

A practical guide to living
with and after cancer

THE BUILDING-UP DIET

**WE ARE
MACMILLAN.
CANCER SUPPORT**

This booklet is part of a series of booklets on diet and cancer. The other booklets in the series are:

- *Eating problems and cancer*
- *Healthy eating and cancer*
- *Recipes for people affected by cancer.*

Check with your cancer doctor, nurse or dietitian that this is the right booklet for you, and whether you need any additional information.

If you would like more information, contact our cancer support specialists on **0808 808 00 00**. They can send you any other booklets that you need.

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About this booklet

This booklet is for people who may be finding it difficult to maintain their weight. It has suggestions on how to get more energy and protein in your diet. It also includes some meal ideas and a suggested shopping list of items that may help you when preparing meals.

We hope it answers some of your questions and helps you cope with some of the problems you may be having.

We've included some quotes from people who have had difficulty maintaining their weight. Some of these are from people who have chosen to share their story with us, and some are from our online community ([macmillan.org.uk/community](https://www.macmillan.org.uk/community)).

On pages 37–40, we've listed contact details of other useful organisations. You can also use page 41 to write down any questions for your doctor, nurse or dietitian.

If you'd like to discuss this information, call the Macmillan Support Line free on **0808 808 00 00**, Monday–Friday, 9am–8pm. If you're hard of hearing, you can use textphone 0808 808 0121, or Text Relay. For non-English speakers, interpreters are available. Alternatively, visit [macmillan.org.uk](https://www.macmillan.org.uk)

If you find this booklet helpful, you could pass it on to your family and friends. They may also want information to help support you.

Changes to your appetite and weight

Many people with cancer find that there are times when they can't eat as much as usual, and sometimes they lose weight.

There are lots of reasons for this. It can be related to the cancer itself, or to the side effects of different treatments. Some people don't feel hungry, or feel full soon after starting a meal. Others find that food makes them feel sick (nausea), or that their treatment makes some foods taste different.

Some types of cancer make your body use up more energy, even if you're not very active. The cancer may produce chemicals that make your body work faster than normal. It may also produce chemicals that make your body break down fat and protein more quickly. This can make you lose weight, even though you may still be eating well.

Keep active

It's important to try to keep active, even if you are losing some weight. Without some form of activity, our muscles can quickly get weak. But activity should be done at your own pace. Gentle exercise, such as going for a short walk, may be all that you need. Your doctor, nurse or physiotherapist can advise you about how much and which type of exercise would be helpful for you.

How foods are used in our bodies

Food has nutrients in it that our bodies need. The main groups of nutrients are carbohydrates, proteins, vitamins and minerals, fats, fibre and fluids. A healthy diet gives you all of the nutrients you need to keep your body working well. For most people, a balanced diet includes:

- lots of fruit and vegetables
- plenty of starchy (carbohydrate) foods such as bread, rice, pasta, noodles, couscous and potatoes
- some protein-rich foods such as meat, poultry, fish, nuts, eggs and pulses (beans and lentils)
- some milk and dairy foods such as cheese, yoghurt and cream
- just a small amount of food high in fat, salt and sugar.

Drinks should mainly be water, tea and coffee (without sugar), or sugar-free drinks such as fizzy drinks, colas and squashes.

Carbohydrates

Carbohydrates are broken down in the body to become glucose, which gives us energy. Energy is measured in calories. We all need a certain number of calories each day for energy, even if we aren't being very active. For example, we need energy to breathe when just sitting in a chair.

The amount of energy a person needs each day varies. It depends on how quickly their body uses the energy, and on their level of activity. An adult man needs about 2,500 calories a day and an adult woman needs about 2,000 calories. If we have too many calories, we put on weight. If we don't have enough, we use up our body's energy stores and lose weight.

Proteins

Proteins are made up of amino acids. Our bodies use amino acids to build and repair muscles and other body tissues. We need extra protein (as well as extra energy) when we are ill, injured or stressed to repair any damage.

Vitamins and minerals

Vitamins are essential in helping our bodies work normally, but we only need tiny amounts of them. If you're eating even a little of the main foods that contain vitamins, you're probably getting a good enough supply. But if you're not able to eat well for a long period of time, you may need multivitamins to top up your body's stores. Your doctor, dietitian or pharmacist can give you advice about these.

