

## Diet and Cancer Resources

There are lots of misconceptions around diet and cancer. Some of this comes from resources (like websites) that aren't based on peer-reviewed evidence. This leaflet is a basic guide of where to find the most up-to-date and accurate dietary advice for cancer.

Need advice for weight loss or weight gain after a diagnosis?

Interested in some easy read resources around nutrition?

Concerns over how a cancer diagnosis may affect your eating?

If you wish to speak to someone in person about your dietary concerns, please contact your cancer team or the cancer information services at the Sir Robert Ogden Macmillan Centre. They can make the right referrals to support you in the best way they can. You may be referred to a Dietitian if you are underweight, find it difficult to maintain a healthy weight or have problems with symptoms and side effects when you eat or drink.

Below you may find some useful resources around diet and cancer. Resources available in printed format can be found in the Sir Robert Ogden Macmillan Centre.

### General Healthy Eating Advice

<p><b>Macmillan Eating Well and Keeping Active</b></p>	<p>This webpage looks at the importance of eating well and keeping active after a cancer diagnosis, as well as providing some tips to achieve this.</p> <p><a href="http://www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/eating-well-and-keeping-active">www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/eating-well-and-keeping-active</a></p>	<p>Available Online</p>
<p><b>BDA Cancer Diets Myths and More</b></p>	<p>This webpage explores common myths around diet and cancer, including myths around dairy, sugar, alkaline foods, soya, fasting and supplement use.</p> <p><a href="http://www.bda.uk.com/resource/cancer-diets-myths-and-more.html">www.bda.uk.com/resource/cancer-diets-myths-and-more.html</a></p>	<p>Available Online</p>
<p><b>Macmillan Healthy Eating and Cancer</b></p>	<p>Many people want to make positive changes to their lives when they have been diagnosed with cancer. Taking steps to live a healthier lifestyle is often a major part of these changes. This booklet is for people living with or after cancer who want to know more about a healthy diet. It explains why diet is important and has tips on how to eat well and keep to a healthy weight. It also looks at some commonly asked questions about diet and cancer.</p> <p><a href="http://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/healthy-eating-and-cancer">www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/healthy-eating-and-cancer</a></p>	<p>Available in Print and Online</p>
<p><b>Cancer UK Where to Start in Managing Diet Problems</b></p>	<p>This webpage will explore your options of what to do if you start to experience diet problems.</p> <p><a href="https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems/managing/start-managing-diet-problems">https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems/managing/start-managing-diet-problems</a></p>	<p>Available Online</p>
<p><b>Macmillan The Building-Up Diet</b></p>	<p>This booklet explains the different food types and has suggestions on how to get more energy and protein in your diet. It also includes some meal ideas and some shopping list suggestions. These may help you when preparing meals.</p> <p><a href="http://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/the-building-up-diet">www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/the-building-up-diet</a></p>	<p>Available in Print and Online</p>
<p><b>Macmillan Managing Weight Gain after Cancer Treatment</b></p>	<p>This booklet is about managing weight gain after cancer treatment. It gives suggestions and tips to help you keep to a healthy body weight. We explain how changing the types of food you eat and being physically active can help you lose weight and feel healthier.</p> <p><a href="http://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/managing-weight-gain-after-cancer-treatment">www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/managing-weight-gain-after-cancer-treatment</a></p>	<p>Available in Print and Online</p>
<p><b>Macmillan Eating Problems and Cancer</b></p>	<p>Some people have eating problems during and after cancer treatment. This can be related to the cancer or to the side effects of cancer treatments. This booklet talks about some common eating problems and why they might happen. It also suggests some practical ways to manage them.</p> <p><a href="http://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/eating-problems-and-cancer">www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/eating-problems-and-cancer</a></p>	<p>Available in Print and Online</p>