



飲食問題與癌症：粵語

Eating problems and cancer: Chinese Traditional (Hong Kong)

癌症可引起的飲食問題。這本小冊子介紹了是關於可能發生的各種問題以及解決這些問題的方法。

如對本資訊有任何疑問，請向您接受治療的醫院內的癌症醫護團隊查詢。

您也可於每日上午 8 時至晚上 8 時，致電麥克米倫癌症援助機構 (Macmillan Cancer Support) 的免費熱線：**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。當您致電時，請以英語告知我們您所說的語言。

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

您還可以 [閱讀這本小冊子的英文版本](#)

本資訊涵蓋：

- [癌症可以如何影響飲食](#)
- [如果您太累不想煮飯或進食吃飯](#)
- [呵護您的口腔](#)
- [口腔和喉嚨問題](#)
- [身體不適、胃灼熱和消化不良](#)
- [影響飲食的腸道變化](#)
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癌症和癌症治療如何影響飲食

癌症引起的飲食問題

根據癌症在體內的位置，問題可能包括

- 感到噁心（作嘔）
- 嘔吐
- 疼痛
- 消化問題
- 體重減輕。

癌症治療引起的飲食問題

癌症治療有時會導致造成飲食或消化問題。

有些飲食問題可能很輕微，而有些問題則會對您造成更大的影響。問題可能會在治療結束後停止，有時也可能持續更長時間。

如果您有進食問題，請諮詢您的癌症治療團隊、護士或全科醫生（GP）。他們可以為您提供建議和支援，也可以將您轉介給營養師跟進。營養師是具專業資格的醫護人員。他們是提供食物和食物補充劑相關資訊和建議的專家。

感染風險（低免疫力下）

癌症及其治療有時會影響您的免疫系統。這被種情況稱做低免疫力。這意味著您更容易受到感染。感染是由病菌引起的疾病。

大多數人不需要改變飲食習慣，但醫生可能會要求您避免食用可能含有有害細菌的食物。這是為了防止您的胃部（肚子）受到感染。在準備、儲存和加熱食物時，您也需要更加小心。您的護士會就這方面與您傾談。我們在「健康飲食」的資料單張概況介紹中用以中文繁體中文提供了更多資訊。請瀏覽：macmillan.org.uk/translations

特殊飲食

有些人可能需要遵循特殊的飲食習慣。例子包括做過胃或腸手術或患有糖尿病的人。您的營養師可以為您提供此方面的建議。

如果您太累而無法做飯或進食

患癌和在癌症治療過程中通常會感到非常疲倦是常見的。您可能會覺得很難煮食做飯，或者覺得太累而無法進食。

您可以怎樣做

確保家中有足夠的、易於烹調的食物。您可以即食食物、冷凍食品和罐頭食品取材。

- 盡量提前計劃。如果您有冰櫃，可以在身體狀況較佳的時候準備食物，然後將它們冷凍起來，待疲累的時候再吃。
- 請家人或朋友幫忙購物或做飯。
- 嘗試在一天中少食多餐，而不是三餐量進食。
- 嘗試用水果（新鮮或冷凍）與牛奶、果汁、雪糕（冰淇淋）或優酪乳酪（優格）混合製成營養飲品。
- 醫生、護士或營養師可能會給您開處方一些補充飲料，為您的飲食增加額外的能量或/及蛋白質（或兩者）。
- 如果您在家做飯或吃飯時需要幫助，請告訴您的全科醫生 (GP) 或營養師。他們可能會安排送餐上門，或安排專人在家幫助準備飯菜。

口腔護理

部分癌症治療可能會導致口腔或喉嚨疼痛或乾燥。癌症治療還可能導致口腔感染和味覺改變。任何口腔問題通常都是暫時的，但有時可能是永久性的。在治療期間，必須妥善地護理您的口腔。

保持口腔健康

- 在癌症治療開始前，您可能需要去看牙醫。他們會告訴您在治療期間最好使用的哪種牙膏最好。
- 每天早晚用柔軟的兒童牙刷輕輕清潔口腔、舌頭和牙齒。避免使用牙籤，使用牙線前請諮詢您的醫生。
- 如果您佩戴假牙，請將它放在假牙清潔液浸泡過夜。白天儘量不要戴假牙，以免它們摩擦您的牙齦。
- 多喝液體，特別是水。
- 聽從醫生或護士口腔護理的建議。

