

Free Diet Plan for Cancer

Optimal nutritional status is important goal in the management of individuals diagnosed with cancer. Although nutrition therapy recommendations may vary throughout the continuum of care, maintenance of adequate intake is important. Just for Hearts high protein and high calorie diet for cancer will help you rebuild your body cells and energy levels, especially if you're receiving chemotherapy or radiation treatment.

Diet plan for Cancer

Time	Meal	Menu	Quantity
7.00 am	Early morning	Banana honey Smoothie Milk Banana Almonds Honey	1glass 200ml 1 6 2tsp
9.00 am	Breakfast	Egg Sandwich Egg	1
		Whole wheat Bread	2 slices
11.00 am	Mid morning	Flavoured Yogurt + Homemade ladoo or chikki (nuts\or besan based)	1 Bowl 1 no
1.30 pm	Lunch	Khichdi/ daliya with vegetablels	1 bowl
		Lassi/ Kheer/ Curd	1glass/1bowl/ 1 bowl
4.30 pm	Snacks	Idli Sambhar	2no 1 Bowl
6.00pm	Mid Evening	Chicken/dal soup/egg boiled	1 Bowl/ 1 Bowl/ 1 whole
8.00pm	Dinner	Rice (soft) Fish/chicken/ Thick dal	1 bowl 2-3 pcs 1 Bowl

		Vegetable	1 Bowl
		Badam Milk	1 glass
		Sugar	2 tsp
		Almonds	4
10.00pm	Bed Time	Walnuts	2

❖ **Dietary Tips:**

- Eat six to eight small meals a day, instead of three large meals.
- Try bland, soft, and easy to digest foods. It may be best not to eat your favorite foods when you are nauseated.
- Keep up with your fluid intake. Sip clear liquids such as ginger ale, or lemonade frequently to prevent dehydration.
- Be medically and emotionally stable.
- Be educated and able to perform the requisite tasks to maintain a sterile access site in a safe and clean environment.
- Seek foods that appeal to the sense of smell.
- Be creative with desserts.
- Perform frequent mouth care to relieve symptoms and decrease aftertastes.

Foods To Include	Foods To Avoid
fruits, vegetables, green vegetable, whole grains, pulses, milk and its products, eggs, lean chicken, fish, paneer, flaxseeds, nuts, etc.	Avoid raw vegetables, thin skinned fruits, uncovered food, preserved and processed foods, outside food.

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