



مدينة الملك فهد الطبية  
King Fahad Medical City



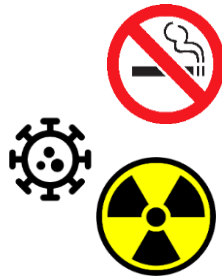
## Cancer Patient Diet

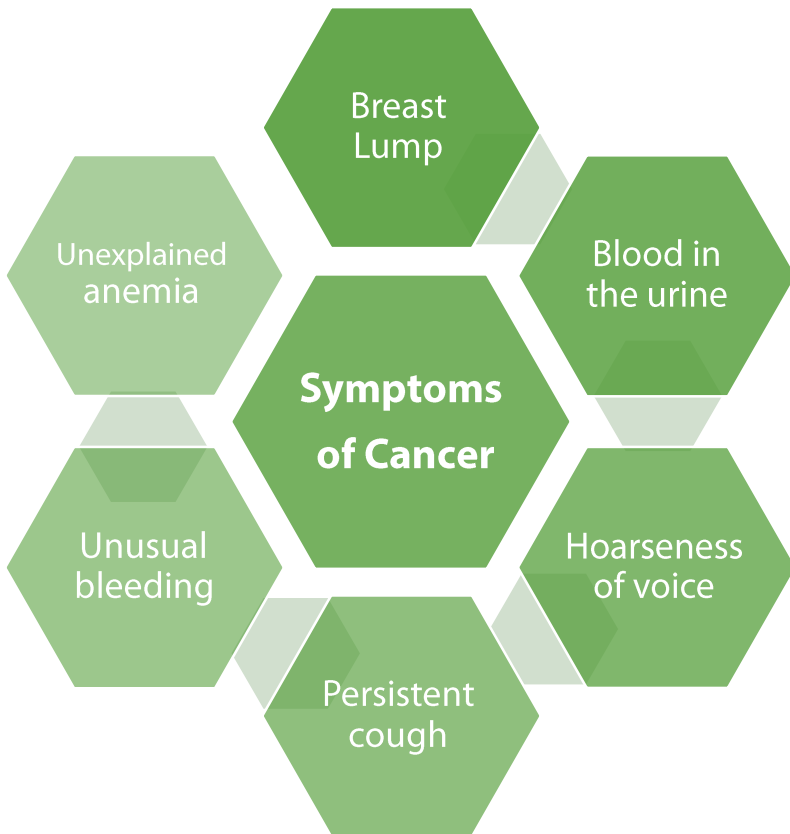
## What is diet?

Diet is a special **course** of food to which a person restricts themselves so as to obtain or maintain nourishment. It is a dietary recommendation for cancer prevention typically include weight management and eating health foods.

## Common causes of Cancer

- **Smoking and Tobacco**
- **Diet and Physical Activity**
- **Sun and other types of Radiation**
- **Viruses and other infection**







**Food to avoid**



**Food to eat**

**Deep fried**

**Whole grain breads**

**Grilled and Barbequed**

**Cereals**

**Charred meat**

**Drink 100% fruit or  
vegetables**

**Excessive salt and  
sugar**

**Choose meatless  
meals**

**Oily foods**

**Leafy green salad**

**Processed meats**

**Lean meat and fish**

**Red meat**

**Yogurt**

**Pickled or highly  
salted foods**

**Peanut butter or  
cheese**

**Alcohol**

**Eggs**

## Leukemia Diet



- **Steam vegetables.**
- **Whole grains.**
- **10 fruits and vegetable per day.**
- **Probiotics and cereals.**

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient nursing department



HEM1.18.000510

