



Cancer and its treatments can weaken the body. **This is why some recommendations should be followed to avoid getting sick from contaminated food.**

## Recommendations:

Food	Avoid	Prefer
 <p><i>Meat and eggs</i></p>	<ul style="list-style-type: none"> <li>✔ Half cooked meat.</li> <li>✔ Raw liver home smoothies.</li> <li>✔ Raw seafood: shrimp, oysters, prawns and sushi.</li> <li>✔ Nonvacuum packed meat, portions and distributes in sauce shops.</li> <li>✔ Eggs with soft yolk.</li> </ul>	<ul style="list-style-type: none"> <li>✔ Well cooked meat.</li> <li>✔ Eggs with hard yolk in any preparation.</li> <li>✔ For canned food: wash the cans with soap and water before opening and consume with the next 12 hours.</li> </ul>
 <p><i>Dairy products</i></p>	<ul style="list-style-type: none"> <li>✔ Unpasteurized milk and yogurt, cheeses such as: feta, brie, blue, among others.</li> <li>✔ Machine ice cream exposed in a showcase without packaging.</li> <li>✔ Homemade or organic yogurt.</li> <li>✔ Field milk, even boiled.</li> <li>✔ Commercial desserts.</li> </ul>	<ul style="list-style-type: none"> <li>✔ Milk, yogurt koumiss and cheeses whose packaging indicates they were pasteurized.</li> <li>✔ Desserts prepared at home.</li> <li>✔ Ice creams in individual packaging.</li> </ul>
 <p><i>Fruits, vegetables and greens</i></p>	<ul style="list-style-type: none"> <li>✔ Salad bar or Street sales.</li> <li>✔ Street stalls or restaurant fruits.</li> </ul>	<ul style="list-style-type: none"> <li>✔ Fresh fruits and vegetables well washed and scrubbed under running water.</li> </ul>
 <p><i>Miscellaneous</i></p>	<ul style="list-style-type: none"> <li>✔ Precooked commercial salad, with rice or pasta.</li> <li>✔ Preserved products in large containers.</li> <li>✔ Unboiled tap water.</li> </ul>	<ul style="list-style-type: none"> <li>✔ Treated water in individual containers or 10 minutes boiled water. Not large bottled.</li> </ul>

# Other general recommendations:

- ♥ Always check the expiration date of cans and packaging products.
- ♥ Have your food prepared daily.
- ♥ Plan different menu for variety.
- ♥ Eat your favorite food and **try new ones when you feel capable.**
- ♥ If you haven't eaten the food 2 hours after prepared, store it in the fridge and eat it within the next 24 hours. .
- ♥ Choose individual servings of packaged breads.
- ♥ Drink plenty liquids even if you're not thirsty, **to prevent constipation, urinary infections and it helps to eliminate toxins.**
- ♥ If possible, have different cutting boards for raw meat, cooked food, fruits and vegetables, or wash them after each preparation.
- ♥ If you lack of appetite, walk before eating.
- ♥ Chew your food very well.



- ♥ Avoid contact with raw yeast.
- ♥ Wash your hands and the surfaces where you prepare your food before and after doing so.
- ♥ Do not force yourself to eat when you feel nauseous or vomit.

**Ask for support from Nutrition and Dietetic professionals if you lack of appetite or an accelerated weight loss.**