口腔和喉嚨問題

口腔疼痛

部分癌症治療可能會導致口腔或喉嚨疼痛。

您可以怎樣做

- 如有您有口腔疼痛這些副作用，請告知您的醫生或護士。他們可以檢查您是否患有口腔感染。
- 如有需要，醫生可以給您處方有麻醉成份的啫喱凝膠或漱口水。在自行購買之前，請諮詢醫生或護士，因為有時這些藥的藥效可能會太強。
- 如果口腔不太疼痛，用鹽水漱口會有幫助。
- 涼的食物和飲料可能比熱的或冰凍的更好。
- 在飲料中加入碎冰或用製冰模具冰凍果汁凍——吮吸冰塊可以舒緩口腔不適。雪糕也會有幫助。
- 有些酸性果汁會令口腔有刺痛感口腔。嘗試梨汁或黑加侖子汁等酸度較低的果汁。
- 用吸飲管喝水。
- 避免吃鹹或辣的食物——這些食物可能會刺痛口腔。
- 避免吃質地粗糙的食物，如麵包皮、吐司或生蔬菜。
- 將醬汁或肉汁加入食物以令食物濕潤。
- 進食前先吃止痛藥可讓吞嚥變得更容易。

口乾

頭頸部放射治療會令你的唾液腺受損，導致口乾。

某些抗癌藥物和其他藥物也會導致口乾。

您可以怎樣做

- 告訴您的醫生或護士——他們可以為您提供漱口水、含片、人工唾液噴霧劑或啫喱來幫助您。
- 隨身攜帶飲料並經常啜飲，包括睡覺或外出時。吃飯時喝些水。
- 避免飲酒，儘量少喝含有咖啡因的飲料。
- 用清水噴嘴，保持口腔濕潤。
- 吮吸冰塊或冰棒。
- 使用醬汁和肉汁、蛋黃醬、黃油或額外的油來令食物軟化。
- 如果巧克力、糕點、花生醬和其他幹性乾的食物難以下嚥，應避免食用。
- 嘗試無糖口香糖(香口膠)——這有時可以增加唾液分泌。
- 在乾燥的嘴唇上使用潤唇膏或凡士林® (Vaseline®)。
- 如果舌頭上有白色舌苔，請告訴護士。您可能需要針對此副作用進行治療。

味覺改變

癌症治療會改變您的口味，您可能不再喜歡某些食物，或者發現所有食物的味道都一樣。這些變化通常不會持續很長時間。

您可以怎樣做

- 使用幹乾和新鮮的香料以及調味料為食物調味。但如果口腔疼痛，就要小心了，因為有些香料和調味品會使疼痛加劇。
- 嘗試吃味道強濃烈的食物，如新鮮水果和果汁。但如果口腔疼痛就要小心了，因為這些食物可能會傷害口腔。
- 冷凍食物可能比吃熱食更美味。
- 冷凍肉類若配有醃菜或酸辣醬可能會更可口。
- 如果吃紅肉時有金屬味，可以嘗試白肉、魚或使用豆類和扁豆的素食。
- 如果使用塑膠、木制或竹制的刀、叉和匙羹，也可能會減輕口中的金屬味。
- 魚肉、雞肉和蛋類食物在烹飪煮或用醬汁醃制後味道會更好。
- 如果不再喜歡喝茶或咖啡，可以嘗試果茶或花茶、牛奶或冷飲。
- 嘗試在飯前刷牙。

咀嚼和吞咽困難

某些類型的癌症和癌症治療會導致咀嚼和吞咽嚥困難。如果您有任何吞咽嚥問題，請告訴您的醫生、護士、口語和語言治療師（SLT）或營養師。如果喝水會引起咳嗽，請立即告訴醫生或護士。

