Eating well during and after your stem cell transplant

Information for patients
During your stem cell transplant your immune system will be low. Your body will need more nutrients to repair itself due to tissue and muscle damage but also to rebuild your new cells.

Everyone needs a balanced diet for health. To achieve this it is important that you try to include food from the main food groups shown below.
Safer Eating

Many of the foods we eat contain small amounts of bacteria or fungi and for most people this is not a problem. However, when you are neutropenic or immunosuppressed these can lead to infections, you will be advised to avoid high risk foods. Foods that are safe or low risk can be discussed with you by your nursing staff and the dietetic team.

The duration of your stay in hospital depends on your treatment but it is usually a few weeks. Over time, the main hospital menu may not appeal to you, therefore there is a variety of menus available which include: halal, kosher, afro-caribbean, children’s and a snack menu. However, if you wish, visitors may bring in foods and drinks that are allowed from the guidelines of safer eating booklet. Please talk to your dietitian or nurse for further information.

Please refer to your diet sheets for advice on safe foods to eat.
Managing the side-effects of treatments

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Lack of appetite

This can be a common side-effect of treatment and illness. There are several side-effects which you may experience during your treatment, which can lead you to having a poor appetite.

Why this occurs:

• Nausea and vomiting
• Mouth sores and mouth pain
• Dry mouth
• Difficulty with swallowing and chewing
• Changes in taste and smell
• Pain
• Fatigue
• Depression

If you have a poor appetite you may be eating less than normal or not feeling hungry at all. You could feel full after only eating small amounts. Ongoing loss of appetite can lead to weight loss in particular a loss of muscle mass.

Although you may not feel like eating, it is important to remember that good nutrition and maintaining your weight are important parts of overall cancer care and recovery. Eating well can also help a person to cope better physically and emotionally with the effects of cancer and treatment.
If it’s possible, the first step in treating loss of appetite is to treat the underlying cause, for example, treating sore and dry mouths, pain or depression should help to improve appetite.

**Helpful hints:**

- Make mealtimes relaxed and calm.
- Have smaller and more frequent meals versus three large meals.
- Have a variety of snacks easily accessible, e.g. yoghurts, cheeses, boiled eggs, milkshakes, ice cream, cereal, pudding and cereal bars.
- Increase the calorie content of the foods eaten (see weight loss section).
- Liquids may be easily tolerated but try and limit these at meal times.
- Relax before meals and take your time eating
- Make the most of the times when you feel better by trying to eat more.

**Nausea and vomiting**

**Why this occurs:**
This is usually caused by the treatment you are receiving like chemotherapy. It can prevent you from getting the nutrients that you need and make you dehydrated. Nausea usually improves significantly once treatment finishes. It can be controlled by anti-sickness medication therefore please discuss this with your doctor as you may need your medicines changing.
Helpful hints:

• Choose foods that are easy to chew, swallow, and digest.
• Avoid greasy fried foods, as these take longer to digest.
• Eat little and often.
• Try salty foods and snacks - nuts, crisps, crackers
• Drink half an hour before or after meals but not with your meals. Drink slowly or sip liquids throughout the day and use a straw if necessary
• Cold bland foods may be better tolerated.
• If you feel nauseated during treatment wait a couple of hours before eating.
• Try starchy foods such as toast, plain and ginger biscuits, cereals.
• Mixing hot and cold foods, eating too quickly and drinking liquids during eating can trigger vomiting
• If you feel better at certain times of the day, eat a larger meal then.
Taste changes

Why this occurs:

Taste changes refer to a reduced ability to taste foods, changes in how food will taste and sometimes the complete loss of ability to taste any food.

Taste changes happen when the taste buds are damaged by cancer therapies or infection. Some medications can also affect your taste. People with a decreased ability to taste often state that food tastes like cardboard or cotton wool or often complain of a metallic taste. Foods most commonly effected by taste changes are tea, citrus fruit, chocolate and red meat. This is usually only temporary and should improve once your treatment is completed.

