

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Eat a healthy diet





About this easy read booklet



This booklet is about eating a healthy diet.



You can learn about what makes a diet healthy.



If you are worried about your health, you should talk to a doctor or nurse.



Eat a healthy diet



You can make changes to your life that may make you less likely to get cancer.



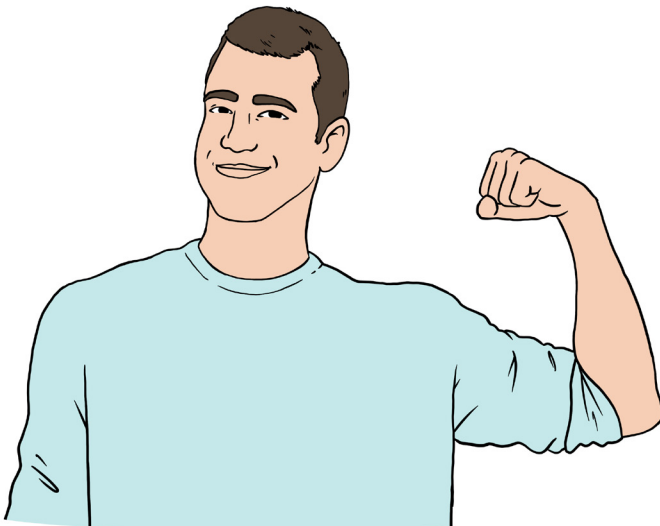
You can do things to keep yourself healthy. Having a healthy diet is one of these things.



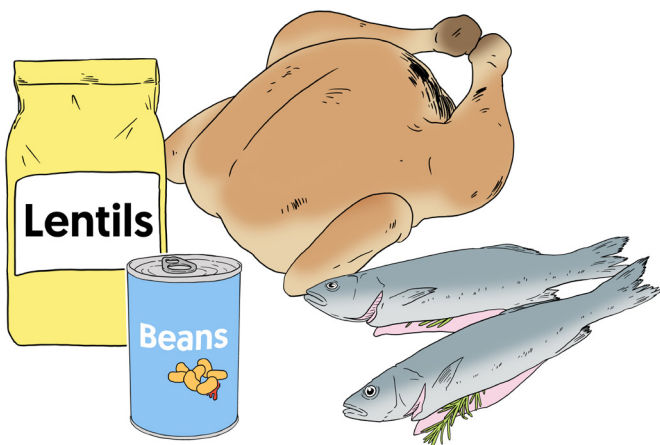
Eating a healthy diet can also help to lower your risk of getting cancer.



You should try to eat lots of different types of healthy food, this is called having a balanced diet. This can help make sure your body works well.



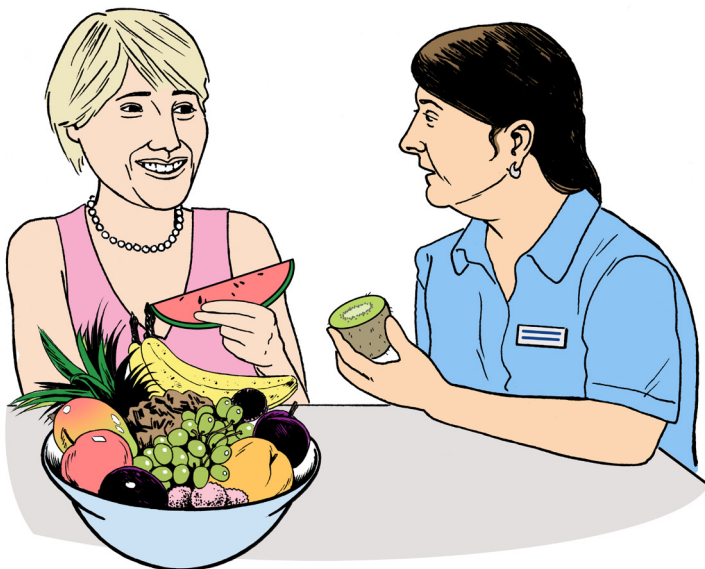
Part of a healthy diet is **protein**. **Protein** is something that helps to make and repair your muscles and body tissues.



