

	<ul style="list-style-type: none"> ● Blend and moisten foods that are dry or solid. Use in soups or with sauces, gravies. ● Have your child use a straw to bypass mouth sores. <p>Avoid tart or acidic foods, salty foods, and drinks like citrus fruit juices (grapefruit, orange, lemon, and lime), pickled and vinegary foods, tomato-based foods, and some canned broths.</p> <ul style="list-style-type: none"> ● Avoid rough-textured or hard foods, such as dry toast, chips, crackers, nuts, and raw fruits and vegetables.
Swallowing issues	<ul style="list-style-type: none"> ● Adjust the consistency of food that is easiest for them to swallow. ● Offer small, frequent meals. ● Chop or puree your child's food in a blender or food processor. ● Call your doctor right away if your child coughs or chokes while eating, especially if she has a fever.
Nausea and vomiting	<ul style="list-style-type: none"> ● To prevent dehydration sip water, juices, sports drinks, fruit drinks, and other clear calorie-containing liquids throughout the day. ● Clear, cool liquids are usually better than very hot or icy liquids. ● Don't give foods that are overly sweet, greasy, fried, or spicy, such as rich desserts and french fries. <p>Have him sit up or recline with his head raised for at least an hour after eating.</p> <p>Try bland, soft, easy-to-digest foods on scheduled treatment days. such as Cream of Wheat and chicken noodle soup with saltines may be easier to keep down than heavy meals.</p>

	<ul style="list-style-type: none"> ● Avoid eating in a room that is warm, or that has cooking odors or other smells. ● Help your child use a mouth rinse before and after meals.
Dry mouth or thick saliva	<ul style="list-style-type: none"> ● Use a straw to drink liquids, and drink enough to help thin the mucus. ● Take small bites and chew food well. ● Give soft, moist foods that are cool or at room temperature. Moisten foods with broth, soup, sauces, gravy, yogurt, or creams. ● Give your child sugarless candy or sugarless gum to stimulate saliva. ● Avoid acidic drinks. ● Limit drinks with caffeine, such as coffee, tea, cola, and chocolate.
Fatigue	<ul style="list-style-type: none"> ● Be sure your child drinks plenty of fluids. Dehydration can make fatigue worse. ● Make sure your child gets enough rest. ● Have her take 3 or 4 short naps or rest breaks during the day ● Try to balance rest and activity so that it doesn't interfere with nighttime sleep. ● Try to avoid sugary foods. ● Give your child a balanced diet

Adapted from: Nutrition for Children With Cancer - American Cancer Society

DIETARY GUIDELINES FOR CHILDREN UNDERGOING CANCER TREATMENT



Dietary Guidelines For Children Undergoing Cancer Treatment

Good nutrition is especially important when a child has cancer. Both cancer and its treatments may affect a child's appetite, tolerance to foods, and their body's ability to use nutrients. Eating the right kinds of foods before, during, and after treatment can help a child feel better and stay stronger. Eating well during cancer treatment might help your child:

- Better tolerate treatment and treatment side effects
- Stay closer to the treatment plan schedule
- Heal and recover faster
- Have less risk of infection during treatment
- Have better strength and energy
- Keep up their weight and their body's store of nutrients
- Do better at keeping up normal growth and development
- Feel better and have a better quality of life – they are less irritable, sleep better, and work better with the health care team

What Children Need?

NUTRIENT	ROLE	CAN GET FROM
Proteins	To grow, repair tissues and to maintain the skin, blood cells, the immune system, and the lining of the digestive tract.	Fish, chicken, lean red meat, eggs, dairy products, dried beans, peas and lentils.

Carbohydrates	Major source of energy (calories) needed for physical activity and proper organ function	Fruits, vegetables, grains, bread, potatoes, rice, spaghetti, pasta, cereals, dried beans, peas and beans.
Fats	To store energy, insulate body tissues, and carry some types of vitamins through the blood.	Vegetable oils such as olive, canola, sunflower, corn. Meat and chicken, milk, cheese, and butter.
Water	All body cells need water to function	Water, liquids or fluids, fruits and vegetables
Vitamins and minerals	The body needs small amounts of vitamins and minerals for normal growth and development, and to help it function properly.	A balanced diet usually get plenty of vitamins and minerals

Each child with cancer has their own nutrition needs. If it gets too hard for your child to maintain or gain weight by eating and drinking, a feeding tube may be needed.

When your child is taking steroids

Children with cancer often take steroids, as part of their treatment. Children taking steroids usually feel hungry all the time and may gain weight. Steroids also tend to make people retain fluid. When steroid treatment ends many children will lose their appetites for a short time. The weight loss that may come with

this is expected. But some children, especially teens, may have a hard time losing the weight gained during treatment.

Cancer treatment side effects and what you can do about them

Changes in taste and smell	<ul style="list-style-type: none"> • Serve foods cold or at room temperature • Choose foods that don't need to be cooked. • Don't cook foods with strong odors when your child is around. • Avoid eating in rooms that are stuffy or too warm. • Try foods or drinks that are different from ones your child usually eats. • Try marinating meats to make them tenderer. • Blend fresh fruits into shakes, smoothies. • Keep your child's mouth clean by regular rinsing and brushing, which can help foods taste better.
Decrease in appetite	<ul style="list-style-type: none"> • Try hard-cooked egg, cheese, ice cream, puddings, nuts, • Try to make mealtime fun and praise a healthy appetite or good eating habits. • Setting the table with pretty dishes, playing your child's favorite music, watching television, or visiting with friends while eating can also help. • Offer frequent small meals and snacks throughout the day • Keep your child's mouth clean with regular rinsing and brushing. Let your child eat their favorite foods any time of the day

Decrease in appetite	<ul style="list-style-type: none"> • Let your child help you shop and prepare the foods. • Avoid arguing, nagging, or punishing a child who is unwilling to eat.
Constipation	<ul style="list-style-type: none"> • High-fiber foods including whole-grain breads, fruits and vegetables, beans. • Drinking plenty of fluids throughout the day, eating at regular times, and increasing physical • Laxatives should only be used if OK'd by your doctor first.
Diarrhea	<ul style="list-style-type: none"> • Avoid high-fiber foods, like nuts, seeds, whole grains, beans, peas, dried fruits, and raw fruit and vegetables. • Avoid high-fat foods, like fried and greasy foods. • Avoid gassy foods, fizzy drinks, and chewing gum. • Limit milk or milk products to 2 cups a day. • Limit apple juice and drinks that contain caffeine. • Be sure to have your child sip fluids throughout the day to prevent dehydration. • Increase soluble fiber foods such as applesauce, bananas, canned peaches and pears, oatmeal, and white rice. • Once the diarrhea has stopped, slowly add foods with fiber to your child's diet.
Mouth pain, throat pain, or mouth sores	<ul style="list-style-type: none"> • Try serving milk, ice cream, homemade shakes or smoothies, • Have your child try soft, creamy foods such as cream soups, cheeses, mashed potatoes, macaroni and cheese, yogurt, eggs, custards, puddings, cooked cereals, casseroles.