Minerals are substances needed by the body for various functions, such as maintaining healthy nerves and making bones and teeth.

Fats

Fats provide a concentrated source of energy and contain some important vitamins.

Fibre

Fibre is sometimes called roughage. It's the part of the food that passes through the body without being completely absorbed. Choose wholemeal bread, chapatis and pittas; wholegrain cereals and pasta; brown rice; and yams and potatoes with their skins on. These provide energy and are also a major source of iron and B vitamins. Fruit and vegetables are good sources of fibre too.

Fluids

Our bodies need a certain amount of fluid each day to work properly. It may be difficult to drink enough liquid when you don't feel well. Women should try to drink roughly 8 glasses (about 1.6 litres) of fluid a day, and men should try to drink about 10 glasses (about 2 litres) a day.

This can be any type of fluid. Water is the best for hydration but contains no extra nutrients such as energy or vitamins. Milk, smoothies and pure fruit juices contain a lot of energy and nutrients so they may be good choices if you are struggling to eat well. Soft and fizzy drinks that contain a lot of sugar are high in energy, but they don't contain any other nutrients. The sugar and acidity may also harm your teeth.

Drinks that contain caffeine include coffee, tea and some fizzy drinks. These may dehydrate you because they make you produce more urine. You can include them as part of your normal fluid intake, but drink other fluids that don't contain caffeine as well.

The building-up diet

People who are finding it difficult to eat enough, especially if they're losing weight, need to find ways to get more energy and protein in their diet. Your doctor or dietitian may recommend foods that you would normally think of as unhealthy.

The building-up diet is high in energy and protein. It is specifically for people who have lost or are losing weight, or who can only manage to eat a little. Not everyone will be able to put on weight with this diet, but it should help to slow down or stop further weight loss.

Qualified dietitians are experts in assessing the food needs of people who are ill. They can review your diet and consider any specialist dietary requirements you may have. They can give you advice about which foods are best for you and whether any food supplements may be helpful.

Adding energy and protein to everyday foods

If you have a good appetite, you shouldn't have trouble eating the extra calories and protein that you may need if you are ill. If your appetite isn't very good, there are ways to add extra energy and protein to your diet without having to eat more food. We give examples of these over the next couple of pages.

Talk to your doctor, specialist nurse or a dietitian if you're still struggling. They may first encourage you to eat everyday foods that are high in energy and protein but can also recommend or prescribe manufactured food supplements (see pages 12–14).

Your doctor at the hospital can refer you to a dietitian and in some hospitals you can refer yourself. You can contact the hospital's dietetic department for more information. If you're not in hospital, your GP can refer you to a community dietitian.

Fortified milk

You can make fortified milk by adding 2–4 tablespoons of dried milk powder to a pint (570ml) of full-fat milk. Keep it in the fridge and use it in drinks, on cereals and for cooking. Use fortified milk or milk-based supplements (see page 13) instead of water to make soups, jellies, custards and puddings. Many producers of nutritional supplements can give you recipes for their products.



'I made healthy food with protein, veg and rice but put extra butter, olive oil and full-fat milk in, to give it extra calories.'

Anna

Cereals

Pour fortified milk or a milk-based supplement over your cereal. Make porridge with full-fat milk or cream. Add golden or maple syrup, honey or sugar. Try adding stewed or dried fruit too.

Casseroles and soups

Add lentils, beans and noodles to casseroles and soups. Stir a tablespoon of cream into canned soups or add energy and protein supplements. Grate some cheese over the heated soup. Try making packet soups using fortified milk.

Mashed potato

Add butter or cream to mashed potato, and sprinkle grated cheese on top.

Vegetables

Melt butter on hot vegetables and top with grated cheese or a chopped, hard-boiled egg. Or add a sauce made with fortified milk or cream.

Sandwiches

Use plenty of butter or spread. Add a dessert spoon of mayonnaise or salad cream to thick sandwich fillings such as tuna or egg.

Manufactured food supplements

The best way to get more energy and protein into your diet is by eating everyday foods (see pages 9–11). If you're still having eating problems or continuing to lose weight, talk to your medical team. They can give you more advice.

Many supplements are available that add extra energy and protein, or both, to your diet. Some can be used to replace meals, while others are used in addition to your normal diet. A few of these products are available directly from your chemist or supermarket, but your doctor, nurse or dietitian will need to prescribe some of them for you. They can also give you advice about how and when to use them.