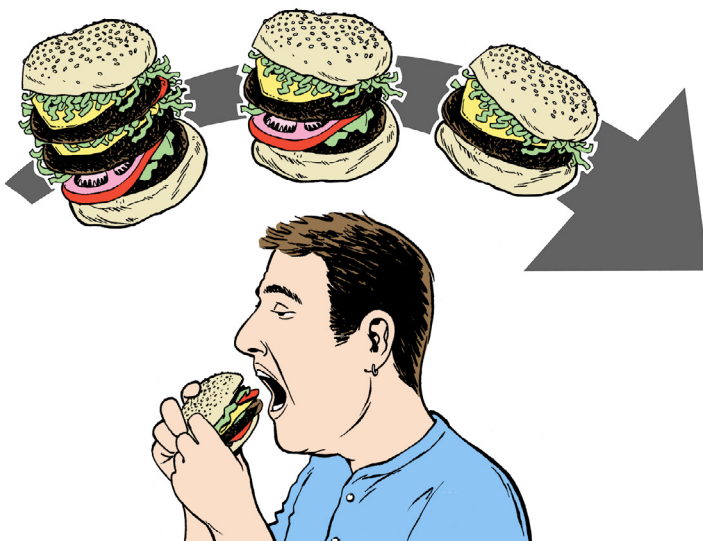
You can get protein from eating things like chicken, fish, lentils and beans.



It is important to eat lots of fibre. Fibre is in foods like brown bread, bran cereals and brown rice.



Try to eat lots of vegetables and fruit too.



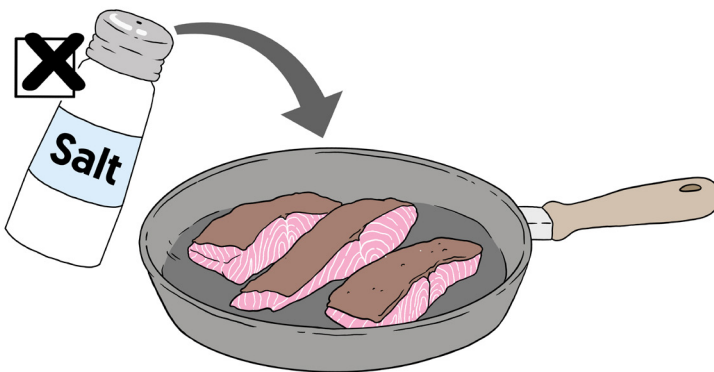
Try to eat less red meat. This includes beef, lamb and pork.



Try to eat less foods with lots of fat, salt and sugar in them.

For example:

- fried food
- takeaway food
- sweets, cakes, crisps
- pies, chips
- sugary soft drinks
- cheese, butter, lard, ghee
- palm oil and coconut oil



Do not add salt to foods when cooking.



Ask your doctor or nurse if you need more support with eating a healthy diet.

