

# TIPS TO EAT WELL DURING CANCER TREATMENT

在癌症治疗期间的饮食贴士

365  
防癌教育协会  
Cancer Prevention Society





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# LOSS OF APPETITE

## 食欲不振



Eat 5-6 smaller meals each day.

每天吃五到六顿小餐。



Eat the largest meal of the day when you feel best or when you are hungriest.

在您感觉身体状况最好或最饿的时候尽量多吃。



Prioritise to eat protein foods first when you have an appetite.

当您有胃口时，先吃富含蛋白质的食物。

Eat a larger portion of your favourite foods, rather than struggling with foods you dislike.

多吃自己喜欢吃的食物，以促进您的胃口。不要勉强自己吃不喜欢的食物。



Use herbs, spices or lemon to increase appetising flavour of foods.

烹调时，您可使用香草、香料或柠檬来增加食物的香味。

Increase nutrient density by adding more protein & calories in your food.

在食物中添加更多的蛋白质和热量，以增加营养素密度。



Change the texture of food. Choose soft, moist, and smooth foods. Examples: milkshake, tau hwey, pudding, yogurt, ice-cream, etc.

您可更改食物的软度。选择软性和爽滑食物，例如：奶昔、豆花、布丁、酸奶、冰淇淋等。



Drink nourishing fluids which are high in protein & calories in between meals throughout the day. Examples: smoothie, milkshake, etc.

尝试在每两餐之间喝一些高蛋白和高热量的营养饮料，例如：冰沙、奶昔等。



Keep nutritious snacks nearby: peanut butter crackers, nuts, granola bars, or dried fruit. Eat a snack every 2-4 hours.

备好一些营养小点心，以便随时可以食用。例如：花生酱夹心饼干、坚果、燕麦棒或干果。每隔二到四小时吃些小点心。



Consider liquid oral nutrition supplement (high protein/calorie) and whey protein supplementation.

您可以考虑从营养补充配方（高蛋白/热量）和乳清蛋白粉来提高热量和营养的摄取。



Choose foods with attractive colours and presentation to increase appetite.

选择颜色鲜艳和外观吸引人的食物，以增加食欲。



Eat together with your loved ones so that mealtimes are enjoyable. Set up a pleasant environment for dining.

和家人或朋友一起吃饭，享受一起进食的乐趣，营造舒适的用餐环境。

# TASTE CHANGES

## 味觉改变



Adjust the amount of flavourings, seasonings and spices used in cooking until you obtain the taste you desire.

烹调时,调整调味料和香料的分量,直到合您口味为止。



Experiment with sauces, honey, ketchup, herbs, lime juice, vinegar, condiments, and seasonings. Be careful to not over-season.

试用酱汁、蜜糖、番茄汁、香料、酸柑汁、醋和其他调味料。避免用过量调味料。



If foods taste overly sweet, add something sour or slightly bitter.

如果食物的味道太甜,您可尝试添加一点酸味或微苦味。



Tart flavours, such as lemon, lime and vinegar, are usually better tolerated.

酸性味道一般上比较容易被接受,例如:柠檬、酸柑和醋。



Marinate meat, chicken, or fish before cooking to mask strange tastes.

您在烹饪前能尝试将肉类,鸡肉或鱼腌制,以掩盖异味。



Use plastic, wooden, or porcelain utensils if you have a metallic taste.

如果口腔有金属味,您可以尝试用塑料、木制、或陶瓷的餐具来吃饭。

You may drink from a straw to bypass your taste buds.

您可以使用吸管以避开您的味蕾。



Brush teeth and rinse mouth before meals.

您可以在吃饭前刷牙和漱口。



Chew sour plums, preserved orange peels, lemon drops or mints after meals to help get rid of any undesirable taste that lingers after eating.

(\*\*Avoid sour plums if you have a sore mouth, as tart food may make it worse)

尝试饭后咀嚼酸梅、陈皮、柠檬糖或薄荷，以消除残留在口中令人不舒服的味道。

(\*\*如果有口腔不适，避免咀嚼酸梅，因为酸性食物会刺激口腔。)



Allow hot food to cool a little, as cooled food will have less odour.

