

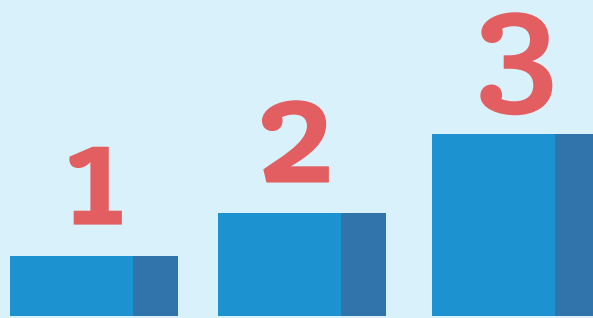
Nutrition during

your cancer journey

Did you know?



Did you know losing weight during the cancer journey can **impact treatment?**



Nutrition is important at **every stage**; before, during and after any treatment



Maintaining your weight and muscle strength can **help limit the side effects** of treatment and contribute to better **quality of life**

Ask yourself



Have I recently **lost any weight** without trying to, or are any of my clothes/belts/jewellery/dentures now **loose fitting?**



Have I been experiencing any **changes in bowel habits** (constipation or diarrhoea) or episodes of **nausea or vomiting?**



Am I experiencing a **loss of appetite** or **lack of interest in food?**



Am I **feeling full after smaller amounts of food** than normal?



Am I experiencing any **symptoms**, such as dry/sore mouth, taste changes or difficulties swallowing, which are **impacting on my ability to eat and drink?**

DON'T WAIT TO BE ASKED ABOUT YOUR NUTRITION

Don't

wait

to ask

Keep an eye on how you've been eating and feeling and **watch out for weight loss.**

If you notice any of the above signs, **speak to your medical team, nurse or dietitian right away.**