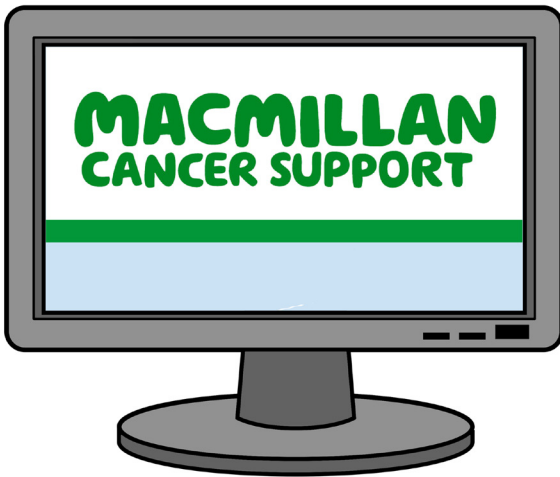


How Macmillan can help you

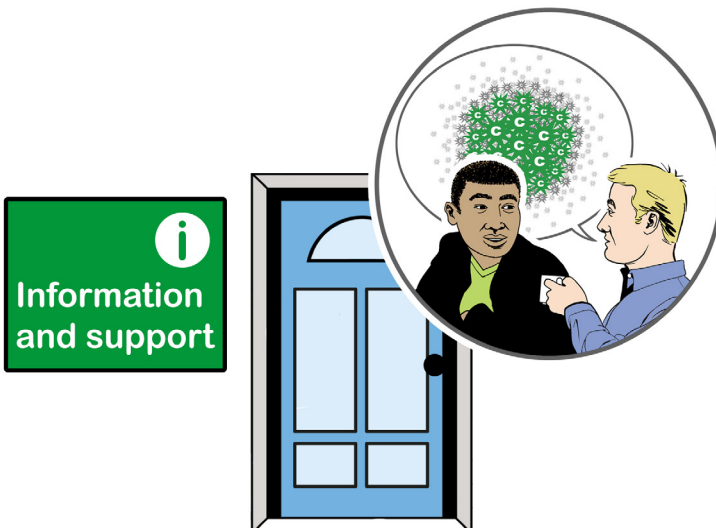


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



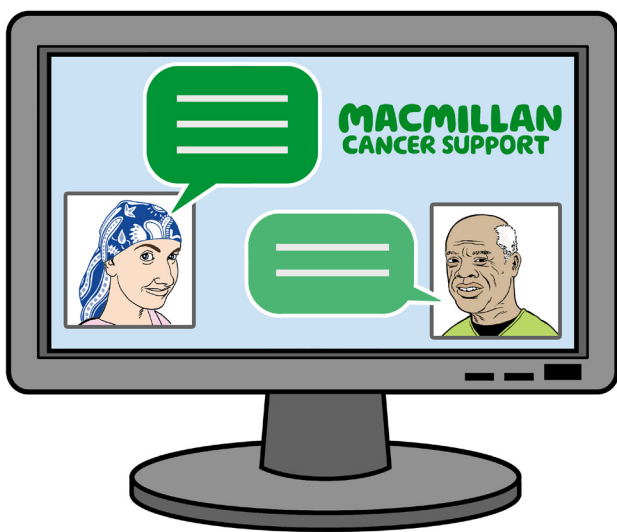
- The Macmillan website. Visit macmillan.org.uk for information about cancer. You can also use our web chat to ask questions at macmillan.org.uk/talktous



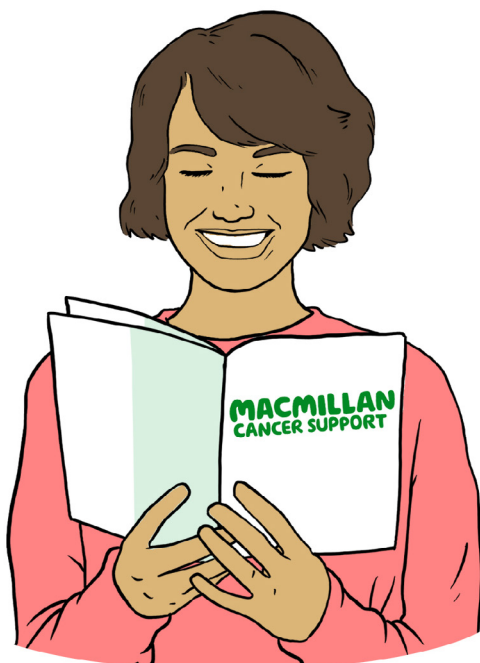
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

be.macmillan.org.uk



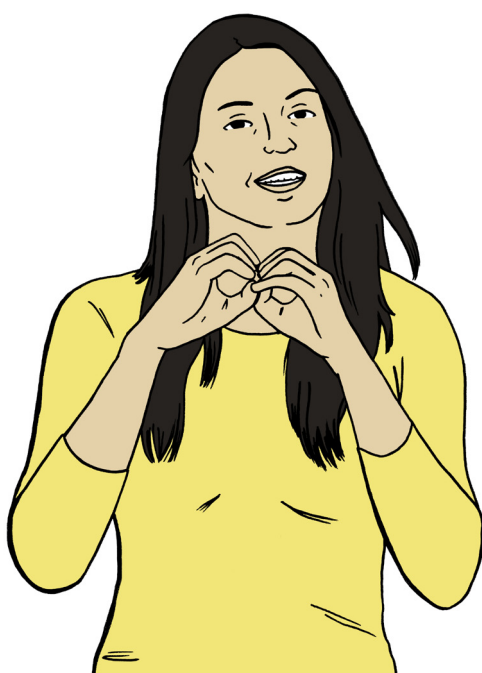
Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



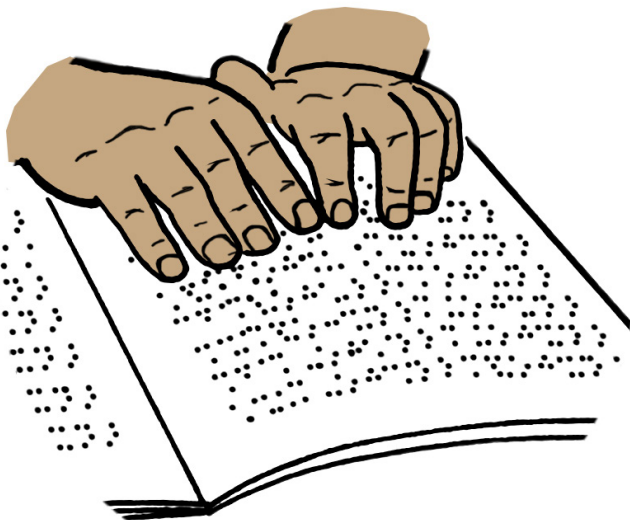
eBooks

You can get eBooks
about cancer from
be.macmillan.org.uk



Large print

Tell us if you need
information in large print.
Email: [cancerinformationteam
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

