

YOUR EATING GUIDE

Before, During and After Cancer Treatment

WHAT'S INSIDE THIS SPECIAL EDITION:

- Importance of Nutrition
- Your Guide to Eating Healthy
- Certain Do's and Don'ts in Eating
- Dietary Chart
- Food Options
- A few ways to add Proteins and Calories
- Denvax and Nutrition




Nutrition is an important part of treating cancer.

WHY IS NUTRITION SO IMPORTANT?

Written by
Dr. Sharmin Yaqin

Nutrition is a process in which the food we take in is used by the body for growth and healing, to keep it healthy. Eating the right food before, during and after cancer treatment is important for the patient to feel better and stay stronger. Good nutrition also helps to decrease side effects both during and after cancer therapy. It is advisable for care givers and families to be aware of the nutritional aspects of cancer management, and help their patients with proper diet and care. Majority experience weight loss as disease progresses. Some 40-80% patients suffer from malnutrition based on the cancer type, location, stage and treatment. Malnutrition leads to increased treatment complications, reduced response to treatment, reduced quality of life, and reduced survival. Just like cancer treatment is important, so is nutrition, for fighting the ill effects of disease.

For many patients, the effects of cancer and cancer treatments make it hard to eat well. Cancer treatments that affect nutrition include chemotherapy, surgery, radiation therapy, and any other therapy that has high toxicity. Additionally, restricting diet due to any reason, may affect patient's nutrition and nourishment. Also noted is that when head, neck, mouth, esophagus, stomach, liver, pancreas or intestines are affected by the cancer or its treatment, it is hard to take in enough nutrients to stay healthy. Cancer and its treatments affect taste, smell, appetite and the ability to eat food. This results in malnutrition making the patient feeling weak, tired and unable to fight infection, or finish cancer treatment. This may cause malnutrition. A condition called cachexia, marked by weakness, weight loss, fat and muscle loss, is seen in patients with cancers that cause obstruction, affect eating and digestion, or due to tumor growth. This extreme weight loss could also be due to surgery, radiation or chemotherapy, and due to various other reasons like anorexia, anxiety, depression, extreme fatigue, prolonged nausea, vomiting and diarrhea. Having any of these issues needs proper management for achieving optimum health and fighting the disease.



A GUIDE TO YOUR HEALTHY EATING, BEFORE, DURING AND AFTER CANCER TREATMENT.

Most patients focus on getting the right treatments, when good nutrition is an essential part of both treatment and healing. Eating the right amount of protein and calories is important for healing, fighting infection, and having enough energy.

- Eat food to improve your health. Eat right, healthy and balanced diet. Eat in moderation if you are a healthy weight. Avoid putting on excess weight.
- If you have a weight loss of 5 kg or more, you need to eat more. Eat what you like. Avoid food restrictions (avoid “parhez”), unless advised by your doctor. You may consult a registered practicing Nutritionist for expert advice on your nutrition.
- Eat frequent meals, at short intervals. Eat 6 small meals a day, instead of 3 large meals.
- Avoid skipping meals. Make your food and "eating-healthy" a priority.
- Remember health is holistic, it is important to do some physical activity, regularly. Walk around your home, or outside, 2-3 times a day, with or without support, to improve appetite, digestion, your physical and mental well-being. Do not sit in one place for long. Do mild- moderate exercises or yoga to improve your overall health and well-being.
- Also, learn to de-stress yourself. Practice meditation for mental relaxation. You can do yoga, or deep breathing exercises for improved health. Pursue any hobby you find interesting and is not tiring. Also do something, any activity that you enjoy doing, and which matches your energy levels.
- Pay attention to your sleep: sleep well, for a good 8-10 hours a day. Sleep promotes healing in our body.
- If you have pain, manage it. Take pain medications or ask your doctor to manage it. Avoid being in pain. Your eating and sleep must not be compromised due to presence of pain.
- Maintain a weight chart, and record your weight regularly. Keep your weight within healthy limits.
- Make a food diary. Write down everything that you eat, -and don't eat, on a daily basis.
- Make a list of foods you like, that are healthy for you. Make a list of foods, you should not eat, and are unhealthy for you.
- Choose an anti-inflammatory diet. It will make you “feel good”, “look good”, and also give you good nutrition to fight the disease.
- Manage your nausea, vomiting and diarrhea. Do not skip meals because of it, take medication instead. Speak with your doctor.

