

FUELLING FOR PHYSICAL ACTIVITY

Physical activity is safe, possible and very beneficial for people living with or recovering from cancer but to reap the rewards and to feel stronger we must fuel well through our diets. Remember that everyone's needs are different, we are all very unique and on a different journey - this is very generalised advice, you must seek guidance from your clinical team before making any changes to your diet.

Why is nutrition important?

- To maintain energy levels
- To support activities of daily living
- To preserve or rebuild our muscle mass
- To manage side effects of cancer and its treatment including and especially cancer related fatigue
- To manage nausea and appetite change challenges
- To improve our overall wellbeing and mitigate risk of cancer recurrence



Some nutrition tips:

- Most of our nutrition ought to be made up of **WHOLEFOODS** (food that has been processed as little as possible) - think things like fruits, vegetables, lean meats, fish, beans, grains, legumes.
- A **variety** of fruits and vegetables are important to support our health and immunity.
- We should figure out the balance of protein, carbohydrates and fats that are right for us individually.
- Most of our carbohydrate intake should be through vegetables and fruits, beans, whole grains, legumes.
- Most of our fat intake should be **unsaturated** so things like oily fish, avocado, nuts, good quality olive oils.
- Most of our protein should be made up of lean meat/fish or plant-based combinations.
- The rest of our diets we can make up with 'fun foods' according to preference to support our mental and social health.



Pre-Activity Fuelling:

- Consume mostly carbohydrates - largely wholegrains, some fruits or starchy vegetables but not too many as these can be a little more difficult to digest resulting in digestion issues during exercise.
- A little protein.
- Limit fat intake here - again, these can be trickier for the body to digest and we don't want digestion issues during our activity.
- Always stay hydrated but most especially in the couple of hours leading up to some activity.
- Example meals - porridge with berries, toast with peanut butter and banana, hummus and crackers, Greek yoghurt with fruit and granola, beans on toast

Post-Activity Fuelling:

- Consume carbohydrates to replenish energy stores within the muscles.
- Some protein to repair and rebuild our muscles.
- Fruits and vegetables to give the body the essential vitamins and minerals it needs for recovery.
- Some fats which are essential for hormone and cell health.
- Example meals - chicken with sweet potato and veggies, eggs on toast with veggies, salmon, rice and veggies, tuna salad wrap, porridge with protein powder and fruits

Nutritious Snack Ideas:

- Fruit smoothies - even better if you can include some Greek yoghurt or protein powder
- Cottage cheese and crackers
- Nuts and dried fruit
- Banana or apple with peanut butter
- Roasted edamame beans
- Fruit and Greek yoghurt with muesli

If you have any questions about nutrition it's best to speak with your clinical team.

