

Healthy Eating

Healthy eating during cancer is about supporting your body – not perfection.



There is no single “cancer diet”, but making small, balanced choices can make a positive difference.

Eating well during and after cancer treatment can help support your body, maintain strength, and improve how you feel day to day.

Get personalised advice

Everyone’s needs are different. A dietitian, nurse, or doctor can help you find what works best for you, especially if you are losing weight, struggling to eat, or have side effects.





Good nutrition

- Maintain energy levels and reduce fatigue
- Support your immune system
- Maintain muscle strength and body weight
- Support recovery during and after treatment
- Improve wellbeing and quality of life

- Eat regular meals and snacks if large meals feel difficult
- Aim for plenty of fruit and vegetables, choosing different colours
- Include protein-rich foods such as beans, lentils, eggs, fish, poultry, dairy, or alternatives
- Choose wholegrains when you can, such as wholemeal bread, oats, or brown rice
- Drink enough fluids throughout the day

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

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You are not alone. Support is available.