让较热的食物放凉一些才吃。高温会加强不好的味道。



Do not force yourself to eat foods that taste unpleasant. Instead, find substitutes for those foods.

If red meat tastes bitter and metallic, substitute with chicken, fish, tofu, or eggs instead.

不要勉强自己吃味道较难下嚥的食物。相反的，可寻找其他的食品来替代。

如果红肉让您觉得带苦味和金属味，可用鸡肉、鱼肉、豆腐、鸡蛋来替代。



Hot food may emit more odour. Avoid being in the kitchen while food is prepared.

热食会发出气味。若有可能，尽量避免在他人正在烹饪时进入厨房。

# XEROSTOMIA / DRY MOUTH

## 口干症 / 口干



Have frequent sips of fluids or nourishing fluids throughout the day. For juices, choose low-acidic fruit juices such as honeydew or watermelon.

多喝水或其他营养较高的饮料。对于果汁，选喝酸性较低的，例如：蜜瓜或西瓜汁。

Chew gum or suck on hard candy, popsicles, frozen fruits, or ice chips; this can help to make more saliva.

尝试咀嚼口香糖，吮吸硬糖、冰棒、冰冻水果或冰块以增加唾液分泌。



Dip dry foods into beverages before eating. Examples: dip biscuits into milk, soy milk, malted beverage, etc.

您可以将干的食物在饮料中沾一沾才吃。例如：把饼干沾进牛奶、豆浆、麦芽饮料等。



Moisten food with sauces, gravies, dressing, and soups for easy swallowing.

尝试以酱料、肉汁、调味汁或汤汁来增加食物的水分，以便您容易下咽。

Choose soft, moist, creamy or pureed foods which are easier to swallow. Examples: porridge, cream soups, yogurt, pudding, ice-cream, mash potato, custard, steam egg, etc.

选择软性、爽滑、奶油脂类或泥状的食物。这些食物比较容易下咽。例如：粥、奶油浓汤、酸奶、布丁、冰淇淋、薯泥、卡仕达酱和蒸蛋等。



Keep your lips moist with a lip balm. Talk to your doctor or dentist about artificial saliva products.

使用润唇膏来保持嘴唇湿润。您可与医生或牙医谈谈关于人工唾液的产品。



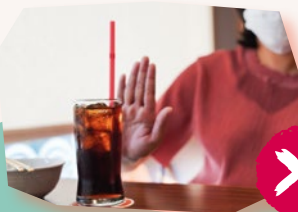
Foods that are deep-fried and grilled tend to be hard. You can try steaming, stewing or slow-cooking to obtain soft textured food.

油炸和烧烤的食物一般都比较硬。您可尝试蒸、炖或慢火煮的食物，以使食物更软嫩。



Rinse your mouth every 1-2 hour. Use 1/4 tsp baking soda + 1/8 tsp salt + 1 cup warm water. Then, rinse with plain water again.

每一到两个小时漱一次口。  
用 ¼ 茶匙小苏打 + ⅛ 茶匙盐 + 1 杯温水。  
过后，再用清水清洗一遍。



Avoid very hot or very cold foods and drinks. Extreme temperatures may irritate the mouth further.

避免吃非常烫或冷的食物及饮料。  
太烫或太冷都会进一步刺激口腔。



Avoid smoking. Keep good oral hygiene. Avoid alcoholic mouthwash and toothpicks.

避免吸烟。保持口腔卫生。避免含有酒精的漱口水和牙签。



Avoid foods which may irritate the mouth: dry, hard, rough, crunchy, spicy, acidic, salty foods, and carbonated drinks.

避免食用会刺激口腔的食物，包括：  
干燥、坚硬、粗糙、爽脆、辛辣、酸性、咸的食物和碳酸饮料。



Avoid alcohol, caffeine, and drinks high in sugar as they can be dehydrating.

避免酒精类、含咖啡因或糖分高的饮料，以免使口腔更干燥。

# MUCOSITIS / SORE MOUTH & THROAT

## 口腔粘膜炎 / 口腔和咽喉不适



Try easy-to-swallow, soft, moist, creamy, mashed, or pureed foods. Examples: tau huey, steam egg, pudding, custard, blended porridge, cream soups, mashed potatoes, ice-cream, yogurt, etc.