您可以怎樣做

- 如果咀嚼或吞咽嚥時感到疼痛，飯前30分鐘服用止痛藥可能會有幫助。您的醫生可以為您提供建議。
- 選擇易於吞咽嚥的食物，如炒雞蛋、豆腐或酸奶乳酪或奶油凍。
- 使用醬汁或肉汁軟化食物。
- 長時間慢煮食物，使其變軟，並攪拌食物，使其更容易食用。
- 將肉和蔬菜切成小塊。
- 切掉面麵包皮。
- 如果覺得食物卡在喉嚨裡，喝汽水會有幫助。
- 一些送餐公司的菜單上有軟食可供選擇。
- 如果您覺得難以吃飽，可以在兩餐之間飲用一些食物補充劑。您的醫生或營養師會向您解釋哪種方法最適合您。

感到噁心、腸胃反酸和消化不良

感覺到噁心

一些癌症治療和其他藥物，如止痛藥和抗生素，會讓您感到不適噁心。便秘和肝臟損傷等問題也會導致噁心造成不適。

您的醫生會給您一些抗噁心止嘔藥物來幫助您應對問題舒緩不適。如果治療沒有效果，請您告訴醫生，因為您可以嘗試不同的藥物。

您可以怎樣做

- 遵照醫囑服用抗嘔吐止嘔藥物。
- 乾糧，如餅乾或普通原味曲奇餅乾，可以幫助您減輕早上起床時的不適感。
- 如果可能，讓別人給您做飯。有時烹飪煮食物的氣味會讓您感到不適。
- 避免油膩、高脂肪或油炸食物。
- 盡量吃清淡的食物，比如稀湯。
- 儘量在空氣新鮮流通的房間裡進餐。
- 在餐桌前坐直身子吃飯，吃完後保持這種姿勢一小會兒。
- 含有生薑或薄荷的食物或飲料有助於緩解噁心。
您可以嘗試生薑或薄荷茶、生薑果脯或生薑餅乾。
- 飲用檸檬水、薑汁汽水或氣泡水等飲料可能會有幫助。
- 嘗試在兩餐之間喝飲料，而不是與食物一起喝。
- 在手腕上佩戴海洋穴位按摩帶® (Sea Bands®)。帶子會對手腕施加壓力。這被認為可以改變大腦和胃之間導致噁心和嘔吐的溝通途徑。您可以從藥店房購買按摩帶。使用前請諮詢醫生或護士。
- 放鬆技巧和呼吸練習可能有助於減輕您的不適感。

如果您有排便困難（便秘）的問題，請告知醫生，因為這可能會讓您感到不適。您可能需要一些藥物來緩解問題。

腸胃反酸胃灼熱(胃酸倒流)和消化不良

腸胃反酸胃酸倒流是一種胸部燒灼感。消化不良是指腹部上部（肚子）有不舒服適的感覺。這種情況通常發生在飯後發生。這可能是由於癌症治療或其他藥物刺激了胃黏膜。

您可以怎樣做

- 向醫生諮詢，他們會給您一些藥物來幫助緩解問題。
- 寫下讓您感覺不舒服適的食物，這樣您就可以避免它們。
- 避免巧克力、酒精、辛辣食物、油膩食物、汽水和香口膠。
- 如果晚上消化不良，睡前3到4小時內不要進餐或喝茶或咖啡。
- 喝一杯牛奶或酸奶乳酪(優格乳)可能會緩解症狀。
- 避免吃得過飽和深夜進食。相反，應儘量少吃多餐，慢慢進食。
- 飯後休息45-60分鐘。飯後盡量不要躺下。
- 穿著腰部寬鬆的衣服。
- 儘量保持健康的體重。
- 如果您吸煙，儘量戒煙或減少吸煙。

影響飲食的排便變化

便秘

便秘是指您不能像平時一樣定時排便。您可能感到排便困難或伴有疼痛。某些抗癌藥物和其他藥物，如止痛藥和某些抗止嘔吐藥物，可能會導致便秘。如果您有便秘，請諮詢醫生。他們可能會給您開一些叫做瀉藥的藥。

