



# The effects of cancer treatment and diet


What effects can cancer treatment have on diet?



**Mouth**  
Sore mouth or throat, dry mouth, gum and dental problems, changes in taste or smell.



**Digestive**  
-Nausea or vomiting  
-Diarrhoea and constipation



**Mood**  
-Loss of appetite  
-Feeling tired  
-Depression

The side effects of cancer treatment can cause problems with your diet.

Tips for coping with these problems.



**Loss of appetite**

- 5–6 small meals.
- Foods high in protein and calories.
- High-calorie drinks like juices and smoothies.
- Consume very little liquid with meals.




**Nausea and vomiting**

- 5–6 small meals.
- Do not skip meals.
- Avoid eating and drinking at the same time.
- Consume liquefied foods and beverages.




**Mouth ulcers**

- Eat a soft diet with easy-to-chew foods: eggs, soups and broths, cheeses, yogurt, ice cream.
- Eat foods cold or at room temperature.
- Avoid salty, spicy or heavily seasoned foods.




**Sore throat**

- 5–6 small meals.
- Choose soft, easy-to-digest foods: scrambled eggs, porridge, fruit purees, pureed vegetable soups.
- Avoid hot, acidic and crunchy foods.



**Constipation**

- Drink plenty of fluids
- Eat foods high in fibre: whole grains, fruits, vegetables.
- Exercise during the day.



**Diarrhoea**

- Drink plenty of fluids: water, rehydration solution, juices, herbal teas.
- Eat cooked foods and a soft diet.
- Choose low-fibre, astringent foods: white rice, natural yogurt, white fish.