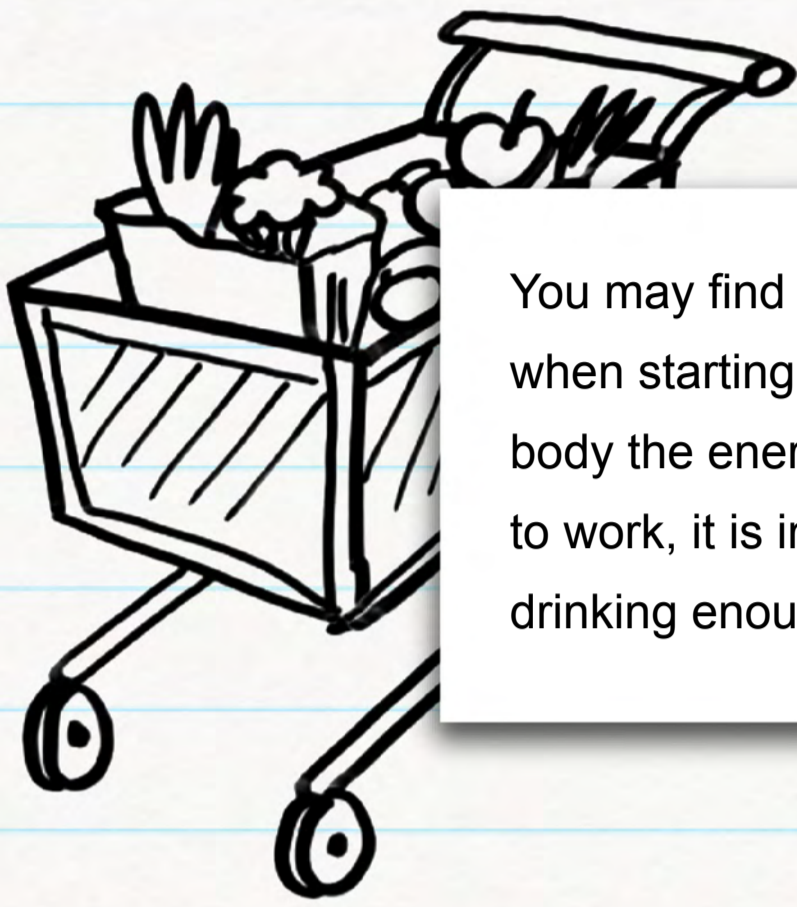


Managing Cancer Related Fatigue

EATING



You may find you need to be more thoughtful about nutrition when starting cancer treatment. Eating well can help give your body the energy it needs for your day-to-day activities. For this to work, it is important that you make sure you are eating and drinking enough each day to meet your body's energy needs.

Remember the 3 Keys

Eat Well



Eating well means a balanced diet with a variety of foods from the four food groups:

- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

- Water and other fluids are important to prevent dehydration (your body not having enough water or fluids).
- Unless you were told to drink more or less by your health care team, drink 6 to 8 glasses of fluid every day.

Drink Lots of Fluids



Remember Every Effort Helps

- Eat small meals and snacks though the day.
- Cook when you have the most energy. Make extra to keep in the freezer.
- Drink a nutrition supplement (such as Ensure® or Boost®) with meals or as a snack. These drinks give you extra vitamins, minerals, calories and protein.
- Ask to speak with a dietitian. A dietitian can help you find ways to meet your energy needs and help with symptoms that make eating a challenge.