

Nutrition

營養

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

有些人因患癌症或接受癌症治療而有進食困難。

在接受治療之前，治療期間或治療後選擇進食恰當及適量的食物會對你有下列的幫助：

- 感覺精神好及保持強壯
- 預防不必要的體重改變
- 增加體力
- 幫助免疫系統
- 促進治療後的痊癒及康復

患癌症或癌症治療可導致：

- 食慾不振(無胃口)
- 作嘔和嘔吐
- 口腔或及喉嚨疼痛
- 便秘或腹瀉
- 疲勞/疲累(衰弱及疲倦)
- 味覺及嗅覺會有轉變

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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.

幫助你增加食慾的建議:

- 嘗試每天進食五至六小餐去代替三份大餐。這樣可供給你整天的能量。
- 試食各種食品。以前覺得味道不好的食物，現在可能會覺得好味。
- 貯存你喜歡及容易準備的食物在廚櫃和冰箱內，例如：罐頭湯，布丁，罐頭魚，干酪(芝士)，雞蛋，酸奶酪(乳酪)，白軟干酪(芝士)(cottage cheese)，穀麥片，牛奶和麵包。你的家人及朋友可協助你預備。
- 盡量保持活躍。每天只步行一段短路程亦能幫助改善胃口。

增加額外卡路里的建議:

- 將全脂奶或奶油加入 穀麥片， 奶油湯， 奶昔， 布丁， 蛋羹， 馬鈴薯泥， 及芝士醬汁。
- 小食: 乾果， 穀麥片， 乳酪， 雪糕或奶昔。
- 將額外牛油， 植物油， 醬汁或肉汁加入馬鈴薯泥， 麵包， 意大利粉， 飯， 熟蔬菜， 熟麥片及湯。
- 飲營養補充飲品 (例如： Boost, Ensure)。這些飲品容易消化， 含高蛋白， 卡路里， 維生素(維他命)及礦物質。
- 有關其他食物的選擇及提議， 可詢問 CancerCare Manitoba的註冊營養師。

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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.

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.

增加額外蛋白質營養的建議:

- 將磨碎干酪(芝士)加入湯，馬鈴薯泥，菜汁及砂鍋燻菜。
- 小食：硬芝士，白軟干酪(芝士)(cottage cheese)，果仁，雞蛋，及罐頭魚。
- 將花生醬或其他果仁醬塗在切片的水菓，烤麵包，鬆餅，疏打餅乾，雪糕及奶昔。
- 有關其他食物的選擇及提議，可詢問 CancerCare Manitoba的註冊營養師。

流質對身體的運作功能是很重要

- 如果你未能飲用足夠流質，你可能會感覺疲倦，輕微頭痛或及想嘔吐。
- 如果你的體重下降，選擇含高卡路里的飲料，例如：牛奶，奶昔或營養流質補充飲品 (例如：Boost, Ensure)。
- 如果你容易感覺肚飽，進食時只飲少量流質。

增加幫助攝取流質的方法:

- 攜帶水瓶。
- 整天啜飲流質。
- 嘗試飲其他飲料，例如：冰棒，啫哩，蘋果醬或湯。

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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.

如果你出現以下的困難，請約見營養師：

- 進食
- 維持體重
- 控制副作用
- 需要特別食療(例如：糖尿病患者，素食人士)

預約 CancerCare Manitoba 的註冊營養師，致電：
病人及家庭支援服務 (204) 787-2109 或免費長途電話 1-866-561-1026。