

NUTRITION & CANCER: **A GUIDE FOR PATIENTS**



This information is general only and is not a substitute for medical advice. Always seek medical advice from your Healthcare Professional (Dietitian, Nurse, Oncologist or GP)

Fortisip products are foods for special medical purposes. Must be used under medical supervision

YOUR JOURNEY

Your journey is unique to you, but there are some common moments during treatment when your nutritional needs may change.



Diagnosis and pre-treatment

From diagnosis, following a nutritious, high-calorie, and protein-rich diet can help prepare your body for treatment.



Treatment

During treatment, the side effects may make it hard to eat and therefore you may lose weight. Maintaining your weight during treatment is important to keep you strong to get you through treatment. If you're struggling, speak to your Healthcare Professional (Dietitian, Nurse, Oncologist or GP).



Recovery

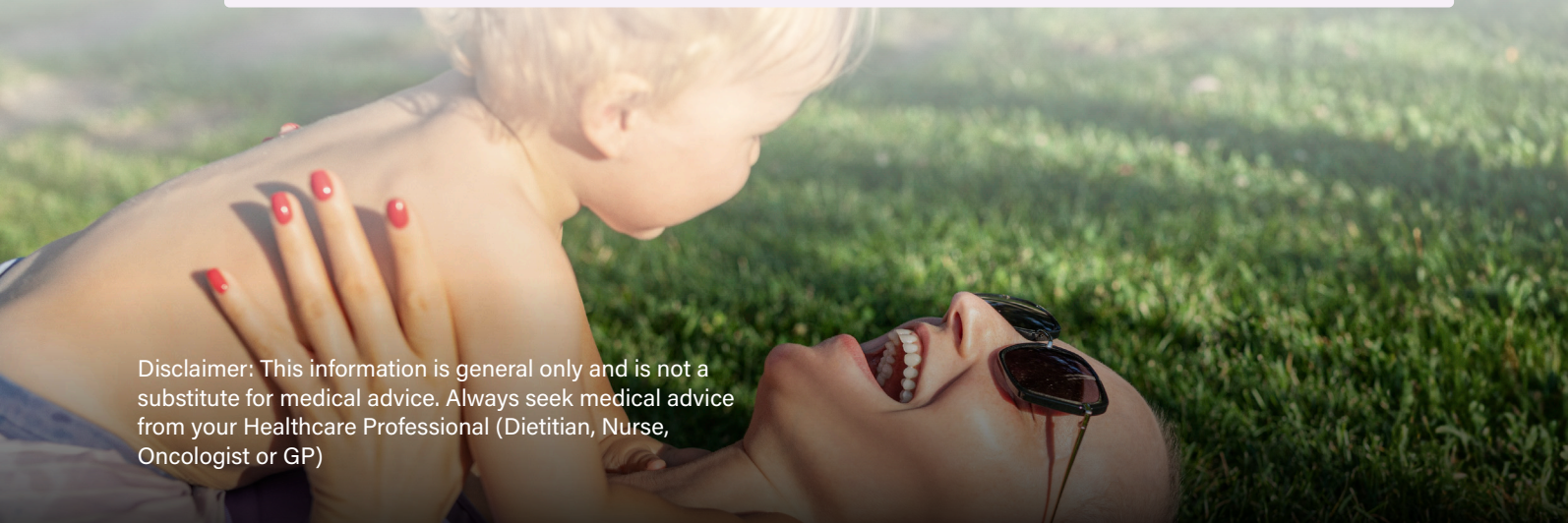
After treatment, the road to recovery may look different for everyone. Focus on maintaining your strength by eating and drinking the foods that make you feel healthy and strong.



Living with cancer

Eating well and maintaining a healthy bodyweight can improve your quality of life. Adjust your diet to meet your changing needs.

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WHY IS THE FOOD YOU EAT IMPORTANT DURING YOUR CANCER JOURNEY?