选择容易吞咽、软性、爽滑、奶油脂类或泥状的食物。例如：豆花、蒸蛋、布丁、卡仕达酱、糜粥、奶油浓汤、薯泥、冰淇淋、酸奶等。



Use sauces, dressings, gravies, broth, or cream to moisten food, as it also adds nutrition and flavour.

尝试以酱料、调味汁、肉汁、肉汤或奶油来增加食物的水分，也增加营养成分和味道。



Use a straw to direct fluids away from painful parts of the mouth.

您可以使用吸管以便避开口腔疼痛的部位。



Try chilled or lukewarm foods. Avoid very hot foods.

应吃冷或较偏温的食物。避免非常烫的食物。



Sip nourishing fluids throughout the day. Examples: warm or cool milk, soy milk, non-acidic fruit juices, milkshake, yogurt, smoothie, oral nutrition supplement, etc.

多喝一些营养较高的饮料。例如：温或冷的牛奶、豆浆、酸性较低的果汁、奶昔、酸奶、冰沙、营养补充配方等。

Keep lips moist with lip balm or lip moisturisers.

使用润唇膏或润唇霜来保持嘴唇湿润。



Try sucking popsicles, frozen fruits, or ice chips to numb the mouth from pain.

尝试吮吸冰棒、冰冻水果或冰块以减轻口腔疼痛。



Cut food into smaller pieces before eating.

您可以在食用前把食物切成小块。



Rinse mouth with baking soda solution (1/2 tsp baking soda dissolved in 2 cups of water) before and after meals.

在饭前和饭后，您可尝试用小苏打溶液（半茶匙小苏打粉溶解在两杯温水）来漱口。

Cook foods until soft and tender. You can also puree foods using a blender or food processor, if necessary.

将食物煮至软嫩。如果有必要，您可试用搅拌机或食物处理器将食物搅成泥状。



Avoid foods which may irritate the mouth: dry, hard, rough, crunchy, spicy, acidic, salty foods, and carbonated drinks.

避免食用会刺激口腔的食物，包括：干燥、坚硬、粗糙、爽脆、辛辣、酸性、咸的食物和碳酸饮料。



Avoid tobacco and alcohol. Avoid use of alcoholic mouthwashes, toothpaste with whitening agents, and toothpicks, to prevent irritation to the mouth and throat.

避免吸烟和酒精。避免使用含有酒精的漱口水，含有美白剂的牙膏和牙签，以免刺激口腔和咽喉。



# NAUSEA & VOMITING

## 恶心和呕吐



Have frequent small feedings. Do not skip meals. Eat your largest meal of the day at the time you feel best - usually at breakfast.

可选择少量多餐，但每餐都要进食。在感觉身体状况最好的时候尽量多吃（一般是在早餐）。



Choose plain food with less odour such as crackers, cereals, or toasts.

尽量选择气味较淡的食物，例如：饼干、麦片或吐司。



Cold or lukewarm food is usually better tolerated.

通常冷或温热食物的耐受性会比较好。



Small amounts of salty or sour foods may help relieve nausea. Examples: salted crackers, sour plums, orange peel, preserved ginger or mangoes, ginger tea, lemon, peppermint, etc.

吃少许的咸味或酸味食物有助于消除恶心的感觉。例如：咸饼干、酸梅、陈皮、腌制姜片或芒果、姜茶、柠檬和薄荷等。



Take frequent small feedings of fluids in between meals such as barley water, ginger tea, clear soup, or oral nutrition supplement to prevent dehydration.

尽量在正餐之间少量并多次地喝饮料，例如：薏米水、姜茶、清汤或营养补充配方，以避免身体脱水。





Eat soft foods such as jelly, ice cream, and yogurt, in small amounts often. Juices, nectars or glucose drinks may also be well tolerated.

尝试多吃少量的软性食物。例如：果冻、冰淇淋、酸奶。果汁、蜜糖或葡萄糖饮料的耐受性也可能会更好。



Do light exercise and have some fresh air.

做些轻微的运动，并且呼吸清新空气。

Ask your doctor about medication to relieve nausea.

询问您的医生关于减轻恶心的药物。



Rest after meals but avoid lying down flat for at least 2 hours after eating.