Helpful Hints:

• Eating small frequent meals and snacks.
• Choosing tart foods and drinks. These include citrus fruits and drinks if food tastes too sweet.
• Substituting red meat for poultry, fish, lentils or pulses.
• Choosing strong flavoured meals from the menu if food tastes bland.
• Eating sugar free mints, chewing gum or lemon drops can help to overcome a metallic or bitter taste.
• Use plastic utensils if food tastes like metal.
• Encourage a good intake of liquids and moist foods - this may help with patients suffering from a dry mouth and reduced saliva.
• A little sugar tones down salty or acidic foods.
• Clean your teeth before eating to remove old tastes and refresh the mouth. Rinsing with salt water and bicarbonate of soda can also help.

Sore mouth and throat (Mucositis)

Why this occurs:
The treatment that you are receiving can make you more prone to developing a sore mouth and throat. This is called mucositis. It occurs when treatments like chemotherapy / radiotherapy break down cells of your gut lining. This leaves it open to ulceration and infection in areas such as your mouth and throat and makes it very difficult to swallow.

Helpful hints:
• Take regular sips of fluid, this not only helps keep you hydrated but will clean the mouth further as well as soothing the affected area.
• It may be easier to eat small amounts at a time but you should aim to eat more often throughout the day to ensure you have had adequate calories and protein.
• Eat moist, soft foods like omelettes, mashed potatoes, nourishing soups, pasta salads, creamy yoghurts, ice cream and custards and dry foods that are moistened by gravies or sauces.
• Choose foods and snacks from a pureed or soft menu as this can make food easier to swallow.
• Avoid acidic, spicy, salty, coarse, and dry foods as these can make foods worse. This includes items such as orange juice, tomatoes, crisps and carbonated drinks.

• Try nourishing drinks such as glasses of full cream milk, build up soups. These can be soothing and easier to swallow. They can also be good items to use in between meals as snacks.

• Include foods and drinks rich in protein as these are important for healing. Choose milk, cheese, yoghurts, custards, beans, meat, poultry, fish or cooked eggs.

• Try artificial saliva or sucking sweets can help to stimulate saliva.

• If you wear dentures, remove whenever possible to expose gums to the air. Also, loose fitting dentures can harbour bacteria and/or irritate existing ulcerated or inflamed areas.

• Avoid very hot foods and drinks as these can irritate your mouth.

**Dry mouth**

**Why this occurs:**

A dry mouth can occur after radiation and chemotherapy, making you have less saliva than normal.

It can also lead to a constant sore throat, mouth/tongue burning, bad breath, and difficulty chewing, tasting and swallowing. This can make it difficult to talk if you have a dry mouth.

It is important to do regular mouth care as advised by your doctor or nurse.
This is because tooth decay and gum disease progress faster when there is not enough saliva to wash away the acids produced by the bacteria in plaque. The dryness can also irritate the soft tissue in the mouth causing ulcers to develop which can lead to infection, particularly thrush.

Artificial saliva sprays can be of help if a dry mouth remains a problem.

**Helpful hints:**

- Drink plenty of fluids as this will help keep your throat and mouth moist.

- Try very sweet or tart foods and drinks (e.g. lemonade) as this can stimulate salvia.

- Choose foods that are easy to swallow. Soft or pureed meals from the menus will be better tolerated.

- Avoid dry foods - add sauces and gravies to make them moister.

- Suck on sugar free sweets, chewing gum or mints to stimulate saliva.

- Sucking on pineapple cubes can help produce saliva as the enzymes from the fruit break down and stimulate your taste buds.

- Keep your lips moist with lip balm.

- Suck on ice lollies. These can be brought in by visitors and stored in the freezer compartment of your fridge.
Thick Saliva

Why this occurs:
Your saliva may become thick and sticky due to the treatment or medication.

Switching to a liquid diet can help. More dense liquids such as milk products can sometimes be more difficult to swallow when there is excess saliva. It has been reported that club soda, hot tea with lemon, or beverages containing citric acid can help break up the mucous.

If mucous builds up overnight then nausea may be a problem in the morning. Therefore postpone breakfast until you have cleared your mouth and throat well. Frequent rinsing with warm salted water will help clear the secretions and freshen your mouth.

Sodium bicarbonate mixed in water can help. Please ask your team about this. If your salvia becomes a severe problem, you may be recommended to use a saline nebuliser regularly to help break down and clear saliva.

