

Nutrition

Káminoskákoyan

Some people have difficulty eating when they have cancer or are having cancer treatment.

Eating the right kinds and amounts of food before, during and after your treatment can help you:

- feel better and stay strong
- prevent unwanted weight changes
- improve your energy level
- support your immune system
- heal and recover after your treatment

Your cancer or cancer treatment may cause:

- lack of appetite
- nausea and vomiting
- sore mouth and/or throat
- bowel changes (constipation or diarrhea)
- fatigue (weak and tired)
- changes in taste and smell

Átit ókik ininiwak náspic animitáwak kwayask ta mícisocik óma ká mancósiwáspinécik wéká ispík ká natawícik ékwéniw oci. Itowa éko tánikok kékwána ká míciyan óma ispík ká natawihíkawiyan kikákí wícihikon:

- ta mino macihoyan éko ta maskawátisiyan
- éká pakwanta ta yá ispítinikwátiyan
- nawac ta wacépíhimacihoyan
- ki míyaw tápitaw ta mino ayámakak ta maskawátisiyan
- táti mino ayáyan ispík ká natawihikawiyan

Anima ká mancósiwáspinéyan wéká ká natawihikawiyan ékwéniw oci apók étoké kikákí ayán:

- mwác kikawí nóté micison
- pákamocémacihon wéká ka pákamon
- kika wísakénitén kitón wéká ki kotaskwáy
- ká ánimak ki pamihisowin (kipi píkcéwin wéká sásáposiwin)
- ayéskosiwin (ká nótésiyan wéká ká cákíyan)
- pakán kékwána ká ispakoki ékó ká isimákoki

Nutrition

To help you eat better:

- Try five to six small meals a day instead of three large ones. This will provide you with energy throughout the day.
- Try a variety of foods. Food that didn't taste good before, might taste better now.
- Stock your pantry and freezer with favourite and easy to prepare foods such as canned soup, pudding, canned fish, cheese, eggs, yogurt, cottage cheese, cereal, milk and bread. Family and friends may be able to help you do this.
- Stay as active as possible. Even a short walk each day may help improve your appetite.

Ideas to add extra calories:

- Add whole milk or cream to: cereal, cream soups, milkshakes, pudding, custard, mashed potatoes and cheese sauces.
- Snack on dried fruit, cereal, yogurt, ice cream or milkshakes.
- Add extra butter, margarine, vegetable oil, sauces or gravy to mashed potatoes, bread, pasta, rice, cooked vegetables, hot cereals and soups.
- Try ready to drink liquid nutritional supplements (e.g. Boost, Ensure). They are easy to use and high in protein, calories, vitamins and minerals.
- Talk to a registered dietitian at CancerCare Manitoba for other food choices and ideas.

Káminoskákoyan

Ta wícihikoyan kwayask ta mícisoyan:

- Niyánanwá péyak kísikáw ayápisís míciso. Ékosi tápitaw kika isi mino maskawamacihon kápé kísik.
- Pápakán itowa mícima ká kocitá. Apók étoké anihi éká kákí minospitaman pakán ta ispakóna éko anoc.
- Tápitaw ayá anihi ká koyatikatéki éko ká ati ákwatitániwaki mícima tápiskóc wíyásisa, kinoséw, mícimápoya, totasápoj, kékwána ká oci ositániwaki, kékisépámíciwina éko pakwésikanak. Awiyak wísám ta wícihisk óméniw oci kwayask ta itócikáték.
- Tápitaw wi nanócikési ésko kaskitáyan. Apók acinaw papámotéyani kika wícihikon kwayask ta mícisoyan.

Tánisi kékí isi ápacitayan anihi éká tanótekatéyan mícisowina:

- Takona tótósápoj anta isi: Kékisépáwi míciwina, mícimápoya, ka ósocik kistikának, pakwésikanisak éko kékwána ká minikwéyan.
- Ayáwa míci pástéhi mínisa, kékisapahi mícima, kispaki tótósápóya ká síwáki.
- Kika takonén tótósápóyi pimi ispík épiminawasoyan wésám piko tápitaw.
- Áskaw kika minikwán anihi ká maskawisískémakaki ká síwákamiki minikwéwina (tápiskóc Boost wéka Ensure). Ta moci minikwéyan piko éko ékotá é takoki anihi ta minoskákoyan éko ta maskawásiskákoyan tahto kísikáw isi.
- Kakitos ana ká paminak ákosiwi mícisowin nété CancerCare Manitoba ta wítamásk tánisi pakán óma kékí isi mícisoyan ta mino ayáyan mékwác é natawihikawiyán.