餐后小休，但避免在进食后的两个小时内平躺。



Avoid foods that make you feel nauseated: very greasy, fatty, rich, very sweet, spicy, or foods with strong odour. However, if these foods can be tolerated, you can continue to enjoy them.

避免容易引起恶心的食物，包括：油炸食物、油腻和高脂肪的食物；非常辛辣或甜的食物和味道浓烈的食物或饮料。不过如果您吃得下这些食物，可继续享用。



Do not eat your favourite foods when you feel sick as you might start to dislike them.

当感觉不适时，不要吃您平时喜欢吃的食物，以免从此讨厌这些食物。



Hot food may emit odour which worsen nausea. Stay out of the kitchen when food is being prepared.

热食发出的气味可能会让您产生恶心反胃的感觉。若有可能，尽量避免在他人正在烹饪时进入厨房。



# CONSTIPATION & DIARRHOEA

## 便秘和腹泻

### CONSTIPATION (便秘)



Have some high-fibre food. Increase intake of dietary fibre from fruits, vegetables, whole grains, beans, nuts and seeds.

吃些高纤维的食物。增加膳食纤维的摄入量,例如:水果、蔬菜、全谷类、豆类以及坚果和种子类。



Ensure adequate intake of fluids 8-10 cups/day.

每天摄取至少8至10杯饮料,确保身体有足够的水分。



Drink some prune juice, as it contains sorbitol, a natural laxative.

尝试喝西梅汁,因为它们含有山梨糖醇,是天然的泻药。



Have some probiotics from yogurt or probiotic beverages.

尝试从酸奶或其他益生菌饮料来摄取益生菌。

Increase physical activity to stimulate bowel movement.

做些轻微的运动,例如步行。这些运动有时能帮助刺激排便。



Avoid caffeinated drinks such as coffee, tea, and coke, as it may dehydrate your body and make stools harder.

避免摄取咖啡因饮料如咖啡、茶和可乐等。这些饮料会导致身体出现脱水症状。粪便难以留住水分,就会变硬。



# DIARRHOEA (腹泻)



Add soluble fibre to diet at regular intervals throughout the day.

定期增加可溶性纤维的摄入量。



Drink plenty of fluids to replenish: water, clear diluted juices, isotonic drinks, clear soups, or oral rehydration solutions.

多喝水以保持水分，例如：白开水、稀化的果汁、等渗饮料、清汤或口服补盐液。



Limit/avoid insoluble fibre during this time.

在此期间，尽量限制或避免不溶性纤维。



Avoid greasy, fried, spicy, or very rich foods. These foods may aggravate the bowel.

避免吃油腻、油炸食物和辛辣食物。这些食物可能会使腹泻情况恶化。



Avoid spicy foods, gas-forming foods. Examples: cabbage, broccoli, onion, brussel sprouts, beans, etc. These foods may aggravate the bowel.

避免吃辛辣食物和某些易于产生气体的食物，例如：包菜、洋葱、花椰菜和豆类等。这些食物可能会使腹泻情况恶化。



Avoid excessive amounts of sweetened beverages, such as fruit juice mix, sodas, sweet teas, that might contribute to osmotic diarrhoea.

避免过量饮用甜味饮料，例如：浓缩果汁、汽水、甜茶。这可引起渗透性腹泻。

# CONSTIPATION & DIARRHOEA

便秘和腹泻

## WHEN TO TAKE SOLUBLE FIBRE OR INSOLUBLE FIBRE?

什么时候食用水溶性纤维/非水溶性纤维？



**Soluble Fibre**  
水溶性纤维

Good for constipation and diarrhoea.

对便秘和腹泻都有益。

### EXAMPLES OF FOOD SOURCES

食物来源

Oat products, barley, chia seeds, beans (kidney, pinto, black), apples/pears without skin, prunes, brussel sprouts.

燕麦食品、薏米、奇亚籽、豆类(腰豆、扁豆、黑豆)、不带皮的苹果或梨子、西梅、球芽甘蓝。



**Insoluble Fibre**  
非水溶性纤维

Only good for constipation. Avoid/limit if you have diarrhoea.

