

Nutrition after Cancer Treatment

This information sheet is for people who have finished their cancer treatment and no longer have difficulty maintaining their weight or eating enough.

During cancer treatment, you may have been told to follow a high protein high energy diet to prevent weight loss. If you still have ongoing side effects from your treatment a dietitian can help to support you during this time.

Nutrition after cancer treatment

If you are not having any problems eating or drinking after your treatment, start thinking about your eating pattern and lifestyle. Having a healthy lifestyle can reduce your risk of further cancers.

What can I do to reduce my risk?

Being *physically active, eating a balanced diet and having a healthy weight* can lower your overall risk of a cancer returning. It can also help improve your overall health, quality of life and reduce fatigue.

1. Physical Activity

Physical activity improves fitness and increases energy levels. It also helps decrease fatigue and stress. Being active

can also help you maintain a healthy weight. Aim for at least 30 minutes of moderate physical activity every day.

2. Balanced Diet

Follow an eating pattern based on the Australian Dietary Guidelines. This can help achieve and maintain a healthy body weight.

Key points include:

- Enjoy a wide variety of foods from the five food groups every day:
 - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
 - Vegetables and legumes/beans
 - Fruit
 - Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- Limit food and drink with saturated fat, added salt, added sugars and alcohol.
- Choose lean cuts of meat and poultry and eat more fish. Limit red meat to 3 portions per week, or up to 455g of cooked red meat per week.
- Avoid processed meats such as bacon, ham, salami and frankfurts and limit burnt or charred meat.
- Prepare and store your food safely.

3. Healthy Weight

Being a healthy weight can reduce your risk of cancer and other chronic health problems. Speak with your Doctor or Dietitian to find out what a healthy weight for you would be.

Resources

- Australian Dietary Guidelines: <https://www.eatforhealth.gov.au/>
- The Cancer Council has a range of resources available on their website <https://www.cancer.org.au/about-cancer/after-treatment/>

Group Education Sessions

- The Cancer Council provides a number online and face-to-face group support sessions. Topics include nutrition, physical activity, relaxation and stress management.
- Contact your local Cancer Council or call the Cancer Council helpline for more information on sessions in your local area.

Further Information

- Call the Cancer Council helpline
13 11 20 (toll free)
Mon to Fri 8am to 6pm
- Visit the Cancer Council website www.cancer.org.au
- See your GP who can provide you with information on local Dietitian services or healthy lifestyle programs.

For further information contact your Dietitian or Nutritionist: _____