Nutrition

Ideas to add extra protein:

- Add grated cheese to soup, mashed potatoes, vegetable sauces and casseroles.
- Snack on hard cheese, cottage cheese, nuts, seeds, eggs and canned fish.
- Add peanut butter or other nut butters to sliced fruit, toast, muffins, crackers, ice cream and milkshakes.
- Talk to a registered dietitian at CancerCare Manitoba for other food choices and ideas.

Fluids are important for your body to function well

- If you don't drink enough fluids you may feel tired, lightheaded and/or sick to your stomach.
- If you are losing weight choose fluids that contain calories such as: milk, juice, milkshakes or liquid nutritional supplements (e.g. Boost, Ensure).
- Drink less fluid with your meals if you feel full quickly.

Káminoskákoyan

Tánisi kékí itótaman anihí oci maskawátisiwéwina:

- Takona ápikosis omíciwin ispík é kísaman mícimápoya, kistikának wéká ká oskicíwinákoki mícima.
- Mámáwata ta pakwésamásoyan apisis ápikosis omíciwinisa, pakának nánátok , wáwa éko ká moci pastépitit ékawátikasot kinoséw.
- Takona aspacikana anta piko kékwána ká miciyan.
- Kakitos ana ká paminak anihí akosiwi mícisowina nété isi CancerCare Manitoba ta wítamásk tánisi isi éko kékwána óma kékí mícíyan mékwác ká natawihikawiyán.

Kinatawénitén kékwána tápitaw ta minikwéyan kwayask ta itamacihoyan

- Kisáspin mwac ékwaniwok kékwána ki mínikwán, kika nótemacihon kika wanénitamacihon wéká kika mámataskatán.
- Kisáspin kitati nícipanin óma ká ispítinikwatiyan, ayáwa itowa minikwé anihí ká síwaki ta maskawisiskákoyan tótósápóy ká takonikáték (tápiskóc Boost, Ensure).
- Káwina wésám mistahi kékwán minikwé mékwác é mícisoyan kisáspin ésá wípac ki kíson.

Nutrition

Ways to increase your fluid intake:

- Carry a water bottle.
- Take small sips of fluid throughout the day.
- Try other types of fluids like popsicles, gelatin, applesauce or soup.

See the dietitian if you are having trouble:

- eating
- maintaining your weight
- managing side effects
- meeting special dietary needs (e.g. diabetes, vegetarian)

To make an appointment with a registered dietitian at CancerCare Manitoba Patient and Family Support Services call (204) 787-2109 or toll free 1-866-561-1026.

Káminoskákoyan

Tánisi kékí itotaman tápitaw ta ayáyan kékwána ká minoskákoyan ta minikwéyan:

- Tápitaw takona nipi asowacikanis
- Kapékísik ayápisís tápitaw mamini kwési anihí ká minoskákoyan.
- Kotoka kékwána ká nipíwispakoki ta míciyan, apók takonikátékákwa ki míciwinik.

Natawápam ana ká paminak anihí ákosiwi mícisowin kisáspin ki:

- tánimitán ta mícisoyan
- éká péyakwanok ékaskitáyan ta ispítinikwatiyan
- éká ékí wíci táyan anima pakán ká itiskákoyan anihí ki maskikíma
- kwayask ta mícisoyan kákí isi itikawiyán (tápiskóc: ká sókáwáspinéyan oci wéká éká wiyás ta míciyan).

Kisáspin kinóté kakitotáw ana ká paminak ákosiwi mícisowina nété CancerCare Manitoba Patient éko Family Support Services óté pé isi ayamik 204-787-2109 wéká éka kékwán ta tipahikéyan 1-866-561-1026.