- Manage dehydration, if you have. Manage issues like constipation, loss of appetite, or any bowel/bladder disturbance, or obstruction, oral ulcers, etc. Ask your doctor to help you manage it.
- Manage your anemia, with foods and medication. Speak with your doctor to assess the cause of blood loss, or reduced hemoglobin status. Take iron-containing foods regularly.
- Eat fresh foods only. Eat plenty of fresh fruits and vegetables, of different colors.
- Eat seasonal, and local produce preferably. Include an assortment of vegetables in every meal. Vegetables should be the centerpiece of your meal, not just a side dish.
- Avoid eating "Achaar" (pickles) with high salt, preservatives and high oil-content.
- Avoid eating foods with preservatives, food coloring, additives, taste enhancers, stabilizers etc. Check the bottle label; ensure it is safe for you.
- Avoid eating packaged foods, like milk in carton, heavy sauces, tinned/canned foods. Avoid beverages with soda and excessive sugars.
- Drink fresh home-made juices. Avoid packaged juices available in the market.
- Eat fiber in moderation. Fiber is good for us, however when consumed in large amounts it promotes inflammation.
- Keep dairy low-fat. Select skim milk, low-fat yogurt, and reduced-fat cheeses.
- Hard fruits like apple, and pear can be steamed or boiled to soften them, for patient consumption. Soft foods are easy to consume.
- For patients who cannot eat: It is possible to blend/puree most forms of food. Do not restrict intake of solid foods. Cook food until soft, and then blend/puree it, and sieve it, if required.
- Eat foods high in fiber. These include whole grains, beans, peas, lentils, nuts, and seeds.
- Include probiotic yoghurt in your diet. Home-made yoghurt is best.
- Choose less red meat. Include more fish, poultry, and plant-based proteins, such as beans.
- Include omega-3 and monounsaturated fats in your daily diet. Good sources include olive and canola oil, olives, walnuts, chia seeds, flaxseed, and avocado. Coldwater fish, like salmon, trout, halibut, and tuna, are good sources of these healthy fats.
- Avoid high-calorie, low-nutrient foods. These include sodas, fruit-flavored drinks, candy, and sweets. Choose fruit or dark chocolate in small portions as alternatives to sweets.
- Eat less refined "white" foods. These include white bread, white sugar, and white rice. These foods are processed in a way that removes fiber, vitamins, and minerals.
- Choose your food carefully, Avoid foods that cause you allergy. Avoid milk if you are lactose intolerant. Choose lactose free milk and dairy products, instead. Also, eat protein with caution if you are having kidney disease, or mal-functioning kidneys. Speak with your doctor first.





- Avoid eating excess of sugar.
- Avoid cooking food in unhealthy oils. Use healthy oils instead, like olive oil, canola oil and use butter/ desi ghee in moderation. Other cooking oils need to be used in moderation too. Avoid eating deep- fried and greasy foods.
- Drink plenty of water. Increase fluid intake through milk, lassi, juices, sharbat, coconut water, soups, smoothies, milk-shakes, and protein shakes.
- Avoid eating 3 large meals, instead eat 6 small meals. You may also eat regularly at short intervals depending on your condition and your nutritional requirements.
- Snack healthy, with fruits and vegetables, or nuts.
- Eat home prepared food: “ghar ka khaana” is the best. Avoid restaurant and hotel foods.
- Eat a handful of nuts daily. If you can’t chew or swallow, then soak them in warm water, and blend them in milk, dahi, smoothie, dalia, etc. Avoid eating raw nuts.
- Use Chia seeds and Flax seeds. Boil just a teaspoon of them with little water, and blend them in smoothies and shakes.
- Eat dates if you can: as it is, or blended in some drink like milk, or smoothie or kheer.
- Avoid eating sour fruits and juices, and sour vegetables. If you may, eat in the middle of eating lunch or dinner.
- Eat cheese and paneer to improve your protein intake. Eat soybean products like tofu and soybean milk for improving protein intake.
- Use protein powder for improving protein intake. Check more options to increase your protein intake.
- Wash your fruits and vegetables, very well using care, to avoid getting any infections. Avoid eating raw leafy vegetables. Avoid eating hard vegetables.
- Cook food hygienically.
- Avoid Smoking, Tobacco use and Alcohol at all costs.
- It is best to take juice in small quantities, as opposed to consuming a full glass of juice. A half or a third of glass is enough for a one-time consumption. Juices can also be consumed along-with foods. Pomegranate or Anaar juice made from a single- or two pomegranates is sufficient for one-time consumption. It can be made slightly warm to reduce any trigger of cough/sore throat. You can drink it once or twice a day, to correct anemia.
- Avoid charred or burnt foods. They change the properties of foods.
- Do not eat foods with artificial colorings. They are harmful even though present in small amounts.
- Fortify foods to increase protein content and nutritional value.