只对便秘有益。如果有腹泻，请避免或限制。

### EXAMPLES OF FOOD SOURCES

食物来源

Whole grains, brown rice, whole wheat bread/pasta, green leafy vegetables.

全谷类、糙米、全麦面包或面、绿叶蔬菜。

# WHEN TO TAKE LOW OR HIGH FIBRE DIET?

## 什么时候食用低纤维饮食/高纤维饮食?



**Low Fibre Diet**  
低纤维饮食

After colon surgery • Diarrhoea  
结肠手术后 • 腹泻

### EXAMPLES OF FOOD SOURCES 食物来源

Fruits (水果)

Fresh fruits like:  
watermelon, banana (ripe),  
rock melon, honeydew, plum &  
apricot (fresh), wax apple

Well-cooked fruits  
(without skin/seeds)

Fruit juices (without pulp/fibre)

新鲜水果: 西瓜、香蕉(熟)、蜜瓜、哈蜜瓜、梅和杏(新鲜)、莲雾

煮熟的水果(去皮和种籽)

水果汁(不含果肉/纤维)



**High Fibre Diet**  
高纤维饮食

Constipation  
便秘



### EXAMPLES OF FOOD SOURCES 食物来源

Fruits (水果)

Fresh fruits like:  
berries, papaya, mango, guava,  
pineapple, orange, apple/pear  
with skin, peach, persimmon

Dried fruits like: dried mango,  
prunes, figs, apricots, dates,  
raisins & sultanas

Fruits loaded with seeds like:  
dragon fruit, passionfruit,  
pomegranate

新鲜水果: 浆果类、木瓜、芒果、番石榴、凤梨、橙子、带皮的苹果或梨子、水蜜桃、柿子

干果: 芒果干、梅干、无花果、杏干、枣干或葡萄干

带多籽的水果: 火龙果、百香果、石榴

# CONSTIPATION & DIARRHOEA

## 便秘和腹泻



### Low Fibre Diet 低纤维饮食

#### EXAMPLES OF FOOD SOURCES

##### 食物来源

Tender & well-cooked fresh vegetables:  
cauliflower, mushroom, zucchini, carrots, brinjal, bell peppers, radish, cucumber, beansprouts, tomato (whole), bitter gourd

Note: remove skin of vegetables  
Tender & well-cooked canned vegetables, strained vegetable juices

煮熟和软嫩的新鲜蔬菜：

椰菜花、蘑菇、夏南瓜、胡萝卜、茄子、灯笼椒、白萝卜、黄瓜、豆芽、番茄(整)、苦瓜

备注：把蔬菜的皮去除

煮熟和软嫩的罐头蔬菜，已过滤的蔬菜汁



#### Meat & Others (肉类及其他)

Any tender and well-cooked meat, fish, poultry

Eggs, tofu

任何软嫩和煮熟的肉、鱼或家禽类

鸡蛋、豆腐

### High Fibre Diet 高纤维饮食

#### EXAMPLES OF FOOD SOURCES

##### 食物来源

All forms of raw vegetables

Fresh vegetables like:  
green leafy vegetables (spinach, kang kong, kai lan, watercress, sweet potato leaves), celery, broccoli, brussel sprouts, sweetcorn, peas (green & snow peas)

任何种类的生蔬菜

新鲜蔬菜：

绿叶蔬菜(菠菜、蕹菜、芥兰、西洋菜、番薯叶)，西芹、西兰花、抱子甘蓝、玉米、豆类(青豆和雪豆)

#### Vegetables (蔬菜)



#### Meat & Others (肉类及其他)

Tough meat (with gristle)

Legumes (chickpeas, red beans, green beans, green or snow peas)

坚韧肉类(带脆骨)

豆类(鹰嘴豆、红豆、绿豆、青豆或雪豆)

## Low Fibre Diet 低纤维饮食

### EXAMPLES OF FOOD SOURCES

#### 食物来源

#### Carbohydrate (碳水化合物)

Refined white bread  
Refined pasta  
White rice  
Cream crackers  
Potatoes without skin  
(baked/boiled)

白面包  
意大利面  
白饭  
奶油饼干  
不带皮的马铃薯  
(烤/煮熟)