Supplements can be added to everyday foods or are available as nourishing drinks, such as milkshakes, juices, soups or powders. There are also ready-made puddings or concentrated liquids that you can have in smaller doses. Some supplements are high-protein powders that can be added to your normal food.

High-protein or high-energy supplements should only be used with advice from your doctor or dietitian. If you are diabetic, it's important to get advice from your doctor, specialist nurse or dietitian before using food supplements.

Powdered drinks

Some powdered drink supplements can be used to replace a meal. They can be mixed with fortified milk (see page 9) or water. Some can be prescribed by your doctor. The products Build-Up® or Complan® can be bought from your chemist and some supermarkets.

'The dietetics team advised me to use Complan in milk. This gave me the confidence to try other, new things because I knew that if they didn't work, then I was still getting the nutrients I needed from the Complan.'

Joshua

Milk-based supplements

These are available on prescription in a variety of flavours including sweet, savoury and neutral. Once mixed, milk-based supplements and powders should be sipped slowly for about 20 minutes. Pages 9–11 have ideas on how to include these in your everyday diet.

Juice-tasting supplements

These ready-made, flavoured supplements are available on prescription.

High-energy and juice-tasting supplements have a high sugar content. If you are diabetic, talk to your dietitian before using them. These drinks may not be suitable if you have a sore mouth or throat as they may sting.

If you've had radiotherapy for certain types of head and neck cancer, you may be more at risk of tooth decay and so should avoid having sugar too often. It's a good idea to clean your teeth or use a mouthwash after any sugary snacks. Your doctor, nurse or dietitian can give you more advice about this.



Our booklet *Managing the late effects of head and neck cancer treatment* has more information about eating and drinking problems. You can order it from be.macmillan.org.uk or call 0808 808 00 00.

Fat-based liquids

These supplements can be taken separately in small doses or added to some foods. Your doctor or dietitian will give you advice on how and when you should use this type of supplement.

Energy and protein powders

Unflavoured powders are also available on prescription from your doctor or dietitian. These are almost tasteless so you can add them to drinks, soups, sauces, gravies, casseroles, flan fillings, milk puddings and instant desserts. Your doctor or dietitian will be able to explain how much powder to use in different meals or drinks.

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Shopping list

Here is a list of items you might want to stock up on so you'll have some foods high in energy and protein in easy reach.

For the cupboard

- porridge or oatmeal
- sugar, maple syrup, golden syrup or honey
- bread, paratha, chapatis, naan, pitta, muffins, crumpets or tortillas
- biscuits
- crackers
- nuts or seeds
- evaporated milk or dried milk powder
- drinking chocolate or malted drinks
- fresh, dried, tinned or stewed fruit
- tinned vegetables
- peanut butter, jam or marmalade
- jelly
- puddings such as powdered or ready-made custard and mousses, instant-whip desserts or rice pudding

- oil or ghee
- gravy
- mayonnaise or salad cream
- tins or packets of soup.

For the fridge

- full-fat milk, rice milk or soya milk
- cream
- butter or margarine
- pasteurised cheese
- full-fat yoghurt or fromage frais
- ready-made smoothies
- ready-made puddings, for example trifle, crème caramel, fruit crumble or steamed puddings.

For the freezer

- ice cream, ice lollies or sorbet
- kulfi
- frozen ready meals
- frozen fruit, for example raspberries, mango or blueberries.

Meal ideas

On pages 19–24, we've suggested some ideas for breakfast, lunch, dinner and pudding. They show you how you can boost your protein and energy intake without having to eat more food. These are only suggestions, but we hope they give you some ideas for ways to adapt your usual meals.

Between meals, you can keep up your energy intake with snacks and drinks. We've included some suggestions on pages 26–27.

Our booklet *Recipes for people affected by cancer* contains more suggestions for meals suitable for people with weight loss. It has information about how much protein and energy is in each meal.