Helpful hints:
- Try soft moist or pureed meals and snacks.
- Nourishing soups may be better tolerated.
- High moisture fruits such as melons may help.
- Ice pops, fizzy drinks can be brought in by visitors and stored in the freezer compartment of your fridge.
- Perform good mouth care.
- Avoid meals that require a lot of chewing i.e. red meat.
Diarrhoea

Why this occurs:
Diarrhoea can often result from your treatment (chemotherapy or radiotherapy) antibiotics or infections. Diarrhoea is classed when you have more than four frequent bowel movements that are loose or watery. Diarrhoea that lasts for more than one or two days can lead to loss of fluid and nutrients. This can make you dehydrated. Your doctors will be able to prescribe anti-diarrhoeal medication to improve your bowels.

Helpful hints - try:
• Drink plenty of nourishing drinks to replace what you lose with diarrhoea.
• Try small frequent meals during the day instead of 3 large meals.
• Try to avoid high fibre foods temporarily: include wholegrain cereals and breads, raw fruit and vegetables, pulses, nuts and seeds.

Take care with the following foods:
• Fried and fatty foods.
• Rich gravies, sauces, desserts.
• Caffeine: coffee, strong tea, chocolate, liquorice, alcohol.
• Hot foods increase bowel activity so eat warm/room temperature foods.

When diarrhoea persists for a long period of time you can occasionally develop a temporary condition known as secondary lactose intolerance. This is where your gut finds it difficult to digest a sugar called lactose which is found in milk and milk products.
Helpful hints - try:

• Choose lactose free or low lactose diet. Your dietitian can go through the menu and help select meals that are suitable for this diet.

• Try soya or rice foods and drinks as these do not contain lactose.

• Foods that are low in lactose include hard cheeses, and yoghurts which may be better tolerated.

• Most nutritional supplements are lactose free. If you are struggling with your diet, talk to your dietitian. Your dietitian can advise you on appropriate drinks to try.

Weight loss

Why this occurs
Weight loss can be a common problem during periods of sickness or during treatment.

Potential causes of weight loss include:

• Cancer.

• Mucositis (sore mouth and digestive tract), causing pain, altering taste and sensation.

• Infection, feeling too unwell.

• Nausea and vomiting.

• Loss of appetite.

• Acute breathlessness.

• Neutropenic diet may restrict number of types of food eaten.

• GvHD (Graft versus Host Disease).
Weight loss happens because you have a reduction in your oral intake due to any of the reasons mentioned above. This can occur at a time when you need extra calories to help repair and build cells. So it is important for us to try and maximise your oral intake as much as possible. This can be achieved by some of the suggestions below.

**Helpful Hints**

- Try to maintain a regular eating pattern, by eating frequent small meals and snacks. This can help stimulate your appetite.

- Choose full-fat options, and avoid low sugar or diet varieties.

- Add calories to food, use butter or margarine generously on bread/toast and add to potatoes, vegetables and soups/ saucers.

- Choose from the snack menu. Choose full fat creamy yoghurts, high energy mousses, cheese and biscuits, cakes or cream on fruit for energy dense foods.

- Try nourishing drinks that contain calories, e.g. fruit juice, soups, full fat milk or nutritional supplement drinks, if you find it difficult to eat food. Water, black coffee and tea have very little calories.

**Snacks and nibbles**

Visitors can bring in favourite snacks during your admission. Here are some ideas that are higher in calories and protein:
• Biscuits.
• Cakes, scones, crumpets, flapjacks, muffins.
• Ice creams, trifles, mousses, milk puddings, full fat yoghurt.
• Cheese cubes and cheesy biscuits.
• Pork pie, sausage rolls
• Crisps, dried roasted nuts, peanut butter and bread/crackers.
• Sweets, chocolate, marshmallows.
• Pre-packed sandwiches.
• Flavoured milk.

**Tube Feeding**

If swallowing becomes too painful, if there is a concern about the extent of weight loss, or how much you are managing to eat then the option of a feeding tube may be discussed with you. This would be to help support your nutritional intake.

A feeding tube may also be mentioned and discussed with you before or on admission if your treatment plan is known to cause severe mucositis. This is so that the tube can be placed earlier and easier whilst your mouth and throat are not too painful. The tube passed is shown here and is called a naso-gastric tube which feeds directly into the stomach. The tube can be removed very easily when it is no longer required. Being well nourished is an important part of your treatment and can aid your recovery.
Good nutrition when you go home

During this period you may find that your appetite is improving but not quite back to normal. It is important to continue with a good nutritional intake to help you:

• maintain your weight
• improve your immune system
• improve recovery

If you struggle with your nutritional intake, aim to take small frequent meals and snacks. Try to have something nourishing every few hours. Softer foods can often be less effort to eat e.g. shepherd’s pie, fish pie. Here are some ideas for meals and snacks which are high in calories and full of protein to help increase your intake.

