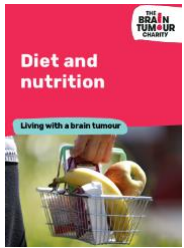
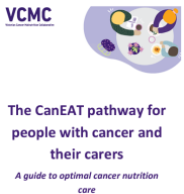








Resource Sheet Nutrition

This document provides links to resources on nutrition and diet for people with cancer and their carers. The information comes from trusted organisations that provide validated data and evidence-based recommendations. Click on the hyperlinks or on the image to get to the website.

<p>Diet and nutrition booklet by The Brain Tumour Charity, UK</p> <p>This booklet is at the top of the list here because it is the most comprehensive and relevant to people living with a brain tumour. It explains how diet affects brain tumour treatment, what to eat, what to avoid and how to cope with food-related side-effects of brain tumour treatment. It also answers any questions on special diets such as ketogenic, alkaline, Mediterranean, rainbow or vegan diets as well as intake of superfoods, pomegranates, turmeric, green tea, apricot kernels, vitamin and mineral supplements.</p>	
<p>The CanEAT pathway by The Peter MacCallum Cancer Centre</p> <p>This is a guide to the best nutrition for people with cancer and their carers. It provides many different resources and tools in text and video format such as how to find a dietitian, nutrition fact sheets for different cancer types and nutrition myths fact sheet. It looks like a lot to go through but the PDFs provide great short summaries. For example this fact sheet on neurological cancers (brain and spine).</p>	
<p>Dietitians Australia How to find a dietitian Help with costs</p>	
<p>For general advice on nutrition this booklet 'Nutrition for People living with Cancer' from Cancer Council Victoria covers what foods to avoid, nutrition and treatment side effects, meal and snack ideas and a special section for carers.</p>	
<p>For specific information on sugar and cancer risk, this information sheet from the Cancer Council Australia describes what sugar is, how it is metabolised in our body and why sugar consumption should be limited.</p>	
<p>Myth busters – two common questions answered: Does sugar cause cancer? Cancer Council Can eating according to a strict diet or eliminating certain foods cure cancer? Cancer Council</p>	
<p>This document on 'Therapies based on diet' from the Cancer Council Victoria website summarises some information on diets as a complementary therapy to other cancer therapies. In short, there is no scientific evidence to go on a special diet that helps to cure cancer. Going on a restricted diet can carry the risk of not getting enough or the right nutrients for your body to work properly.</p>	