

Important Nutrition Tips



Eating nutritious foods can help support your body while you're being treated for non-muscle invasive bladder cancer (NMIBC). A healthy diet can also help your mental health during periods of high stress. Here are a few tips for eating well and staying strong.

MAINTAIN A HEALTHY DIET

- 1 Limit Added Sugar:** While sugar consumption is not directly linked to heightened risk for developing bladder cancer, several research studies have shown that it may increase your risk for some types of cancer. In addition, the empty calories in added sugar can lead to weight gain, and being overweight or obese can increase your risk for many types of cancer.
- 2 Incorporate Cruciferous Vegetables:** Isothiocyanates, which are compounds found in cruciferous vegetables, may have a role in both bladder cancer prevention and treatment. Cauliflower, broccoli, brussels sprouts, cabbage, and asparagus are good sources of these compounds, which may help inhibit cancer cell growth.
- 3 Consume Citrus Fruits:** Consumption of citrus fruits is associated with a decreased risk of bladder cancer. Include oranges, grapefruit, limes, and lemons in your daily diet to get an antioxidant boost.
- 4 Don't Forget Dairy Products:** Some studies have linked the consumption of milk, cheese, and yogurt to a decreased risk of developing bladder cancer, though the results were not statistically significant. More research is needed to examine the relationship between dairy intake and bladder cancer.
- 5 Avoid Unhealthy Fats:** Limit your intake of butter, red meat, and palm oil. Instead, choose healthy fat sources such as nuts, olive oil, avocado, and fatty fish.

GETTING MAXIMUM RETURNS FROM YOUR DIET

- 1 Take Small Steps:** Ease into dietary changes, one at a time, to help develop healthy eating habits.
- 2 Keep It Balanced:** Incorporate various fruits, vegetables, lean protein, whole grains, and calcium-rich foods for a balanced diet. This is a great place to start for anyone looking to feel and live better.
- 3 Consume 6 to 8 Smaller Meals a Day:** Frequent eating can help keep you on track for any instructions on protein and calorie intake your doctor may have given you. Frequent eating may also help reduce digestive discomfort that may be caused by treatment.
- 4 Be Careful With Supplements:** Supplements and vitamins are powerful. Ask your doctor about any supplements before taking them.
- 5 Increase Fluid Intake:** Set a goal of six to eight 8-ounce glasses of water daily. This can help alleviate constipation, diarrhea, and dehydration that may be caused by treatment. Avoid caffeinated beverages, as they will increase the urgency and frequency of urination.
- 6 Stop Smoking:** While not technically a dietary issue, an important lifestyle measure to take is to avoid tobacco products of all forms. While doing so won't cure your bladder cancer, it can help prevent other forms of cancer from developing.

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