Meal Plan Examples

Breakfast:
• Pure fruit juice.
• Porridge made with full fat milk and added milk powder (add 3-4 tablespoon of milk powder to full fat milk and use as normal).
• Cereal with full fat milk and sugar.
• Scrambled eggs - add cream, ham and grated cheese.
• Fried bacon, egg, sausage and beans.
• Toast, add plenty of butter and jam, honey or marmalade.

Mid Morning:
• Tea/coffee or milk drink with biscuits, cake, cheese with crackers or toast.
Midday:
• Soup, add cream, milk powder or grated cheese
• Meat/fish/eggs/cheese/beans/SAUSAGE/BEef Burgers.
• Try to have fried food, add cream to casseroles.
• Potatoes, rice, pasta, bread (add butter or cream to potatoes, cheese to pasta).
• Vegetables with added butter or salad with mayonnaise or salad cream.

Mid Afternoon:
• Tea/coffee or milk drink with biscuits, cake, cheese with crackers or toast.

Snack meal:
• Fish fingers/chicken nuggets/SAusages.
• Eggs or cheese on toast.
• Crackers with cheese.
• Poached or boiled eggs.
• Sandwich with meat, fish, egg, salad or cheese.
• Add mayonnaise or salad cream.
• Soup - add cream, milk powder or grated cheese.

Desserts:
• Rice, sago semolina (add extra cream)
• Sponge and custard.
• Ice cream.
• Fruit and cream.
• Full fat Yoghurt.
• Trifle.
Ideas for nourishing snacks

Savoury
- Cheese spread or baked beans on toast
- Peanut butter on toast
- Jacket potato topped with tuna
- Tinned spaghetti with mashed potato
- Sandwiches – try adding salad cream or suitable mayonnaise
- Breakfast cereal – at any time
- Toasted muffins, crumpets
- Processed cheese such as Dairylea triangles or Kraft cheese slices with biscuits
- Crisps, roasted nuts

Sweet
- Chocolate or plain biscuits, cream filled or chocolate coated.
- Sweets and chocolates – individual or bars.
- Thick and creamy style yoghurts and fromage frais.
- Individual cold desserts - mousse, jelly.
- Tinned puddings - milk puddings, sponge. Try adding cream or custard to these.
- Buttered hot cross buns or sweet waffles with syrup.
- Tinned fruit and cream.

Liquids
- Soups – condensed and creamed varieties
- Milky drinks – Ovaltine, cocoa, Horlicks, hot chocolate. Try making up with full cream milk.
- Milk shakes, smoothies
- Fizzy drinks, long life fruit juices, squashes
- Meritene, Complan or prescribed nutritional supplements.
Recipes ideas

Drinks - using household food items

*Enriched Milks*

1 pint full cream milk
4 tablespoons milk powder
Add a small amount of milk to the dried milk powder. Mix to paste. Gradually stir in the remaining milk.

1 pint full cream milk
Small tin evaporated milk
Mix the two milks together in a jug. Ready to serve.

*Banana Milkshake*

1/3rd pint enriched milk
½ small banana, sliced thinly
1 teaspoon pasteurised honey
Few drops of lemon juice
Whisk or liquidise all the ingredients together.

*Mocha Shake*

1/3rd pint enriched milk
1 tablespoon drinking chocolate
1 teaspoon instant coffee
1 teaspoon sugar
Heat the milk in a saucepan. Add the drinking chocolate, instant coffee and sugar to the milk. Stir well and pour into a mug. Serve hot.
**Hawaiian Quencher**

3 fl oz sweetened fruit juice  
3 tablespoons full fat pasteurised natural yoghurt  
1 teaspoon pasteurised honey  

Whisk or liquidise together.

**Smoothies**

**Basic banana smoothie**

1 pot (~150-200g) plain full fat yoghurt  
1 banana  

Combine all ingredients in a blender. Blend until smooth.

