

What to eat during cancer treatment

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1 Distribute meals throughout the day. Try to make four to five meals to include all the aliments you need.



2 Eat fruits and vegetables every day, raw and cooked. ¡The most colours the better!



3 Eat protein-rich foods every day at lunch and dinner: white and blue fish, shellfish, white or lean meat, eggs, legumes and their derivatives.



4 Make sure that your meals are complete, with a part of **farinaceous** foods (pasta, rice, bread or potatoes, legumes...) a part of **vegetables** and another part of foods with a good source of **protein**.



5 Drink water throughout the day (or infusions, mild broths...).



6 Avoid foods rich in salt, sugar and/or saturated fats such as pre-cooked dishes, ultra-processed foods, industrial pastries, sugary soft drinks, potato chips...



7 Cook gently but tasty: steamed, grilled, baked, boiled, light stews, microwave... with extra virgin olive oil, aromatic herbs and spices.



8 Take care of the cleanliness of the kitchen and keep **hygiene** in mind every time you **handle** food, **cook** it or **store** it.



9 Move and do physical activity every day according to your possibilities.



10 Try to eat in company and enjoy the food without obsessing.

For more information



Medical center information

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Fundació
Catalunya
La Pedrera