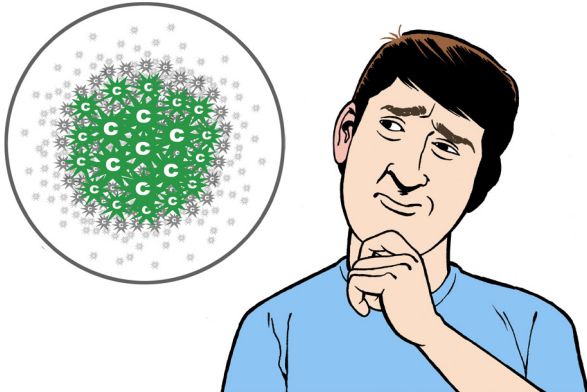


Braille

Tell us if you need
information in Braille.
Email: [cancerinformationteam
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you

About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



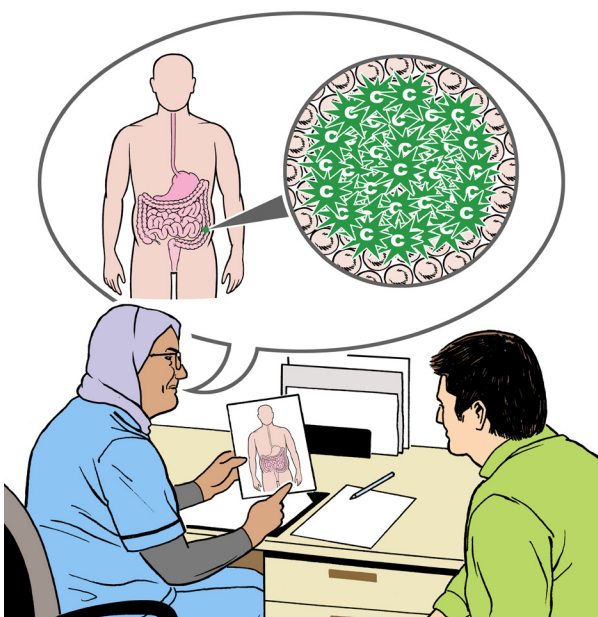
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



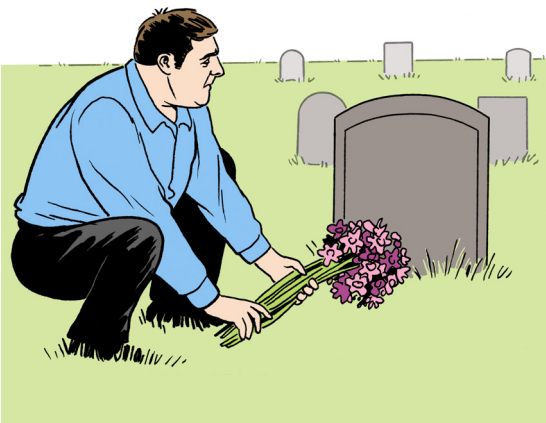


End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying

After someone dies

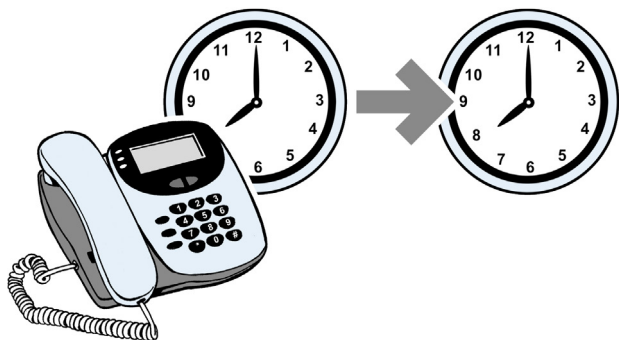
- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies



To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

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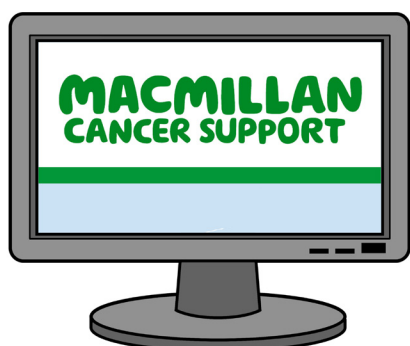
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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Patient Information Forum



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