Breakfast

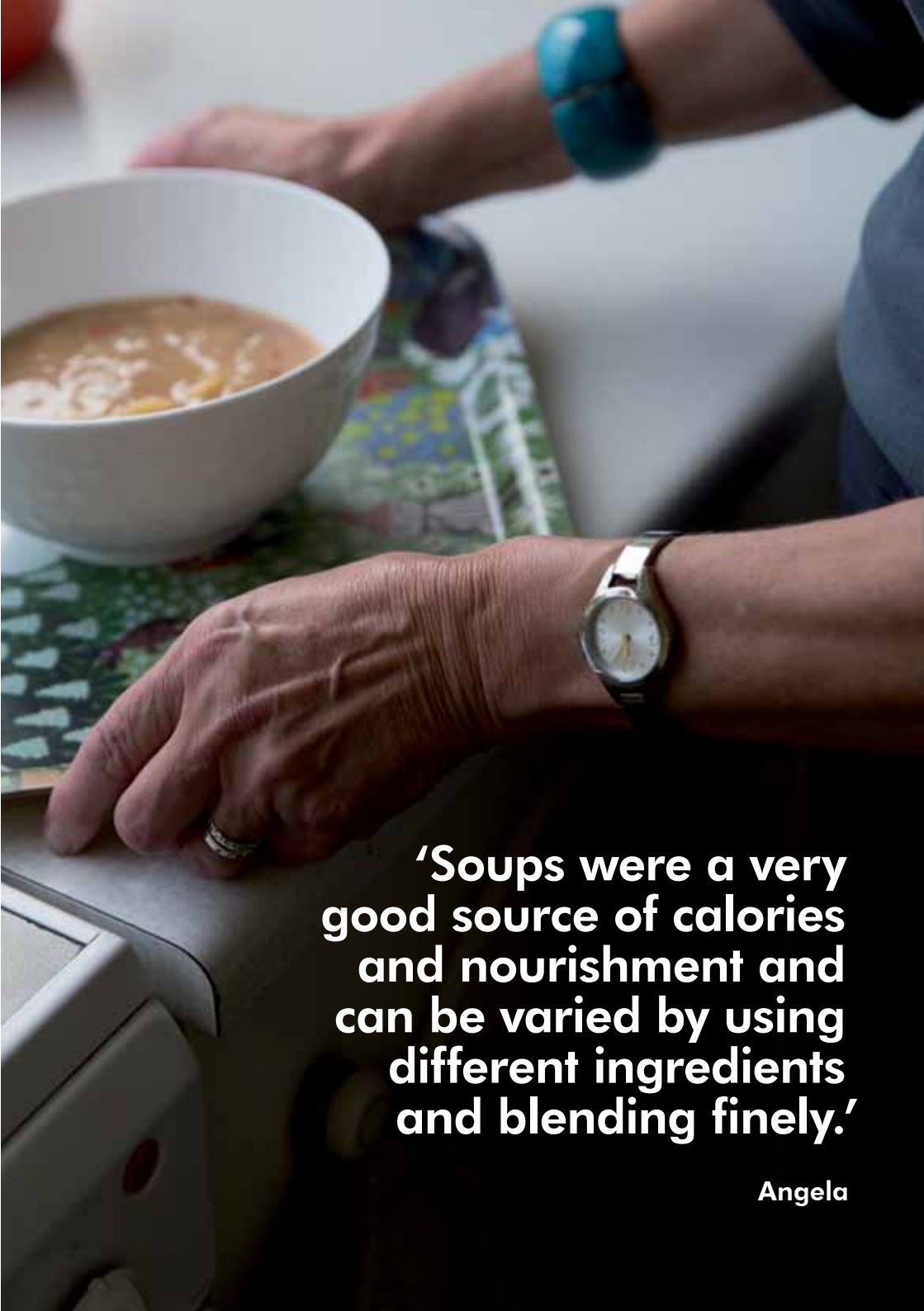
- A fried egg with bacon and a slice of fried bread. Add wholemeal toast with lots of butter.
- An English muffin or crumpet with lots of butter, and honey or jam. Then have some stewed fruit, such as prunes or apricots, with Greek or full-fat yoghurt.
- Porridge made with fortified milk and some toast with lots of butter, and jam or honey. Add sugar or honey to the porridge.
- Yoghurt with nuts, seeds and dried fruit, or dalia (wheat porridge) with butter.
- Cornmeal porridge and Caribbean hard dough bread with butter.
- Minced-beef congee or assorted dumplings. Add some deep-fried peanuts.
- Weetabix® with fortified milk and sugar. Then have toast and spread it with lots of butter and jam.

Try drinking fruit juice or tea with every breakfast.

