Diet and Nutrition after Cancer Treatment

During cancer treatment, you may have been advised to maintain a healthy weight or prevent weight loss. Advice may have been given to manage side effects from treatment.

**Nutrition after cancer treatment**

If you still have ongoing side effects from your treatment this may affect how much you eat or you may continue to lose weight. A dietitian can help to support you during this time.

If you are not having any problems eating or drinking after your treatment, start thinking about your diet 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 will also help you maintain a healthy weight. Aim for at least 60 minutes of moderate or 30 minutes of vigorous activity every day.

2. **Balanced Diet**

   Follow a diet based on the Australian Dietary Guidelines. This will help maintain a healthy 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, yogurt, cheese and/or alternatives, mostly reduced fat
     - Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
• Limit foods with saturated fat, added salt, added sugars and alcohol.
• Limit lean red meat to one serve per day or two serves 3-4 days a week (one serve is 100g or ½ cup)
• Avoid processed meats such as bacon, ham and deli meats
• Prepare and store your food safely

3. Healthy Weight
Being a healthy weight can make you feel better overall. It will 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:  

The Cancer Council has a range of resources available on their website:

• NSW Cancer Council  

• QLD Cancer Council:  
https://cancergld.org.au/cancer-information/find-resources/cancer-resources/

Group Education Sessions

• The Cancer Council provides a number of group education 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
• 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:______________________