

# 12 NUTRITION TIPS



Eating nutritious foods as part of a balanced diet and maintaining a healthy weight are key for people living with advanced bladder cancer. By making a few small changes to your diet, you may even ease some bladder cancer symptoms. Check with your doctor before making changes to your diet. Meanwhile, here are a few tips to help you eat well and stay strong:

## MAINTAIN A HEALTHY DIET

- 1 Take Small Steps:** Ease into making dietary changes. Make changes one at a time to help yourself develop healthy eating habits.
- 2 Keep It Balanced:** Incorporate various fruits, vegetables, lean protein, whole grains, and calcium-rich foods for a balanced diet. Avoid trendy diets!
- 3 Consume Antioxidant Nutrients:** Carotenoids (found in red, yellow, and orange produce) and vitamin C (cantaloupe, mango, papaya, kiwi, berries, watermelon) are believed to limit damage to cells caused by free radicals.
- 4 Avoid Overly Acidic Foods:** Skip citrus fruits, such as grapefruit, pineapple, lemon, and lime to limit acid reflux and stomach sensitivity. Try including low-acidity fruits, such as pear, apricot, watermelon, and papaya in your diet instead.
- 5 Don't Forget Calcium-Rich Foods:** Milk, yogurt, kale, and sardines will keep your bones strong.
- 6 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

- 7 Consume 6-8 Smaller Meals a Day:** Frequent eating can help to keep you on track for protein and calorie intake, as instructed by your doctor. Frequent eating may also help to reduce digestive discomfort after eating.
- 8 Try Snacks With Your Meds:** Unless instructed otherwise by your doctor, eat a healthy carbohydrate snack (whole grain bread or crackers) with your medication to avoid nausea.
- 9 Be Careful With Supplements:** Supplements and vitamins are powerful and can affect compromised digestive tracts. Ask your doctor about any supplements before taking them.
- 10 Increase Fluid Intake:** Set a goal of six to eight 8-ounce glasses of water daily. This can help alleviate constipation, diarrhea, and dehydration. Avoid caffeinated beverages, as they will increase the urgency and frequency of urination.
- 11 Prevent Low Blood Sugar and Dizziness:** Follow the tips above and cut alcohol consumption. Consult your doctor about increasing your salt intake.
- 12 Stop Smoking:** Avoid tobacco products in all forms. While it won't cure your bladder cancer, it can help prevent other forms of cancer from developing.

Sources: cancerconnect.com; Cancer Treatment Centers of America; Mayo Clinic; MSKCC.org

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