Lunch

- A tuna and cucumber sandwich with lots of butter or mayonnaise.
- A baked potato with grated cheese. Mash the inside of the potato with extra butter. Add a side salad with dressing, mayonnaise or salad cream.
- A cheese and salad sandwich with wholemeal bread. Be generous with the filling and add mayonnaise.
- Stuffed paratha or chapati with vegetables or rice, vegetable curry, hard-boiled egg and potato curry. Use ghee or butter for cooking.
- Steamed red mullet with vegetables.
- Noodles or plain rice with mixed seafood or meat and vegetables.
- Chicken soup and a hard-boiled egg sandwich.

Try a rice pudding or some fruit after lunch too. There are some more ideas for puddings on page 24.



'Soups were a very good source of calories and nourishment and can be varied by using different ingredients and blending finely.'

Angela



Dinner

- Lasagne or spaghetti bolognese with cheese. Add a side salad with dressing.
- Grilled salmon or trout, with new potatoes and green beans. Use tartar sauce and add butter to the vegetables.
- Roast chicken with potatoes and fresh vegetables. Add butter to vegetables.
- Lamb curry with pulses and salad, or khichari (lentils and rice), lentil soup or shorba (lamb and chicken soup).
- Caribbean chicken with mashed potatoes, callaloo and sweetcorn. Add butter to vegetables.
- Winter-melon soup with spare ribs. Add energy supplement to steamed fish with black bean sauce and plain rice.
- Shepherd's pie with carrots and peas. Serve with butter and use fortified milk in the mashed potato or grated cheese on top.

Try having fruit, custard or fruit crumble after dinner. There are more pudding suggestions on page 24.

pudding

- Stewed fruit.
- Fruit crumble.
- Fruit yogurt or fromage frais – use a full-fat variety.
- Fresh custard. Make with fresh cream.
- Fresh fruit such as mango, orange, banana, lychee or pineapple.
- Fruit trifle – choose a full-fat variety.
- Rice pudding.

Try adding ice-cream, cream or evaporated milk to the cold puddings, and custard made with fortified milk to hot puddings. You could add sugar or syrup to puddings too. Try making instant desserts with fortified milk.

You could also try some pudding recipes using different ready-made or powdered supplements (see pages 12–14). Manufacturers of nutritional products often have recipe booklets.

'Stewed fruit blended with egg whites and whizzed to a fluff also went down well. Egg whites are very high in protein.'

Derek



Snacks

Keep snacks like nuts, pasteurised cheese, fresh and dried fruit, biscuits, crackers, breadsticks and dips, yoghurts or fromage frais handy to nibble if you feel hungry between meals.

If you're out of the house for some time during the day, for example if you're going to radiotherapy appointments, think about taking some snacks or a nourishing drink with you.

Drinks

To add energy and protein to coffee, tea or bedtime drinks, use fortified or full-fat milk instead of water. Or add three teaspoons of a high-energy powder (see page 14) to hot or cold drinks. Ready-made drinks can be drunk straight from the pack, gently heated or used in recipes.

If you can't face a meal, have a nourishing drink instead. You can also drink these between meals to help you put on weight.

'I have recently found an excellent easy breakfast for those who sometimes find it difficult to eat cereals – Weetabix on the go! It's a flavoured drinkable version of the regular Weetabix which just needs chilling before drinking. They have lots of calories plus protein, energy and fibre.'

Joyce

You might like to make your own drinks, such as fruit milkshakes or smoothies. Here are some examples:

- **Fruit smoothie** – Blend fresh banana, peaches, strawberries or other soft fruit (fresh or frozen) with fortified milk, fruit juice, ice cream or yoghurt.
- **Milk smoothie** – Blend 200ml (7fl oz) of full-fat milk, two tablespoons of milk powder, two scoops of ice-cream and milkshake syrup or powder. You could use Nesquik® or Crusha® and follow the manufacturer's instructions for how much to add. Blend until well-mixed and frothy. You can vary the flavour of the ice-cream to match the milkshake syrup or powder.
- **Nutritious milkshake** – Mix fortified milk with puréed fruit or a fruit yoghurt and add 2–3 teaspoons of a high-energy powder supplement. A scoop of ice-cream will add extra energy.

Coping with weight loss

Weight loss can be upsetting and difficult to cope with as it can be a visible reminder of your illness. It can also have an affect on your body image. This is the picture you have in your mind of how you look (your size, shape and form), and how you feel about your body.