您可以怎樣做

- 多吃富含纖維的食物。這些食物包括新鮮水果和蔬菜、全麥麵包、麵粉和意粉、全麥穀物、麥片、燕麥、豆類、扁豆、豌豆和糙米。
- 多喝液體，包括熱飲和冷飲。每天儘量攝入2升（3.5品脫半）液體。如果您要攝入更多的纖維，這一點很重要。
- 吃西梅，喝西梅汁、杏幹脯或無花果糖漿可能會有幫助。
- 嘗試一些溫和的運動，例如是散步。

如果您患有腸癌，一定在改變飲食之前，一定要與您的營養師、醫生或護士商量。

腹瀉

腹瀉是您需要比正常情況下更頻繁地排便，而且大便比平時更柔軟。如果您有造口，腹瀉可能會比平常更頻繁。造口是穿過腹壁的開口。它將腸道與腹部表面連接起來。

不少癌症治療都會引致腹瀉。腹瀉也可能由抗生素等藥物或感染引起。腹瀉可能是暫時的、輕微的副作用，也可能比較嚴重。如果您腹瀉或腹瀉加重，請務必告訴醫生。

如果您在腸癌手術後出現腹瀉，請在改變飲食習慣前諮詢醫生或護士。

您可以怎樣做

- 多喝液體（每天至少2升或3.5品脫）。
- 少吃多餐，不要一天吃三頓大餐。
- 吃清淡的食物，如魚、雞肉、煮熟的雞蛋、白麵包、麵條和米飯。
- 慢慢進餐。
- 少吃纖維（如穀物、生果和蔬菜），直到腹瀉好轉。
- 避免油膩和高脂肪的食物，如薯片和漢堡飽。
- 避免辛辣食物。

如果改變飲食對腹瀉沒有幫助，您可能需要服用止瀉藥片。請務必嚴格按照醫囑服藥。

有時腹瀉會很嚴重。如果您在24小時內腹瀉超過4次，並且止瀉藥在這段時間內無效；或者如果您在夜間腹瀉，請立即聯繫醫院。

腸胃氣脹氣

脹腸胃氣體會讓人您感到腹脹，並且放屁排出氣體。其導致原因可能是：

- 對骨盆腔（下腹部）的放射治療（電療）
- 某些類型的腸道手術。
- 某些類型的藥物
- 便秘

如果您覺得腹脹痛很痛或難以忍受，請諮詢您的醫生或護士。

您可以怎樣做

- 緩慢飲食。細嚼慢嚥。
- 避免豆類、扁豆類、醃菜、捲心菜(椰菜)、西蘭花、甜玉米、洋蔥和汽水。
- 嘗試在一杯溫水中加入2茶匙薄荷水。您可以用蜂蜜增添甜味。或者您也可以嘗試薄荷茶。
- 您的全科醫生可以給您薄荷膠囊，可能會有所幫助。
- 木炭片可能會有所幫助 - 您可以從藥房買一些木活性炭片，這對你可能會有所幫助。
- 輕微量的運動，（尤其是散步），可能會有所幫助。
- 儘量保證定時大便 - 脹氣可能是便秘的徵兆。

食欲慾和體重變化

如果您覺得難以進食或體重下降，請務必諮詢營養師。他們會告訴您如何增加體重和避免體重下降。

如果您沒有饑餓感（食欲慾不振）

在癌症治療期間，您可能會食欲慾不振，沒有飢餓感。感覺不到饑餓。這可能是因為您感到噁心、食物和飲料的口味與之前不同，也可能是因為您感到非常疲勞。

以下是一些建議，可能對您有所幫助：

- 少吃多餐。
- 隨身攜帶零食，如薯片、堅果、乾果、芝士、餅乾和酸奶，以便在您想吃東西時食用。
- 用小盤子盛食物。
- 慢慢進餐，細嚼慢嚥，每餐後放鬆一段時間。
- 少吃多餐的同時也要喝些有營養的飲品。您可以喝加有乳酪(優格)酸奶或雪糕(冰淇淋)的水果奶昔冰沙。或者用全脂牛奶和忌廉(鮮奶油)調製奶昔。
- 在進食前或進食時少量飲酒有助於增進食欲慾。請諮詢醫生您是否可以飲酒。
- 醫生可能會給您開一些有助於增加食欲慾的藥。

