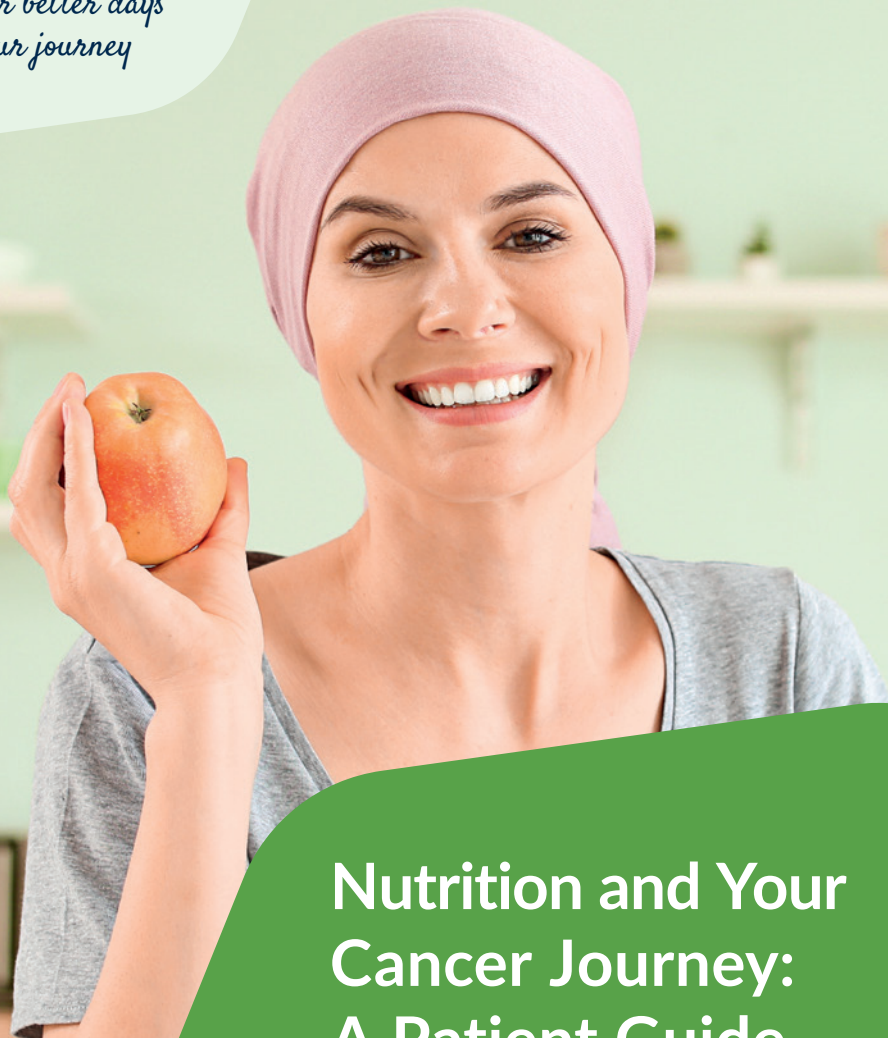




MY CANCER
MY NUTRITION

*Empower better days
along your journey*



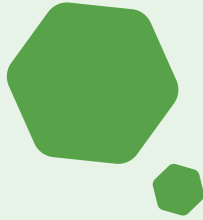
Nutrition and Your Cancer Journey: A Patient Guide

Good nutrition can support you during cancer treatment. This brochure explains how.

Support for Your Journey

Cancer treatment can be tough, but good nutrition can help you feel stronger and cope better with treatment and surgery. Eating well supports your body and overall wellbeing.¹





Why Good Nutrition Matters

Eating well gives your body the energy and nutrients it needs to maintain strength and support recovery.¹

Good nutrition can help you:

- Prepare for and recover from treatment¹
- Manage side effects like appetite changes²
- Maintain strength and energy for daily activities³
- Support your immune system and support healing⁴
- Improve your quality of life⁵
- Lower the risk of complications.⁶

Common Nutrition Challenges

Cancer and its treatment can make eating well more difficult and may lead to weight loss.⁷

You might experience:²

- Loss of appetite
- Nausea or vomiting
- Changes in taste or smell
- Constipation or diarrhoea
- Difficulty swallowing (also called dysphagia)
- Mouth sores.



If you have any of these symptoms speak with your healthcare professional team so they can help you manage them.

What Is Malnutrition?

Malnutrition means your body isn't getting enough food or protein which can cause weight loss and fatigue⁸

Malnutrition is common during cancer treatment and up to 80% of patients may experience it.⁸



Malnutrition - Why Acting Early Matters

Malnutrition is a serious problem that needs quick action. If untreated, it can disrupt treatment or lead to longer hospital stays.⁹

Early action to improve your nutrition can help:

- Improve treatment tolerance^{1,10}
- Lower complication risk¹¹
- Support recovery^{1,10}
- Support your immune system.⁴



If you're struggling to eat or are losing weight without trying, speak to your healthcare professional team.

