

DIET PLAN DURING CHEMOTHERAPY

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Chemotherapy के दौरान body को extra nutrition, protein और hydration की जरूरत होती है.

Main goals:

1. Maintain weight.
2. Prevent weakness.
3. Support immunity
4. Reduce side effects (nausea, vomiting, mouth ulcers, diarrhea)

WHAT TO EAT

1. High Protein (Most Important)

Protein = tissue repair + immunity support

Include daily:

1. Moong dal / Masoor dal.
2. Paneer
3. Curd Eggs (if allowed)
4. Fish / Chicken (well cooked)
5. Soya chunks (moderation)
6. Peanut butter

Aim: Protein in every meal

2. Easy-to-Digest Carbs

When appetite low:

1. Khichdi Daliya.
2. Soft rice + dal.
3. Suji upma.
4. Boiled potatoes
5. Toast + peanut butter

Avoid heavy oily food.

3. Cooked Vegetables (Not Raw)

Immunity low होती है, so avoid raw salads.

Prefer:

1. Lauki
2. Tori
3. Gajar.
4. Beans.
5. Pumpkin.
6. Palak (well cooked)

4. Fruits (Carefully Washed)

Best options:

1. Banana.
2. Apple (peeled).
3. Papaya.
4. Pomegranate

Avoid cut fruits from outside.

5. Hydration (Very Important)

1. 2.5–3 liters water.
2. Coconut water.
3. ORS if weakness.
4. Lemon water.
5. Thin buttermilk

Small sips if nausea present.

WHAT TO AVOID

1. Raw salads
2. Street food
3. Unpasteurised milk
4. Half-cooked eggs/meat.
5. Very spicy food.
6. Fried food
7. Excess sugar

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If Nausea / Vomiting

1. Small frequent meals (every 2-3 hours). 2. Dry toast / biscuit in morning. 3. Ginger tea. 4. Avoid strong smells 5. Cold food sometimes better tolerated

If Mouth Ulcers

1. Soft foods (khichdi, dal, curd rice) 2. Avoid citrus & spicy 3. Avoid very hot food
Use straw for liquids

If Diarrhea

1. Rice. 2. Curd. 3. Banana 4. ORS

Avoid milk & fried foods.

Lifestyle During Chemotherapy

1. Light walking (15-20 min daily if possible). 2. Proper sleep (7-8 hrs). 3. Hand hygiene (infection prevention). 4. Avoid crowded places. 5. Gentle yoga / breathing exercises 6. Emotional support (family counselling helpful)

Mental Health Matters

Chemo affects mood & confidence.

Encourage:

1. Open conversation 2. Meditation. 3. Music therapy. 4. Support groups

Sample One-Day Diet Plan

Morning

Warm water + soaked almonds

Mid-morning

Banana / Coconut water

Evening

Herbal tea + roasted makhana

Bedtime

Haldi milk (if tolerated)

Breakfast

Vegetable daliya / Oats + boiled egg

Lunch

Soft rice + dal + lauki sabzi + curd

Dinner

Khichdi + paneer bhurji (soft)

When to Contact Doctor Immediately?

1. Fever. 2. Severe vomiting. 3. Severe diarrhea. 4. Unable to eat for 24 hrs 5. Mouth ulcers severe