Few More Tips Only for Non-Vegetarians:

- Eat fish if you can, at least 3 times a week.
- For patients with extreme weight loss, loss of muscle mass, and if protein intake is allowed by your doctor: Eat bone broth (mutton bones that have been cooked for a long duration, to increase your muscle mass).
- If patient has eating difficulty: Make chicken soup, grind the boneless meat and soup together to make a thick paste and consume it. (Same can be done for fish soup). Add vegetables to increase the nutrition.
- Avoid processed meats. Avoid red meat. Eat lean meat, and fish.
- Eat boiled or fried eggs: 2 eggs- one, two or three times a day, can be consumed to increase protein intake.
- Avoid smoked, charred or burnt foods especially meats. Avoid consuming char-grilled foods.

If you are on Denvax treatment, you may avoid eating sour (khatte) fruits and their juices especially. You must avoid taking amla juice, lemon juice, orange/mosammi juice on empty stomach. If you still want to consume, then take it with your food, in between eating lunch/dinner, and in small amounts.

DIETARY CHART

7 AM: A glass of warm water, with or without Honey (a teaspoon)

7.30 AM: Breakfast Options:

A glass of warm milk, with Protein powder (if protein is allowed in your diet)

A bowl of Freshly cut fruits

Boiled Eggs, Cheese, Vegetables like Mushroom, Capsicum, Tomatoes

Dalia/ Porridge (Cooked in Milk),

Poha/Upma cooked with chopped vegetables, and in less oil and preferably healthy oils

Tea/Coffee with Bread and butter

Cereals with milk

11 AM Options:

Juice: Beetroot and carrot and apple/pear juice

Pomegranate/Anaar ka juice 1/3rd to half a glass

Soup: Chicken/Vegetable Soup

A glass of Coconut water

Smoothies: Avocado, Banana Smoothie made with yoghurt and milk

Add nuts to the smoothies, Add Chia seeds and Flax seeds to the smoothies

Eat a handful of unsalted nuts: Almonds, Pistachios, Walnuts, Raisins (Kishmish), Cashewnuts, peanuts

1.00 PM Lunch Options:

Eat what you like. Eat high quality, balanced diet, using healthy oils, less fried foods. Eat foods like Dal, Rice, Roti, Subzi, Dahi, Salad.

Eat foods like, Paneer, tofu, beans, boiled or stir-fried vegetables.

Take fruit juice along with meal, if you like.

4.00 PM Options:

Tea/Coffee with Biscuits/ Crackers/Bread, with butter, cheese or jam

Custard with fruits or Fruit Cream

Paneer as snack

Milk/ Smoothie/ Soup/ Sharbat/ Nuts

Fruit Bowl or Fruit salad

7.00 PM Dinner Options

Eat what you like. Eat light, high quality, balanced diet, using healthy oils, eat less of fried foods and sugary foods.

Eat foods like Dal, Rice, Roti, Subzi, Dahi, Salad.

Eat Paneer, tofu, beans, boiled or stir-fried vegetables.

Dalia/Oats cooked with vegetables.

Take fruit juice along with meals.

Bowl of warm soup.

(Food options for Non Vegetarians: For lunch/Dinner or any time of the day: Chicken/Mutton/Fish curry with rice or soft roti, chicken soup, fish soup, baked or steam fish or chicken, eggs, Salads, pasta and sandwiches with chicken or fish, etc)

- Bread
- Cereal
- Cheese/ Paneer
- Crackers/ Biscuits
- Creamy Soups/ Clear Soups
- Muffins, Cakes, Cupcakes, Pastries, Cookies
- Nuts roasted, or plain
- Sandwiches
- Pita bread and Hummus
- Butter, Peanut butter, Almond butter
- Custard with/without fruits, Pudding
- Dips made with cheese, beans or sour cream
- Frozen yoghurt, with fruits
- Ice cream
- Fruit cream
- Wraps
- Mashed potatoes
- Pancakes
- Beans, cooked soft
- Tofu, Soyabean
- Dalia, Porridge, Oats
- Salads



- Fruits: as salads, steamed, juice, smoothie, eaten raw, added to creams or custards
- Vegetables, cooked in different ways
- Dal/ Legumes
- Home-made dahi
- Butter, Ghee, Olive Oil, any other healthy oil
- Milk
- Dairy products
- Non Vegetarians:
- Eggs: Boiled or fried, Omlettes, Scrambled, French toast

A Few Ways to Add Protein and Calories:

Eat foods you like, avoid unnecessary dietary restrictions, unless advised by your doctor. Eat foods you enjoy eating. You need to work at improving your weight, if you have experienced weight loss, are having weakness, suffering from fatigue, or having side effects from your treatment. However, try eating healthy as much as you can; eat the right foods for you. Avoid foods you are allergic to, or are unable to eat for various reasons. Use different food options you may have. Get yourself educated on your food. Be aware of what you are eating, and if it is a healthy option for you.