在食欲慾較好的日子裡，盡量吃得好一些，享受自己喜歡的食物。如果您接受過腸癌治療，請向您的營養師、癌症護士或醫生諮詢您的飲食問題。

避免體重下降

如果您體重下降或感到難以進食，您可以在飲食中增加額外的熱量（能量）和蛋白質，而不必吃更多的食物。

- 在早餐和甜點品中加入全脂牛奶、糖漿、蜂蜜或糖。
- 嘗試在砂鍋菜和湯中加入奶油或扁豆、豆類和麵條。
- 熱湯中可加入碎芝士或橄欖油。
- 在馬鈴薯(土豆)泥或調味汁中加入忌廉(鮮奶油)、芝士和黃牛油。
- 在三明治上塗抹足夠黃牛油並加入蛋黃醬或沙律醬拉奶油。
- 在麵包、吐司(多士)、餅乾和餅乾曲奇中加入花生醬（或其他堅果醬）、巧克力醬、芝麻醬、蜂蜜或果醬。

食物補充劑

醫生可能會建議您服用食物補充劑，它們可以為您的飲食增加額外的熱量（能量）或蛋白質。有些是飲料，有些是添加到食物或飲料中的粉末。您可以將它們添加到日常食物中，或者在正常飲食之外食用。在某些情況下，補充劑可以用來代替正餐膳食。

還有一些以補充劑為基礎的食品，如現成的布丁。

有些營養補充劑可能需要醫生或營養師開處方，但有些則可以從藥店或超市購買。您可以向醫生或營養師諮詢有關食物補充劑的問題。只有在醫生或營養師推薦的情況下，您才可以使用營養補充劑。在使用高蛋白或高能量補充劑時，一定要聽從醫生或營養師的建議。

如果您患有糖尿病，在使用食物補充劑之前，必須徵求全科醫生、癌症護士或營養師的建議。

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挑戰。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您的各方面生活，我們隨時為您提供支援。

麥克米倫 (Macmillan) 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。我們亦可與您討論您財務上的困擾經濟憂慮，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 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，請發電子郵件至
informationproductionteam@macmillan.org.uk 告知您的需求。

資訊中心

我們的資訊及支援中心設於醫院、圖書館及流動服務中心點。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 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 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 (Macmillan) 網上社群

您亦可以瀏覽 macmillan.org.uk/community 與其他受癌症影響的人交流。

不論白天或晚上，您都可以在任何時間造訪問該網站。，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

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繳付費用時獲得的授幫助
- 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

本資訊小冊子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。經專業翻譯。

所包含的資訊是根據我們網站上的英文版肺癌<<膳食與癌症>>內容撰寫。

本資訊小冊子已由相關專家審核，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小冊子的癌症患者。

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，請聯絡 informationproductionteam@macmillan.org.uk

內容審閱：2025

下次預計定審閱：2028

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我們盡儘可能確保我們提供的資訊為準確的最新資訊，惟切勿以有關資訊來替代針對您的病況所提出的專業建議。在法律允許的範圍內，麥克米倫不承擔與使用本出版物中的任何資訊或其中包含或提及的第三方資訊或網站相關的責任。

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Eating problems and cancer: English

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

If you have any questions about this information, ask your doctor, nurse or dietician 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 and 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
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

How cancer and cancer treatments 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 team, nurse or GP if you have problems with eating. They can give you advice and support and they can refer you to a dietitian. Dietitians are qualified health professionals. They are experts in giving information and advice about food and food supplements.

Risk of infection (low immunity)

Cancer and cancer treatments can sometimes affect your immune system. This is called having low immunity. It means you are more at risk of getting an infection. An infection is an illness caused by germs.

Most people will not need to change their diet but your doctor may ask you to avoid foods that can contain harmful bacteria. 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 your language in the fact sheet 'Healthy eating'. Visit [macmillan.org.uk/translations](https://www.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 3 big meals.
- Try a nourishing drink, with fruit (fresh or frozen) blended with milk, fruit juice, ice cream or yoghurt.
- Your doctor, nurse or dietician may prescribe supplement drinks that add extra energy or protein (or both) to your diet.
- If you need help at home with cooking or eating, tell your GP or dietitian. They may be able to arrange for meals to be delivered to your home, or someone to help prepare meals at home.

