

NUTRITION RESOURCES

Here are some resources and websites with information on different aspects of nutrition for older adults with cancer.

General Information:

1. A Guide to **Healthy Eating for Older Adults:**

<https://www.unlockfood.ca/en/Articles/Seniors-nutrition/A-Guide-to-Healthy-Eating-for-Older-Adults.aspx>

2. **UHN Interactive Sessions** focusing on the importance of eating well during treatment, how to manage side effects and answering questions. Scheduled on Thursdays at 9:30 am. Please contact: **Call 416 340 4800 ext. 3616 to register.** More information at:

https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Patient_Education_Classes/Pages/eating_well_throughout_cancer_treatment.aspx

Nutrition and Cancer:

Information relating to nutrition and cancer. Easy recipes for nutritious foods.

Answers to common questions about diet and nutrition during treatment.

1. **ELLICSR Kitchen:** A UHN program designed to support people touched by cancer by giving them the skills and information they need to manage their diet. Includes recipes by side effects (e.g. if you have metallic taste or nausea) and by meal type. Please visit:

https://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen/Pages/ellicsr_kitchen.aspx



They also do a **live stream cooking class** the third Thursday of every month, 12:00 – 1:00pm.

2. **Nourish Online:** Is a website designed by the Canadian cancer dietitians. It has a lot of great features and ideas. Please visit:

www.nourishonline.ca

3. **Stanford Healthcare:** Is a website for patients with cancer to help them achieve and maintain good health. Please visit:
<https://stanfordhealthcare.org/medical-clinics/cancer-nutrition-services/during-cancer-treatment.html>

Appetite Loss:

This is a website created by **Cancer Care Ontario** which has created patient guides for patients with cancer who have lost their appetite before, during and after cancer treatment. It is available in multiple languages. Please visit:
<https://www.cancercareontario.ca/en/symptom-management/3141>

Weight Loss:

Ideas on how to manage unwanted weight loss in patients with cancer.

1. **American Society of Clinical Oncology (ASCO):**
<https://www.cancer.net/coping-with-cancer/physical-emotional-and-social-effects-cancer/managing-physical-side-effects/weight-loss>
2. **University Health Network (UHN):**
https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Increasing_Calories_and_Protein_in_Your_Diet.pdf

Taste Changes:

The **BC cancer agency** has created a website with food ideas to cope with taste and smell changes associated with cancer and its treatment. Please visit:
<http://www.bccancer.bc.ca/search?k=taste>