#### Dairy (奶制品)

Any varieties of milk, plain yogurt, ice-cream & cheese  
任何种类的牛奶、原味酸奶、冰淇淋和乳酪

#### Fats (油类)

Smooth nut butters  
Oil spread (olive oil/canola oil)  
Cream sauces  
幼滑坚果酱  
油类面包涂酱 (橄榄油/菜籽油)  
奶油酱料

#### Snacks & Confectioneries (点心和零食)

Plain custard/pudding  
Cookies/cakes (without nuts, seeds, oats or dried fruits)  
原味卡仕达酱或布丁  
饼干或蛋糕 (不含坚果、种籽、燕麦或干果)

## High Fibre Diet 高纤维饮食

### EXAMPLES OF FOOD SOURCES

#### 食物来源

#### Carbohydrate (碳水化合物)

Wholemeal bread  
Wholemeal pasta  
Wholemeal wraps  
Brown rice/red rice/purple rice  
Wholemeal crackers  
Rolled oats  
Potatoes (With skin)

全麦面包  
全麦意大利面  
全麦玉米卷  
糙米、红米、紫米  
全麦饼干  
燕麦  
马铃薯 (带皮)



#### Dairy (奶制品)

Avoid toppings like:  
coconut flakes, dried fruits,  
nuts & seeds  
避免在奶制品中添加：  
椰丝、干果、坚果和种籽

#### Fats (油类)

Crunchy nut butters  
粗粒坚果酱



#### Snacks & Confectioneries (点心和零食)

Granola/cereal/nut bars  
Oatmeal smoothie  
Popcorn  
Bran muffins  
谷麦、燕麦或坚果棒  
燕麦奶昔  
爆米花  
麸皮玛芬

# INDIGESTION / BLOATEDNESS

## 消化不良 / 腹胀

Take frequent small meals throughout the day. Avoid large volume meals.

少量多餐。避免大量进食。



Try adding ginger in your food. Mince ginger into porridge, vegetables, or steam fish.

尝试在食物中加入姜片。在煮粥，炒菜或蒸鱼时加入姜末。



Mild exercises after meals, such as walking, may help relieve stomach distension.

做些轻微的运动，例如在饭后散步，也许能帮助舒缓腹胀。



Sip fluids between meals rather than during meals. Avoid drinking fizzy/soft drinks.

饮料可在两餐之间喝，不要在用餐时喝。避免喝汽水或碳酸饮料。

Avoid gas-forming foods such as cabbage, onion, brussel sprouts, broccoli, beans, etc.

避免吃某些易于产生气体的食物，例如：包菜、洋葱、抱子甘蓝、西兰花和豆类等。



Avoid fried & greasy foods as they make you feel full.

避免油炸和油腻的食物，因为它们会让您感到饱。



Avoid coffee and alcohol as they can trigger heartburn.

避免咖啡和酒精。这些可能会引发胃灼热。



Avoid overeating. Chew food thoroughly before swallowing.

避免吃得过量，并在吞下食物前，彻底咀嚼食物。



# WEIGHT LOSS

## 体重减轻

Eat 5 - 6 small meals each day.

每天吃5至6顿的小餐。



Have frequent snacks if you do not feel hungry. Examples: cream soups, red/green bean soups, sandwich with tuna & cheese, yogurt with fruits & nuts, etc.

如果您没有饿的感觉,可以在一天里多次进食少量的点心。例如:奶油浓汤,红/绿豆汤,金枪鱼和芝士三明治,酸奶与水果和坚果等。



Enrich the food you eat with calories and protein.

- (i) Beat an egg into soup
- (ii) Add minced meat, fish, tofu, or sesame oil into porridge
- (iii) Add milk into cereal/malted beverages
- (iv) Add peanut butter/cheese /tuna spread onto bread.

利用“加料”的原理;通过蛋白质和热量丰富食物的营养成分。

- (i) 在汤里加个蛋
- (ii) 在白粥里加入肉碎、鱼、豆腐/豆干、麻油等
- (iii) 在谷类/麦芽饮料中添加鲜奶
- (iv) 在面包上涂多些花生酱、乳酪或金枪鱼酱。



Try to make every mouthful you eat and drink count.

