

Diet and Nutrition for Cancer

Nutrition • Patient support • Oncology

My role: Research • Content strategy • SEO • Writing

- Ghostwritten; published under client byline

At a glance: A comprehensive patient resource exploring nutrition before, during, and after mesothelioma treatment. The piece explains how individualized nutrition plans may support treatment and recovery and address treatment-related eating challenges. It also provides expert tips for maintaining adequate nutrition while emphasizing the role of dietitians and personalized medical guidance.

Below the excerpt, see [SEO elements](#) and [Sources](#).

Excerpt

Different types of food groups may be incorporated into a mesothelioma diet to take advantage of various benefits, including:

- **Berries and other fresh fruits:** These foods are high in nutrients, such as vitamins and antioxidants, and provide many nutritional benefits.
- **Dietary supplements:** Supplements can be especially helpful if a patient has an allergy or aversion to certain mesothelioma diet foods. Types of dietary supplements for mesothelioma may include snack bars, protein drinks and supplemental shakes.
- **Fiber and whole grains:** This food group can help mesothelioma patients maintain a healthy metabolism. Foods rich in fiber include bran, fruits, oats and vegetables.
- **Healthy fats:** Healthy fats from foods such as salmon, nuts and plant oils may help with inflammation and cell development.
- **Protein and calories:** Mesothelioma patients may lack adequate protein and calories because they experience lack of appetite, nausea and other side effects. Protein-rich foods such as nuts, eggs and tofu can help avoid malnutrition. High-calorie foods such as peanut butter and avocados can also help maintain a healthy weight.
- **Vegetables:** Dark, leafy greens such as kale and collard greens contain folate, which helps with DNA repair. Other vegetables such as sweet potatoes contain carotenoids, which can fight inflammation.

Nutritional Needs by Treatment Type

Patients may experience treatment side effects that affect their dietary habits. Nutrition may help relieve some side effects during and after treatment.

- **Chemotherapy:** Chemotherapy is associated with side effects like nausea, constipation, diarrhea, mouth sores and vomiting. Bland foods high in protein or fiber may help address these issues. Increased fluid intake may also help clear chemotherapy byproducts from the body.

- **Immunotherapy:** Immunotherapy side effects like constipation, diarrhea, loss of appetite and nausea may be helped by eating high-protein, high-calorie foods. Some studies have also linked healthy gut bacteria to improved immunotherapy outcomes. Patients can consult their doctors to find food and supplements that support gut health.
- **Radiation:** Radiation side effects may be localized to the area of the body receiving the radiation. For example, radiation around the head or neck area may lead to side effects like dry mouth and mouth sores, which can affect a patient's diet. Doctors can recommend ways to manage these side effects, like eating bland, non-irritating foods.
- **Surgery:** Mesothelioma surgery may target areas of the body near the digestive system. Doctors may recommend avoiding foods likely to cause bloating or gas, like beans and cruciferous vegetables. Patients should be sure to follow dietary directions leading up to and recovering from surgery.

What Foods Should Mesothelioma Patients Avoid?

Some foods mesothelioma patients may want to avoid include:

- **Acidic, spicy and sour foods:** Items like citrus, tomatoes and hot peppers can increase mouth irritation and inflame mouth sores.
- **Alcohol:** Patients may be advised to limit or avoid alcohol and alcohol-based mouthwashes. This is because alcohol can damage DNA, cause complications when taken with certain medications and worsen dry mouth symptoms.
- **Red and processed meats:** Studies show both red and processed meats can promote inflammation. Inflammation can then promote cancer-causing activities such as cell division and DNA damage. Limiting these types of meat may help the body fight cancer.
- **Strong-smelling foods:** Strongly scented food may increase nausea. Avoiding potent smells may help patients combat this side effect.
- **Unhealthy fats:** Trans fats have been linked to diabetes and other conditions. Diabetes can affect a patient's overall health and may negatively affect treatment options.

Cancer patients may also encounter information about miracle diets and nutritional supplements to cure cancer. According to cancer experts, no vitamin, mineral, dietary supplement or herb can slow or cure cancer. As such, patients should be wary about any product that makes these claims and avoid adding them to their diet.

Patients should discuss concerns about their eating habits with a certified health professional. These experts have the training to provide individualized care and trustworthy health information.

SEO Elements

Title Tag: Diet & Nutrition for Cancer Patients

Meta Description: Discover a mesothelioma diet that may promote wellness during recovery. Nutrient-rich foods such as fruits, veggies, protein and whole grains may help.

Sources

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- National Cancer Institute. [Eating Hints: Before, during, and after Cancer Treatment](#).
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