

Nutrition

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

Nutrisyon

May ilang tao na nahihirapang kumain dahil sa cancer o kaya naman ay dahil sa paggagamot ng kanilang cancer.

Ang pagkain mo ng tama at wastong sukat nito bago magpagamot, habang ginagamot o pagkatapos ng gamutan ay makakatulong upang:

- maging maganda ang pakiramdam at manatili kang malakas
- maiwasan mo ang hindi nais na pagbabago ng timbang
- mas maging masigla ka
- maging malakas ang iyong immune system o panlaban sa sakit
- manumbalik ka sa dating kalusugan pagkatapos ng iyong pagpapagamot

Ang cancer o pagpapagamot mo ng cancer ay maaaring maging sanhi ng:

- kawalan ng ganang kumain
- pagduduwal at pagsusuka
- masakit ang bibig at/o lalamunan
- pagbabago-bago ng dumi (constipation o pagtatae)
- pagkahapo (panghihina at pagod)
- pagbabago ng panlasa at pang-amoy

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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.

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Upang makakain ka nang mas mabuti:

- Subukang kumain ng kaunti ng mga 5 o 6 beses araw-araw sa halip na 3 beses ng maraming pagkain. Ito ang magbibigay sa iyo ng lakas sa maghapon.
- Subukan ang iba't ibang klase ng pagkain. Ang mga pagkain na hindi mo gusto noon ay maaaring masarap na para sa iyo ngayon.
- Mag-imbak sa pantry o freezer ng mga pagkaing paborito mo na madaling ihanda tulad ng de latang sabaw at isda, pudding, keso, itlog, yogurt, cottage cheese, cereal, gatas at tinapay. Matutulungan ka ng pamilya at mga kaibigan mong gawin ito.
- Sikaping maging aktibo. Maglakad kahit sandali lang sa isang araw upang magkaroon ka ng ganang kumain.

Mga ideya upang madagdagan pa ang iyong calories:

- Dagdagan ng gatas o krema ang: cereal, cream soups, milkshakes, pudding, leche flan, mashed potatoes at cheese sauce.
- Mag-meryenda ng pinatuyong prutas, cereal, yogurt, ice cream o milkshakes.
- Dagdagan ang mantekilya, margarina, vegetable oil, gravy ng mashed potatoes, tinapay, pasta, kanin, lutong gulay, mainit na cereal at sabaw.
- Subukan ang mga ready-to-drink na liquid nutritional supplement (halimbawa: Boost, Ensure). Madali silang inumin at mataas sa protina, calories, bitamina at mineral.

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- Talk to a registered dietitian at CancerCare Manitoba for other food choices and ideas.

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.

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- Makipag-usap sa isang rehistradong dietitian sa CancerCare Manitoba para magkaroon ka ng ibang ideya kung ano pa ang dapat mong kainin at gawin.

Mga ideya upang madagdagan pa ang iyong protina:

- Magdagdag ng ginadgad na keso sa sabaw, mashed potatoes, at mga gulay o pagkaing may sarsa.
- Mag-meryenda ng buong keso, cottage cheese, nuts, butil, itlog at de latang isda.
- Magdagdag ng peanut butter o ibang nut butter sa hiniwang prutas, tostadong tinapay, muffin, crackers, ice cream at milkshakes.
- Makipag-usap sa isang rehistradong dietitian sa CancerCare Manitoba para magkaroon ka ng ibang ideya kung ano pa ang dapat mong kainin at gawin.

Mahalaga ang likido para sa maayos na takbo ng katawan

- Kung hindi sapat ang ini-inom mong likido, maaaring makaramdam ka ng pagod, hilo at/o pakiramdam na masusuka.
- Kung bumababa ang iyong timbang, piliin ang mga inuming may calories tulad ng: gatas, katas ng prutas, milkshakes o liquid nutritional supplements (halimbawa: Boost, Ensure).
- Bawasan ang ini-inom kung madaling makaramdam ng pagkabusog kapag kumakain.

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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.

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Mga paraan upang dumami ang ini-inom na likido:

- Laging magdala ng tubig na pang-inom.
- Uminom nang dahan-dahan at paunti-unti maghapon.
- Subukan ang ibang klase ng likido tulad ng popsicles, gulaman, applesauce o sabaw.

Konsultahin ang dietitian kung may problema ka sa:

- pagkain
- pagpapanatili ng timbang
- pamamahala ng masasamang epekto ng gamot
- mga kakaibang pangangailangan sa pagkain (halimbawa: diabetes, vegetarian)

Para sa appointment sa isang rehistradong dietitian sa CancerCare Manitoba Patient and Family Support Services tawagan (204) 787-2109 o toll free 1-866-561-1026.