Your Nutrition Needs During Cancer Treatment

During treatment, your body needs more energy to avoid weight loss and extra protein to maintain strength.¹²

The power of protein:

- Protein is especially important because your body doesn't store it like carbohydrates or fat.¹³
- Eating enough protein helps support your muscle mass.¹⁴



Tips to Eat Well

Eating more when you're hungriest is important as it helps you maintain your strength.¹²

*Simple tips to eat well:*¹²

- Choose high-protein foods: eggs, dairy, meat, fish, nuts, tofu
- Eat small, frequent snacks if appetite is low
- Boost calories where you can: add cheese, butter, cream, avocado, nuts, seeds, and full-fat yogurt.
- Stay hydrated with water, soups, and fresh juice.

Boost Your Nutrition with Oral Nutritional Supplements

If you're struggling to eat enough or losing weight, consider adding a nutritional supplement drink or powder to your diet.¹⁵

These can help you:

- Get in extra protein and calories¹⁵
- Maintain weight and muscle¹⁴
- Recover from treatments.¹²



Always check with your healthcare professional team before starting nutritional supplements to make sure you choose what is best for you.

Nutritional Supplement Drinks to Support Your Cancer Care

RESOURCE® ULTRA+

Each 125mL drink provides:



20g
PROTEIN



Similar to
80g of beef*

281kcal
ENERGY



Similar to 2 large
glasses (450mL)
of full fat milk.*

During
Cancer
Treatment

Small in volume and high in protein and energy ideal to help maintain body weight if you have a low appetite.

RESOURCE® ULTRA CLEAR FRUIT

Each 200mL drink provides:



14g
PROTEIN



Similar to
3 eggs.*

300kcal
ENERGY



Similar to
1 medium
avocado.*

Sensory
Alterations

A juice-style drink, ideal if you experience sensory or taste changes associated with cancer treatment.

*Average value. Source: Xyris, Foodworks 2025.

Oral Nutritional Supplements must be used under medical supervision. Always consult your healthcare professional (Dietitian, Nurse, Oncologist or GP) before beginning any nutritional supplement to ensure it is appropriate for you.

Specialised oral nutritional supplements make it easier to boost your nutrition and support your strength during cancer treatment.¹⁵



Your healthcare professional may recommend a specific supplement based on your needs.

SUSTAGEN® HOSPITAL FORMULA Neutral Flavour



Upon
Diagnosis
& Post
Treatment

Versatile powder format. Simply mix with water for a high protein drink or add the powder to food and drinks to increase protein and nutrients.



Recipe ideas: easy ways to use SUSTAGEN® in your snacks or drinks to boost the protein in each serve:

	QUANTITY	SUSTAGEN®	METHOD	ADDED PROTEIN
Porridge	½ cup or 40g raw oats	20g (1 scoop)	Stir into cooked porridge	4.6g
Tea / Coffee	1 cup or 250mL	20g (1 scoop)	Stir into tea or coffee as a replacement for milk	4.6g
Natural Yoghurt	½ cup or 125g	40g (2 scoops)	Stir into yoghurt 5 minutes before serving	9.2g

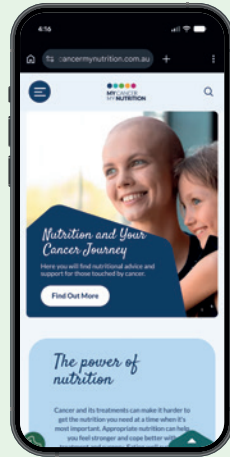


Scan to
learn more

mycancermynutrition.com.au

Visit our website designed to:

- Support patients and caregivers with helpful information on the role of good nutrition throughout the cancer care journey
- Highlight how appropriate nutrition can contribute to maintaining physical strength and assist in managing certain treatment-related side effects
- Provide tasty and nutritious recipes to help support good nutritional habits.



References: 1. Arends J, et al. Clin Nutr 2017;36:11e48. 2. Marshall KM, et al. Clinical Nutrition 2019; 38(2): 644-51. 3. Cereda E, et al. Radiother Oncol 2018;126(1):81-88. 4. Muscaritoli M, et al. ESPEN. Clinical Nutrition 2021;40:2898e2913. 5. Wang X, et al. Ann R Coll Surg Engl. 2021 Oct;103(9):630-637. 6. Cawood AL, Burden ST, Smith T, Stratton RJ. Ageing Res Rev. 2023 Jul;88:101953. 7. Ravasco P. Nutrition in Cancer Patients. J Clin Med. 2019 Aug 14;8(8):1211. 8. Arends J, et al. Clin Nutr 2017;36:1187-96. 9. Caillet P, et al. Clin Nutr. 2017 Dec;36(6):1473-1482. 10. Arends J, et al. ESMO Open 2021;6(3):100092. 11. Katiyar P, et al. J Clin Oncol 2021;39(3_suppl):466-466. 12. Capitão C. Support Care Cancer. 2022 Apr;30(4):3007-3015. 13. McCurdy K, et al. Nutrients 2019;11(11). 14. Stobaus N, et al. Nutr Cancer 2015;67(5):818-24. 15. Grupinska J, et al. Nutrients 2021;13:3549.

RESOURCE® ULTRA+ and RESOURCE® ULTRA Clear Fruit Flavoured Beverage are food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

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