When you lose weight due to cancer or its treatment, you'll see a different image of yourself from the one you're used to. It can be hard for some people to accept that they now look different because they have lost weight. You may feel angry, anxious or sad. It's natural to feel like this and it's part of adapting to the way you see yourself. You may meet other people who have similar thoughts and feelings.

You may worry that the change in your appearance will affect relationships with your partner, family and friends. You may be anxious about what people think of you or about being rejected. Or you may feel self-conscious about eating at home or out with your family or friends.



You may find our booklets *Body image and cancer* and *How are you feeling? The emotional effects of cancer* helpful. They have suggestions on how to cope with these difficult feelings. You can order these by calling 0808 808 00 00.

Talking about how you feel

People often keep their thoughts and feelings about their bodies to themselves. But keeping your worries hidden can make them grow into something bigger, so it's important to talk to someone.

Many people find that it helps to talk to someone close to them. If you find it difficult to talk about your feelings with your partner, family or friends, you could talk to your doctor or specialist nurse. Some people also find it helpful to speak to a counsellor. Your nurse can give you advice on how to contact one.

If you're close to someone who has changes in their body image, it may also take you time to adjust to and accept the changes. You may need to talk about your feelings too.

Getting help with meals

You may not always feel well enough to be able to cook food for yourself or others. If you're the person who usually prepares the meals for your family, it may feel strange to let someone else take charge. Try not to feel guilty about letting someone else do the things you usually do. When you feel better, you can get back to your normal routine.

If you live on your own and need help with cooking or shopping, contact your GP, district nurse or social worker. They may be able to arrange for a home helper, meals on wheels or a local organisation to help you with cooking or shopping.

Caring for someone with weight loss

If you're the main carer for someone with cancer, it can be upsetting and difficult to know how to deal with their lack of appetite or weight loss. Treatments and medicines can affect how they feel about eating. Feeling sick and having diarrhoea or constipation can also stop them eating. They may feel too tired to eat, have a sore or dry throat or mouth, or find chewing and swallowing difficult.

The amount they can manage to eat and what they like or dislike may change from day to day. Knowing when their appetite is at its best means you can make the most of it and treat them to their favourite foods.

Here are some suggestions for carers about coping with food preparation and mealtimes:

- Take time to ask them what they'd like to eat.
- Rather than aiming for three meals a day, try to encourage them to eat meals and snacks throughout the day. You could focus on eating well when their appetite is at its best.
- Gently encourage the person you're caring for to eat routinely but try not to push them too much. It helps to create a relaxed atmosphere at mealtimes.
- Keep servings small and offer second helpings rather than putting too much food on their plate to begin with.

- Keep snacks in easy reach so that they're ready whenever the person feels hungry. Have a look at the shopping list on pages 16–17 and stock up on some items you know they prefer so you can prepare meals and snacks easily.
- Be aware of how energy (calories) can be added to everyday meals and drinks. For example by adding fortified milk to food or drink (see page 9).
- Read some suggestions and building-up recipes in our booklet *Recipes for people affected by cancer*. There are also recipes available from the companies that make the energy supplement drinks and powders.
- Make batches of a favourite vegetable soup and freeze some for a quick meal at a later date. Don't freeze anything that has had cream added to it.
- Having an aperitif, such as sherry or brandy, half an hour before a meal is a good way of stimulating the appetite. Some people also find a glass of wine with their meal helps their digestion. Check with the doctor or specialist nurse that the person you're caring for can have alcohol.
- Try to talk openly to the person you care for about their weight loss and the different ways you could both manage it. This can help you both feel more in control of the situation.



We have more information for carers on our website at macmillan.org.uk/carers

About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

Order what you need

You may want to order more leaflets or booklets like this one. Visit **be.macmillan.org.uk** or call us on **0808 808 00 00**.

We have booklets on different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer and information for carers, family and friends.

All of our information is also available online at **macmillan.org.uk/cancerinformation**

There you'll also find videos featuring real-life stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- Easy Read booklets
- large print
- translations.

Find out more at **macmillan.org.uk/otherformats**

If you'd like us to produce information in a different format for you, email us at **cancerinformationteam@macmillan.org.uk** or call us on **0808 808 00 00**.

