

Good Housekeeping Fight Cancer Through Diet

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Cancer patients are missing out on vital healthy-eating advice. Asked if they had been given any nutritional guidance by health professionals when they were diagnosed, 82.9 percent (UK interviewees) said no – even though eating well during cancer treatment is essential to prevent malnutrition. Now the cancer charity Penny Brohn Cancer Care, UK, has developed a seven-day recipe guide, based on plant foods, and low in red meat, dairy, caffeine and processed products. ‘In our 30-year experience, we know that healthy eating has far-reaching benefits, such as improving the mental outlook of patients by handing back some control over their recovery to them,’ says Elizabeth Butler, senior nutritional therapist for the charity. Dr Ritika Samaddar, senior dietician, Max Devki Devi Heart & Vascular Institute, New Delhi adds, ‘Cancer patients should be given a diet rich in protein, calories and antioxidants, as this helps them recover faster and fight the ill effects of the disease. In fact, we have been doing a study, which should be published soon, on cancer-specific diets (depending on the type of cancer you have), to help the patients cope better with the disease.’*

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*Check Resource Details on the cancer diet study