Drink nourishing fluids like milk, milkshakes, soy milk, fruit juice, cereal beverages or malted beverages instead of plain water.

尝试让自己吃下的每一口食物和喝下的每一口饮料都含有营养价值。

您可以选择营养成分较高的饮料,例如:牛奶、奶昔、豆浆、果汁、谷类或麦芽饮料来取代白开水。



Store up nutritious snacks high in protein and calories at home.

Examples: biscuits with cream cheese, steamed pau, bun with sardines/cheese/egg filling, granola bars, etc.

在家中准备有高蛋白和热量的营养点心,例如:含有乳酪馅料的饼干、蒸包、夹有沙丁鱼、乳酪、鸡蛋的三文治或面包和燕麦棒等。



Consider liquid oral nutrition supplement (high protein/calorie) to boost calorie and nutrient intake.

您也可以靠营养补充配方(高蛋白/热量)来提高热量和营养的摄取。



# LACTOSE INTOLERANCE

## 乳糖不耐症



Try hard cheeses that are naturally low in lactose. Examples: cheddar, swiss, parmesan, etc.

尝试乳糖含量低的硬质乳酪。例如：切达干酪，瑞士干酪和帕尔玛干酪等。

Ensure adequate calcium intake from non-dairy food. Examples: sardines, anchovies, tofu, soy milk, edamame, broccoli, chye sim, kalian, sesame, etc.

确保从非奶制品中摄入足够的钙。例如：沙丁鱼、江鱼仔、豆腐、豆浆、毛豆、西兰花、菜心、芥兰、芝麻等。



Try dairy products treated with lactase enzyme.

尝试用乳糖酶处理的奶制品。



Limit/avoid dairy products, substitute with soy milk, almond milk, or lactose-free nutritional formulas.

限制或避免奶制品。尝试用豆浆，杏仁奶或无乳糖的营养配方来代替。

# SWALLOWING DIFFICULTY

## 吞咽困难

Consider changing the consistency of food by pureeing. Use a blender or food processor to puree your food if necessary.

您可考虑更改食物的稠度。如果必要，您可试用搅拌机或食物处理器将食物搅成泥状。



Cut food into smaller pieces. For meat, try mincing and moistening with gravy or broth.

食用前将食物切成小块。您可尝试把肉切碎再以酱料或汤来增加食物的水分。

Try easy-to-swallow, smooth, soft, creamy textured foods. Examples: cream soups, mash potato, steamed/scrambled eggs, custard, yogurt, pudding, tau huey, etc.

选择容易吞咽、爽滑、软性、奶油脂类食物。例如：奶油浓汤、薯泥、蒸蛋/奶油炒蛋、卡仕达酱、酸奶、布丁、豆花等。



Use sauces, dressings, gravies, broth, or cream to moisten food, as it also adds nutrition and flavour.

尝试以酱料、调味汁、肉汁、肉汤或奶油来增加食物的水分，也增加营养成分和味道。



Cook foods until soft and tender.

将食物煮至软嫩。



Avoid foods that can burn or scrape your throat: very hot foods, sharp, coarse and crunchy foods like chips, dry crackers, nuts.

避免吃些会刺激咽喉的食物，包括：非常烫的食物、坚硬、爽脆和粗糙的食物，例如：薯片，饼干和坚果。



# LOW IMMUNITY

## 免疫力下降



There is no need to avoid fresh fruits, but do wash them properly before eating.

无需避免新鲜水果，但是在食用前确保清洗干净。



Avoid salad bars, buffets, or any cooked food which has been left at room temperature for long.

避免自助沙拉吧，自助餐或任何在室温下放置很长时间的熟食。



Avoid unpasteurised milk, yogurt, or honey.

避免食用未经过巴氏消毒的牛奶、酸奶和蜜糖。



Avoid raw sprouts, such as alfalfa sprouts.

避免食用生芽，例如苜蓿芽。



Avoid mold-ripened and blue-veined cheeses.

避免食用霉菌化和蓝纹的乳酪。

Avoid raw or undercooked meat, poultry, fish, seafood, eggs. Ensure that these foods are well-cooked before consumption.

避免吃生和未煮熟的肉、家禽、鱼、海鲜和鸡蛋。食用前，确保这些食物完全煮熟。







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