



Our Last Webinar on Replay

Nutrition during or after your treatment

Speaker:

Yamileth Marcano, P.Dt, M.Sc

Clinical Dietitian, Jewish General Hospital

Here are 5 points to remember:

Healthy eating can help you stay healthy, recover during and after treatment, and preserve your independence and quality of life.

1. Nutrients to make your body work

Your body may need more of certain nutrients, such as vitamins or minerals. Eat a variety of healthy foods to ensure you get the necessary nutrients. Nutrients are provided by food groups. They are used by our cells to run our body.

2. Enjoy a variety of healthy foods

Choose vegetables and fruits, whole grain foods and protein foods that you like. Frozen and canned products are easy to prepare and can be just as healthy.

3. Taste or smell altered?

If your taste or smell is impaired, opt for different spices and herbs instead of salt to enhance the taste. You can also change the texture and temperature of foods to make them more appealing.

4. Foods that are hard to chew on?

If certain foods are more difficult to eat, try replacing them with other foods or preparing them differently. For example, for a more tender texture, try cooking vegetables rather than eating them raw.

5. Drink water

As you age, even if your sense of thirst decreases, you still need to drink regularly, whether you feel thirsty or not. To stay hydrated, drink frequently throughout the day and with your meal or snack. Drink water instead of sugary drinks to quench your thirst.

Finally, discuss any symptoms such as nausea, constipation, or other bowel problems with your healthcare team.