

# DIET

These resources have been put together following the Secondary Breast Cancer Nursing Group meeting on Health & Wellbeing in May 2021. Click on the headings or links in the text for more information.

## Macmillan

### Macmillan building up diet booklet

This booklet is for people who may be finding it difficult to maintain their weight during and after cancer treatment. It explains the different food types and has suggestions on how to get more energy and protein in your diet.

## Breast Cancer Now

### Diet and breast cancer booklet:

Knowing what to eat during and after treatment for breast cancer can be difficult. Patients may experience a loss or increase of appetite, may put on or lose weight, and food and drink might taste different to usual. In this booklet we look at how to manage these changes and eat a healthy, balanced diet.

**Instagram lives** (not SBC specific) with Adele Hug – Cancer Dietitian

<https://www.youtube.com/watch?v=bRyfjEol-vk&list=PL0EcG3ori88xOjYmrHC7ANZvORdMudOOf&index=3>

<https://www.youtube.com/watch?v=3FkbprbGTGo&list=PL0EcG3ori88xOjYmrHC7ANZvORdMudOOf&index=19&t=683s>

### **Healthy eating information video**

Our [Living with Secondary Breast Cancer online programme](#) for patients includes a video in which we hear from Laura Helm and Alys Johns, who are Macmillan Specialist Dietitians. Laura and Alys discuss how to maintain a healthy diet and share tips around how to cope with some common issues such as nausea and changes to taste. They also consider how diet can assist with managing other treatment side effects, such as fatigue and bone health, and explore the evidence behind some common beliefs about the links between diet and breast cancer.

We also hold virtual speaker sessions on healthy eating as part of our online Living with Secondary Breast Cancer services. Patients can register [here](#).

## **Life Kitchen**

Life Kitchen is a not-for-profit cookery school for people whose taste has been affected by cancer or cancer treatment founded by Ryan Riley. They also teach anyone who is experiencing an altered sense of taste due to Covid. Life Kitchen's focus is on taste and flavour and helping people enjoy food again. Life Kitchen offer [recipes](#), classes and a cookery school for people living with taste and smell loss caused by cancer and covid.

### **Ryan Riley's recipe booklets**

A Life Kitchen and World Cancer Research Fund collaboration. As the founder of Life Kitchen, chef Ryan Riley is dedicated to creating delicious food for those living with cancer.

[Flavour and Nutrition](#) – A recipe book for those experiencing taste changes as a result of cancer

## **Dispelling myths**

### **Cancer Research UK**

Take a look at the CRUK [Diet Myth Buster](#) article.

BDA - Association of UK Dietitians [myth busting information](#) - not specific to breast cancer but still relevant.

## **WCRF**

[Eat well living with cancer](#)

[WCRF Support Groups](#)

There is a website and cooking classes with Life Kitchen plus Q&A with Adele too.

**WCRF and Life kitchen Cook-Along classes for people living with BREAST CANCER**

WCRF Healthcare professional webinars

## **Follow:**

**Cancer dietitian Adele Hug @huggy\_dietitian on Instagram & Twitter**

**Cancer dietitian Victoria Nelson @vnnutritionrd on Instagram**

**Founder of @LifeKitchenCookery Ryan Riley @ryanriley**

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