**Yoghurt ‘Latte’ Frappuccino**

1 pot (~150-200g) plain full fat yoghurt  
1 tablespoon instant coffee  
3 tablespoons sugar  
100ml full fat milk  

Squirty cream as topping (optional)  

Combine yoghurt, coffee, sugar and milk in a blender. Blend until smooth and airy. If desired top with squirty cream.

**Vanilla peach smoothie**

1 pot (~150-200g) vanilla full fat yoghurt  
3 peach halves (canned)  

Combine all ingredients in a blender. Blend until smooth.
**Peanut Butter smoothie**

200ml full fat milk, 2 tablespoons peanut butter
1 banana

Combine all ingredients in a blender. Blend until smooth.

**Drinks - using non-prescribed nutritional supplements**

**Vanilla Fizz**

1 sachet vanilla Meritene or Complan
Soda water
1/3rd pint enriched milk

Mix up sachet of powder and the milk together and pour into a glass. Add 2-3 slices peeled apple and a splash of soda water.

**After Eight**

½ sachet chocolate Meritene or Complan
1/3rd pint enriched milk
Few drops peppermint essence
1 block ice cream

Whisk or liquidise all ingredients together.
Drinks - using prescribed nutritional supplements

_Fruit Juice Mixes_

| 1 carton Fortijuce / Ensure Plus Juice / Fresubin Jucy 100ml fruit juice |

_Fruit Sparkler_

| 1 carton Fortijuce / Ensure Plus Juice / Fresubin Jucy 70ml / 3 floz lemonade |

_Ice cream Milkshake_

| 1 carton Fortisip / Ensure Plus / Fresubin Energy Drink 75g block ice cream ½ banana |

Liquidise all ingredients together. Serve in a glass. Try replacing banana with other flavours of supplement drinks and fruit.

_Nutty Shake - serves 2_

| 240ml whole milk 1 sachet vanilla high energy powdered shake 70g vanilla ice cream 1 banana 70g crunchy peanut butter |

Mix ingredients together using a blender or hand blender. Serve in glass.
Savoury Ideas

*Enriched Soup - serves 1*

1 portion soup (tinned/packet)
Full fat milk
Grated cheese
Cream

Heat the soup as per instructions. Substitute any water required with full fat milk. Stir in cream. Sprinkle grated cheese on top.

*Cheesy Scrambled Egg - serves 1*

\(\frac{1}{3}\)rd carton neutral Fortisip / Ensure Plus / Fresubin Energy Drink
2 eggs
40g mature cheddar cheese
25g / 1oz butter
Pepper

Whisk eggs, supplement drink and cheese in a bowl and season well with pepper.

Heat the butter in a pan and gradually add the egg mixture. Continue to heat gently, stirring continuously until the eggs are cooked.

Garnish with remaining cheese - serve.
Special Porridge - serves 2

4oz porridge oats
200ml full cream milk
1 carton apple Fortijuce / Ensure Plus Juice / Fresubin Jucy
60ml greek yoghurt or pasteurised single cream
60ml stewed apple

Place porridge oats and milk in a medium size pan and stir constantly over a gentle heat until just simmering.
Simmer, stirring constantly for one minute.
Blend in the supplement drink a little at a time to make a smooth porridge. Bring to simmering point and remove from the heat.
Place porridge into a bowl, stir in the cream or yoghurt and top with the stewed apple.

Fruit Jellies - serves 4

1 carton Fortijuce / Ensure Plus Juice / Fresubin Jucy
1 pack jelly (flavour to match the chosen supplement)
½ pint hot water
150g tinned fruit

Dissolve the jelly in ½ pint hot water
Add supplement to make 1 pint
Spoon into bowls and place in fridge to set
Serve with ice-cream.
Foods that may help improve your electrolyte levels

Following your transplant you may find that you have abnormal low levels of certain minerals in your blood.

**Fluids**

Water is vital to your health and the body requires at least a two litres of fluid per day in order to function properly. This can be drunk as water, fruit juice or squash. Drinks containing caffeine, such as tea, coffee and some fizzy drinks can dehydrate you more as they cause the body to produce more urine.

It is normal to find it difficult to drink enough following a bone marrow transplant and you can often lose fluid through vomiting and diarrhoea. In some cases patients may receive fluids intravenously whilst in hospital to prevent them from becoming dehydrated. Symptoms of this include dryness in the inside of the mouth, darker colour of urine, dizziness and listlessness. If you suspect you are suffering from dehydration it is important you inform a doctor or a nurse.