Here, are a few tips to increase proteins, and calories. Proteins are building blocks of our body, required for our normal functioning, improving our immunity, and healing our body.

- Milk: Use milk for cooking instead of water. Use it in drinks, porridge, dalia, soups, pudding
- Add milk powder or protein powder to cream soups, dalia, smoothies, warm milk, milk based desserts, custard, milkshake, smoothies
- Add ice cream to carbonated drinks, milkshakes like mango or banana milkshake, cereal, fruits. Mix with soft or cooked fruits. You can add yoghurt and frozen yoghurt too to fruits and milk shakes.
- Add Eggs, nuts and nut butters to your food in creative ways
- Add Beans, legumes, and tofu to salads, pasta, or soups
- For Non-Vegetarians: Meat, poultry and fish to your vegetables, salads, soups, omelettes, sandwich fillings etc. Avoid processed meats, however.
- Use desi ghee more often, to increase calorie intake. Use home-made ghee from milk that you get
- Consume Malai (milk cream) to increase calorie intake
- Paranthas made in desi ghee are a good way to increase calories
- Eat nuts soaked overnight in milk or water, add them to milk and blend them. Can be added to cooked rice also
- Use full-cream milk if you are looking at increasing calorie intake

DENVAX AND NUTRITION

By, Dr. Sharmin Yaqin



Dear Friends,

Good nutrition is important for you at every step, before, during and after, your cancer treatment. Nutrition helps in reducing the complications and harmful effects of disease and its treatment. In this special edition of **Cancer Focus**, I have especially tried to include as much information as possible, so you know what foods are important for you- foods that will keep you healthy and nourished. The best advice I can give you is to "**eat what you like**". Do not do "parhez" of good healthy foods, as dietary restriction brings about malnutrition, reduces your tolerance to treatment, reduces quality of life, and worsens the prognosis. The good way is to eat everything, eat towards healthy, and try to maintain a healthy body weight. Avoid eating the wrong foods; keeping yourself on the healthier side will always be useful. Eating right will help you feel better, make you strong, and give you energy. You will be maintaining your body weight, have lower risk of infections, heal much faster and recover better and sooner.

If you are on Denvax treatment, you may avoid eating sour ("khatte") fruits and their juices especially. You must avoid taking amla juice, lemon juice, orange/mosammi juice on empty stomach. If you still want to consume, then take it with your food, in between eating lunch/dinner, but in small amounts. Avoid eating "achhaar"/pickles. The good advice would be to eat everything that you like, eat in moderation, and eat more proteins. Proteins have a role in body-building and repair functions. Once you start eating healthy, you will see a noticeable change in how you look, feel, and perform in your day-to-day activities. You may also try including a few foods with anti-cancer properties. These include: avocado, berries, chia seeds, flax seeds, kale, broccoli, turmeric, garlic, and fish. Eat as many fruits and vegetables of different colors; they have phytochemicals and antioxidants which neutralize the toxins that we are exposed to on a daily basis.

The information I have included in this short guide, is from the Nutrition advice of major organizations, that have researched on nutrition in cancer patients for many years. I am sharing the link with you to go through it and explore more options. In the box below are few links.

Lastly, keep in mind "health is best achieved holistically or multi-dimensionally". Our emotional well-being is equally important. How we feel is very essential, just like our physical fitness, our social and spiritual wellness. Pay attention to your food, and other aspects, you are going to do great in achieving optimum health!

Wishes,

Dr. Sharmin Yaqin, MD

Director, Optimum Therapeutics

Pvt. Ltd. & The Denvax Clinics

Facebook page:

<https://www.facebook.com/drsharminyaqin>

- <https://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>
- <https://www.cancer.net/survivorship/healthy-living/nutrition-recommendations-during-and-after-treatment>
- <https://stanfordhealthcare.org/medical-clinics/cancer-nutrition-services/during-cancer-treatment.html>
- <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html>
- <https://www.webmd.com/cancer/cancer-diet>

The Denvax Clinics

Center for Cancer Immunotherapy



**The Denvax Clinics are now
in the following cities:**

- Delhi
- Mumbai
- Hyderabad
- Ahmedabad
- Bangalore
- Chennai
- Kolkata
- Amritsar
- Lucknow
- Pune



Rashtrapati Bhawan at Night