Help us improve our information

We know that the people who use our information are the real experts. That's why we always involve them in our work. If you've been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you'd like to hear more about becoming a reviewer, email reviewing@macmillan.org.uk You can get involved from home whenever you like, and we don't ask for any special skills – just an interest in our cancer information.



Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you. No one should face cancer alone.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open Monday–Friday, 9am–8pm. Our cancer support specialists can:

- help with any medical questions you have about your cancer or treatment
- help you access benefits and give you financial advice
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via our website, **macmillan.org.uk/talktous**

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face.

Visit one to get the information you need, or if you'd like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **macmillan.org.uk/informationcentres** or call us on **0808 808 00 00**.

Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That's why we help to bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

Online community

Thousands of people use our online community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

'Everyone is so supportive on the online community, they know exactly what you're going through. It can be fun too. It's not all just chats about cancer.'

Mal

Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you've been affected in this way, we can help.

Financial advice

Our financial guidance team can give you advice on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants. We can also tell you about benefits advisers in your area.

Visit **[macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport)** to find out more about how we can help you with your finances.

Help with work and cancer

Whether you're an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work.

Visit **[macmillan.org.uk/work](https://www.macmillan.org.uk/work)**

Other useful organisations

There are lots of other organisations that can give you information or support.

Nutrition and diet information and support

British Dietetic Association (BDA)

5th Floor, Charles House,
148–149 Great Charles
Street, Queensway,
Birmingham B3 3HT

Tel 0121 200 8080

Email info@bda.uk.com

www.bda.uk.com

Provides training and facilities for registered dietitians. Website includes food facts, and has information on the role of dietitians and how to find a freelance dietitian.

CORE

3 St Andrews Place,
London NW1 4LB

Tel 020 7486 0341

Email info@corecharity.org.uk

www.corecharity.org.uk

Funds research into gut, liver, intestinal and bowel illnesses. Website provides information on digestive disorders, treatments and coping with the effects of digestive disorders.

Diabetes UK

Macleod House,
10 Parkway, London NW1 7AA

Careline 0345 123 2399

(Mon–Fri, 9am–7pm)

Email careline@diabetes.org.uk

Scotland email

carelinescotland@diabetes.org.uk

www.diabetes.org.uk

Gives information and support on any aspect of managing diabetes, including medication, diet and exercise.

Cancer information and support

Cancer Black Care

79 Acton Lane,
London NW10 8UT

Tel 020 8961 4151

Email

info@cancerblackcare.org.uk

www.cancerblackcare.org.uk

Offers information and support for people with cancer from ethnic communities, their friends, carers and families.

Cancer Focus Northern Ireland

40–44 Eglantine Avenue,
Belfast BT9 6DX

Tel 0800 783 3339

(Mon–Fri, 9am–1pm)

Email hello@cancerfocusni.org

www.cancerfocusni.org

Offers a variety of services to people affected by cancer, including a free helpline, counselling and links to local support groups.

Cancer Support Scotland

Calman Cancer Support
Centre, 75 Shelley Road,
Glasgow G12 0ZE

Tel 0800 652 4531

Email [info@](mailto:info@cancersupportscotland.org)

cancersupportscotland.org

www.cancersupportscotland.org

Runs cancer support groups throughout Scotland. Also offers free complementary therapies and counselling to anyone affected by cancer.

Maggie's Cancer Caring Centres

1st Floor, One Waterloo Street,
Glasgow G2 6AY

Tel 0300 123 1801

Email [enquiries@](mailto:enquiries@maggiescentres.org)

maggiescentres.org

www.maggiescentres.org

Provide information about cancer, benefits advice, and emotional or psychological support.

Tenovus

Head Office,
Gleider House,
Ty Glas Road,
Cardiff CF14 5BD

Tel 0808 808 1010

(Mon–Sun, 8am–8pm)

www.tenovus.org.uk

Aims to help everyone get equal access to cancer treatment and support. Funds research and provides support such as mobile cancer support units, a free helpline, an ‘Ask the nurse’ service on the website and benefits advice.

Counselling and emotional support**British Association for Counselling and Psychotherapy (BACP)**

BACP House,
15 St John’s Business Park,
Lutterworth LE17 4HB

Tel 01455 883 300

Email bacp@bacp.co.uk

www.bacp.co.uk

Promotes awareness of counselling and signposts people to appropriate services. Search for a qualified counsellor at **itsgoodtotalk.org.uk**

UK Council for Psychotherapy (UKCP)

2nd Floor, Edward House,
2 Wakley Street,
London EC1V 7LT

Tel 020 7014 9955

Email info@ukcp.org.uk

www.psychotherapy.org.uk

Holds the national register of psychotherapists and psychotherapeutic counsellors, listing practitioners who meet exacting standards and training requirements.