**Potassium**

Natural plant foods are usually high in potassium compared to many processed foods with are often low but can be high in salt. The best potassium rich food sources are those high in potassium but also low in salt. A low potassium level can lead to heart arrhythmias, constipation, and muscle weakness.

Cooking foods in large amounts of water will also reduce the potassium level therefore it is recommended to try steaming or microwaving if possible. Eating the skins of cooked/roasted
vegetables and fruit (safer eating guidelines) will help you gain the most from potassium rich foods

If you are on potassium medication by incorporating some of these into your diet you may be able to reduce the amount of medication. Always liaise with your doctor first though.

**Listed below are some foods which are high in potassium.**

- Dried apricots, sultanas, raisins, figs
- Crisps, chips, potatoes, wholemeal pasta, bran flakes, All Bran
- Bananas
- Milk chocolate, coffee
- Liquorice

**Magnesium**

A low magnesium level can cause weakness, tremor or spasms within your muscles including your heart muscle leading to heart arrhythmias, irregular contraction and an increased heart rate. It may also lead on to softening and weakening of the bones, imbalanced blood sugars and elevated blood pressure.

**Listed below are some foods which are high in magnesium.**

- Halibut, tuna,
- Brown rice, oat bran, barley,
- Almonds, brazil nuts, cashews, pine nuts,
- Baked beans, kidney beans, chick peas, peas
- Potatoes, spinach, artichoke
- Bananas
Calcium
Calcium is needed for strong bones and teeth, helping to prevent brittle bones later in life. It is also required for a normal heartbeat, blood pressure and muscle contraction.

Milk and dairy foods are the best sources of calcium. Calcium is absorbed better from these foods than non-dairy sources.

Listed below are some foods which are high in calcium.
- Milk, low fat yoghurt, hard cheese
- Milk puddings, ice cream, custard
- Tinned sardines/salmon, eggs
- Spinach
- Tofu
- Baked beans

Phosphate
A low phosphate level can lead to muscle weakness, heart arrhythmias and respiratory problems. Information available on phosphate usually focuses on foods to avoid, so if your phosphate is low you could try to incorporate these foods into your diet.

Listed below are some foods which are high in phosphate.
- Milk, Yoghurts, Cheese – hard cheeses especially, Ice cream
- Eggs
- Offal – liver, kidney
- Fish – sardines, pilchards, salmon (containing small bones)
- Nuts – peanut butter, marzipan
- Soft drinks e.g. coca cola, fruit syrups beverages
- Chocolate, lollies, sweets candy and sugar
Eating well and being active following cancer treatment

During your treatment you may have been advised to eat foods which were high in fat and sugar. This was because at this time you needed to follow a high calorie diet. Once you are at home and recovering well after your treatment the dietary goals do change. We would advise you on changes to achieve a healthy diet and lifestyle. This is in line with the current recommendations from the World Cancer Research Fund produced in 2007.

Steps to healthy eating

- Be as lean as possible without becoming underweight.
- Be physically active for at least 30 minutes a day.
- Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fibre, or high in fat).
- Eat more of a variety of vegetables, fruits, wholegrains and pulses such as beans.
- Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic drinks to two for men and one for women a day. Try to have 2-3 alcohol free days.
- Limit consumption of salty foods and foods processed with salt (sodium).

If you have any concerns about your eating or weight please ask your doctor or nurse to refer you to the dietitian.
Further Information on Specific Cancers

UK Lymphoma Portal
www.lymphoma.org.uk

The leukemia and lymphoma Society
www.lls.org/diseaseinformation/lymphoma

Myeloma UK
www.myeloma.org.uk

Leukemia and Lymphoma Research
www.leukaemialymphomaresearch.org.uk

Further Information on Cancer

Macmillian Cancer Support
www.macmillan.org.uk

Cancer Research UK
www.cancerhelp.org.uk

World Cancer Research Fund
www.wrcrf.uk.org

National Cancer Institute (US)
www.nci.nih.gov

Further Information on Diet

British Dietetic Association (BDA)
www.bda.uk.com
Contact details
Nutrition and Dietetic Dept
Bexley Wing Tel: 0113 2068165

If you have been discharged or would like further support then please contact the above number.
Dietetic outpatient clinics are available for on-going support as required.

A space for your notes...