17.5g	Over 1.5g to 5g	Over 0.3g to 1.5g
Low (per 100g)	5g or under	3g or under	1.5g or under	0.3g or under

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. Your immune system is your body's way of protecting you. When you have low immunity, 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 fresh ingredients
- use foods before the use-by date on the packaging
- store food and drinks at the correct temperature (follow instructions on the packaging)
- rinse all fruit and vegetables well in cold running water
- cook food thoroughly
- throw away mouldy food.

In the kitchen you should:

- wash your hands before you touch food
- clean cooking utensils and chopping boards thoroughly
- wipe worktops with hot, soapy water or an antibacterial spray, especially after preparing raw meat or eggs
- wash or replace dishcloths and tea towels regularly
- keep pets out of the kitchen.

Foods to avoid if your immune system is low

If your immunity is low, you will need to avoid certain foods. Your doctor, nurse or dietitian will tell you if you need to avoid any foods. These may include:

- unpasteurised milk, cream or yoghurt. In unpasteurised foods, harmful bacteria have not been destroyed
- 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 (live bacteria or yeast)
- raw meat or seafood
- runny eggs and foods with raw eggs (such as homemade mayonnaise).

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. This means you 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. Do not reheat cooked rice, eat it as soon as it's cooked.

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 made 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.

Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may have extra challenges in getting the right support. For example, if you work or have a family you might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use.

Our expert advisers on the Macmillan Support Line can help with medical questions or be there to listen if you need someone to talk to. We can also talk to you about your money worries and recommend other useful organisations that can help. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

We may also be able to arrange translations just for you. Email informationproductionteam@macmillan.org.uk to tell us what you need.

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us on **0808 808 00 00**.

Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us on **0808 808 00 00**.

Macmillan Online Community

You can also talk to other people affected by cancer online at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

You can access it at any time of day or night. You can share your experiences, ask questions, or just read people's posts.

More information in your language

We have information in your language about these topics:

Signs and symptoms of cancer

- Signs and symptoms cards

If you are diagnosed with cancer

- Cancer care in the UK
- Healthcare for refugees and people seeking asylum
- If you are diagnosed with cancer

Types of cancer

- Bowel cancer
- Breast cancer
- Cervical cancer
- Lung cancer
- Prostate cancer

Treatment for cancer

- Chemotherapy
- Radiotherapy
- Sepsis and cancer
- Side effects of cancer treatment
- Surgery

Living with cancer

- Claiming benefits when you have cancer
- Eating problems and cancer
- Healthy eating
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Tiredness (fatigue) and cancer

End of life

- End of life

To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

For more support to understand information, go to [macmillan.org.uk/understandinginformation](https://www.macmillan.org.uk/understandinginformation)

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated professionally.

The information included is based on our Diet and cancer content available in English on our website.

This information has been reviewed by relevant experts and approved by members of Macmillan's Centre of Clinical Expertise or other senior clinicians or experts.

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 informationproductionteam@macmillan.org.uk

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