Good nutrition is important for the body to work well, especially when living with cancer. It is important to eat a nutritious diet and maintain a healthy bodyweight to:

- 

Improve quality of life to continue doing the things you love
- 

Increase energy so you can stay active and engaged
- 

Help manage side effects to get through your treatment
- 

Support your immunity so your body can better fight infections

UNDERSTANDING THE NUTRITIONAL CHALLENGES DURING CANCER

During your treatment journey, you may experience different side effects. Some include:

- 

Nausea and vomiting
- 

Dysphagia (difficulty swallowing)
- 

Constipation or diarrhoea
- 

Taste alterations (like food tasting metallic, bitter or bland)
- 

Loss of appetite
- 

Mouth sores (making eating painful)

These side effects can lead to unintentional weight loss and can increase your risk of **malnutrition**.

WHAT IS MALNUTRITION?

Malnutrition is when an individual does not get enough of the nutrients their body needs in their diet.

Up to **80%**
of patients with
cancer **experience**
malnutrition¹⁴



Malnutrition
risk increases

=



Less energy to do the
things you love

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IS IT IMPORTANT TO ACT EARLY?

Cancer treatment is tough on your body, so it's important to go into treatment as healthy as possible. This can help with:



Better surgery outcomes



Less stays in hospital



Easier to cope with treatment



Getting stronger



Enhancing well-being



NUTRITIONAL NEEDS DURING CANCER

When you have cancer, your body can undergo stress from the treatment.

Eating high-protein foods like eggs, meat and dairy is recommended to help your body heal.

Increasing your calorie (energy) intake with foods like butter, cheese and cream is recommended to keep your energy up and help avoid weight loss.

Here are some tips to help you eat well during your cancer journey:



Choose drinks and snacks that are higher in energy and protein.



If you don't have much of an appetite, try eating smaller, more frequent meals rather than 3 large meals a day.



If you can't eat enough protein and energy, and are losing weight, specialised nutritional drinks (called oral nutritional supplements) can help. Speak to your Healthcare Professional about this and read more about oral nutritional supplements on the next page.



Focus on healthy eating once you've recovered from the side effects of treatment.

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ORAL NUTRITIONAL SUPPLEMENTS - WHAT YOU NEED TO KNOW

If you are malnourished, or at risk of malnutrition, you may be recommended oral nutritional supplements. Oral nutritional supplements are special medical drinks designed to help you meet your daily nutritional needs when your usual diet is not sufficient.

Explore the Fortisip range of oral nutritional supplements:

Fortisip Compact Protein is a type of oral nutritional supplement. It's small in volume, and high in protein and calories. This ready-to-drink formula is designed to conveniently provide nutrients to help you maintain your body weight.



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DISCOVER OUR RANGE OF SPECIALISED MEDICAL DRINKS TO FIND THE BEST SUITED OPTION FOR YOUR CANCER JOURNEY.

Fortisip Compact Protein

- Range of 6 delicious flavours
- High-protein, high-calories
- Small volume (125 ml)
- With flavours specifically designed for those with taste alterations

Fortisip PlantBased

- 2 delicious flavours
- 12 g plant protein per 200 ml, made with pea and soy protein
- High-calories
- Plant-based, suitable for a vegan diet



**FORTISIP
COMPACT PROTEIN**



**FORTISIP
COMPACT PROTEIN
SENSATIONS**



**FORTISIP
PLANTBASED**

Vanilla

Neutral

Mango Passionfruit

Mocha

Hot Tropical Ginger

Mocha

Strawberry

Cool Red Fruit



ADDITIONAL SUPPORT AND RESOURCES

For the best nutritional plan for you, please talk to your Healthcare Professional.

For more information on malnutrition, the Fortisip range and recipes using our products, please visit our websites:



**Nutricia Fortisip
Australia**
www.nutricia.com.au/fortisip



**Nutricia Store
NZ**
www.nutriciastore.co.nz/adult/fortisip



Or contact our Careline
AU: 1800 438 500
NZ: 0800 438 500

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