Support for carers**Carers UK**

20 Great Dover Street,
London SE1 4LX

Tel 0808 808 7777

(Mon–Fri, 10am–4pm)

Email info@carersuk.org

www.carersuk.org

Offers information and support to carers. Can put people in touch with local support groups. Has national offices for Scotland, Wales and Northern Ireland:

Carers Scotland

The Cottage,
21 Pearce Street,
Glasgow G51 3UT
Tel 0141 445 3070
Email info@carerscotland.org
www.carersuk.org/scotland

Carers Wales

River House,
Ynsbridge Court,
Cardiff CF15 9SS
Tel 029 2081 1370
Email info@carerswales.org
www.carersuk.org/wales

Carers Northern Ireland

58 Howard Street,
Belfast BT1 6PJ
Tel 028 9043 9843
Email info@carersni.org
www.carersuk.org/northernireland

Carers Trust

32–36 Loman Street,
London SE1 0EH
Tel 0844 800 4361
Email info@carers.org
www.carers.org
A charity formed by the merger of The Princess Royal Trust for Carers and Crossroads Care. Works to improve support, services and recognition for anyone living with the challenges of caring. Has offices in Scotland and Wales:

Glasgow office

Skypark 3, Suite 1/2,
14/18 Elliott Place,
Glasgow G3 8EP
Tel 0300 123 2008
In Scotland, Carers Trust is known as The Princess Royal Trust for Carers.

Cardiff office

3rd Floor,
33–35 Cathedral Road,
Cardiff CF11 9HB
Tel 0292 009 0087

YOUR NOTES AND QUESTIONS

A series of horizontal green lines spaced evenly down the page, providing a template for writing notes and questions.

Disclaimer

We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it. Some photographs are of models.

Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by our Chief Medical Editor, Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: Lorraine Gillespie, Specialist Oncology Dietitian; Frances Penny, Lymphoma Clinical Nurse Specialist; Debbie Provan, Macmillan Project Lead Dietitian; and the people affected by cancer who reviewed this edition.

Sources

We've listed a sample of the sources used in the publication below. If you'd like further information about the sources we use, please contact us at bookletfeedback@macmillan.org.uk

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NHS Choices. *Healthy eating*. www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx (accessed May 2014).

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Can you do something to help?

We hope this booklet has been useful to you. It's just one of our many publications that are available free to anyone affected by cancer. They're produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we're there to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.



Share your cancer experience

Support people living with cancer by telling your story, online, in the media or face to face.

Campaign for change

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

Help someone in your community

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

Raise money

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

Give money

Big or small, every penny helps. To make a one-off donation see over.

Call us to find out more

0300 1000 200

macmillan.org.uk/getinvolved

Please fill in your personal details

Mr/Mrs/Miss/Other

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Surname

Address

Postcode

Phone

Email

Please accept my gift of £

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I enclose a cheque / postal order /
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Macmillan Cancer Support

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Visa / MasterCard / CAF Charity
Card / Switch / Maestro

Card number

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Don't let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

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Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.



If you'd rather donate online go to macmillan.org.uk/donate

Please cut out this form and return it in an envelope (no stamp required) to:
Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851,
89 Albert Embankment, London SE1 7UQ

More than one in three of us will get cancer. For most of us it will be the toughest fight we ever face. And the feelings of isolation and loneliness that so many people experience make it even harder. But you don't have to go through it alone. The Macmillan team is with you every step of the way.

We are the nurses and therapists helping you through treatment. The experts on the end of the phone. The advisers telling you which benefits you're entitled to. The volunteers giving you a hand with the everyday things. The campaigners improving cancer care. The community there for you online, any time. The supporters who make it all possible.

Together, we are all Macmillan Cancer Support.

For cancer support every step of the way, call Macmillan on 0808 808 00 00 (Mon–Fri, 9am–8pm) or visit macmillan.org.uk

Hard of hearing? Use textphone 0808 808 0121, or Text Relay.
Non-English speaker? Interpreters available.
Braille and large print versions on request.

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