

Department of nutrition and dietetics

Nutrition advice during cancer treatment

Do you need a little extra help and guidance about nutrition and what to eat whilst undertaking cancer treatment? If so, watch our video hosted by Christie specialist oncology dietitians Loraine Gillespie and Deborah Holsgrove with practical tips and easy to follow advice on our website at

www.christie.nhs.uk

Search 'Eating a balanced diet'.

Find out about the information available to help you with easy ways to maintain a healthy diet. Find out what you can do if you

- Are struggling with your appetite.
- Are struggling to eat.
- Are losing weight.
- Want to maintain a stable weight with a healthy and balanced diet
- Want to help your energy and fatigue levels.
- Want easy tips when cooking just feels too much.
- What to do if your sense of taste changes.

And more.

If you have any further questions on this leaflet or video please call Jacqueline Connell on **0161 956 1137**



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If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

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