Looking after your mouth

Some cancer treatments can make your mouth or throat sore or dry. They may also cause a mouth infection and taste changes. Any mouth problems usually temporary but can sometimes be permanent. It is very important to look after your mouth during treatment.

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 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.
- Follow any advice from your doctor or nurse about how to care for your mouth.

Mouth and throat problems

Sore mouth

Some cancer treatments can make your mouth or throat sore.

What you can do

- If you have a sore mouth, tell your doctor or nurse. They can check if you have a mouth infection.
- Your doctor can prescribe an anaesthetic gel or mouthwash if needed. Check with your 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.
- 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.

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.
- Avoid alcohol and try to limit drinks with caffeine in.
- Spray your mouth with cool water to keep it moist.
- Suck ice cubes or ice lollies.
- Use sauces and gravies, mayonnaise, butter or extra oil 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. You may need treatment for this.

Taste changes

Cancer treatment can change your taste and you may no longer enjoy certain foods or find all food tastes the same. These changes do not normally 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 when eating red meat, try white meat, fish, or vegetarian meals using beans and lentils.
- It may also help a metal taste in your mouth if you use plastic, wood or bamboo knives, forks and spoons.
- Fish, chicken and egg meals may taste better when cooked or marinated in a sauce.
- If you no longer like tea or coffee, try fruit or herbal teas, milk or a cold drink.
- 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 (SLT) 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 30 minutes 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, tofu or yoghurt or custard.
- 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. Your doctor or dietitian can explain which might be best for you.

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 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.
- Try eating in a room where there is plenty of fresh air.
- Sit up straight at the table to eat and stay like this for a short time after eating.
- Food or drinks containing ginger or peppermint can help with nausea. You could try ginger or peppermint tea, crystallised ginger, or ginger biscuits.
- 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 acupressure Sea Bands® on your wrists. The bands apply pressure to your wrist. This is thought to change the communication pathways between the brain and stomach that cause nausea and vomiting. You can get them from your pharmacy. Ask your doctor or nurse before using them.
- Relaxation techniques and breathing exercises may help you feel less sick.

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

Heartburn and indigestion

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. This may be due to a cancer treatment or another drug irritating the lining of the stomach.

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 fizzy drinks and chewing gum.
- If you get indigestion at night, avoid eating a meal or drinking tea or coffee for 3 to 4 hours before you go to bed.
- A glass of milk or some yoghurt may relieve symptoms.
- Avoid large meals and eating late at night. Instead, try to eat small meals regularly 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

Constipation means that you are not able to poo as often as you normally do. It can become difficult or painful for you 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.
- Try gentle exercise, such as walking.

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. If you have a stoma, it may be more active than usual. A stoma is an opening that is made through the tummy (abdominal) wall. It connects the bowel to the surface of the tummy.

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 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 3 large meals a day.
- 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) until diarrhoea improves.
- 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, and if anti-diarrhoea medication has not worked in this time, or if you have diarrhoea during the night contact the hospital straight away.

Wind

Wind can make you feel bloated and make you pass gas. It can be caused by:

- Radiotherapy to the pelvis (lower tummy area)
- Some types of bowel surgery.
- Some types of medicines
- Having constipation.

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

What you can do

- Eat and drink slowly. Take small mouthfuls and chew food well.
- Avoid beans, pulses, pickles, cabbage, broccoli 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.
- Have nourishing drinks as well as small meals. You could have a fruit smoothie with yoghurt or ice cream. Or a milkshake made with full fat milk and some cream.
- 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 as well as you can and enjoy 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. 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. You can add them to your everyday foods or have them in addition to your normal diet. In some situations, supplements can be used to replace meals.

There are also some supplement-based foods, such as ready-made puddings.

Your doctor or dietitian 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. It is important to follow the advice of your doctor or dietitian when using high-protein or high-energy supplements.

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

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

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 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 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

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

For more support to understand information, go to 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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We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. As far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication or third-party information or websites included or referred to in it.

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