



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



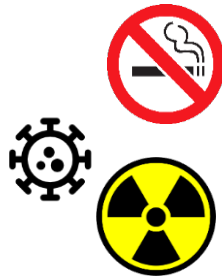
Cancer Patient Diet

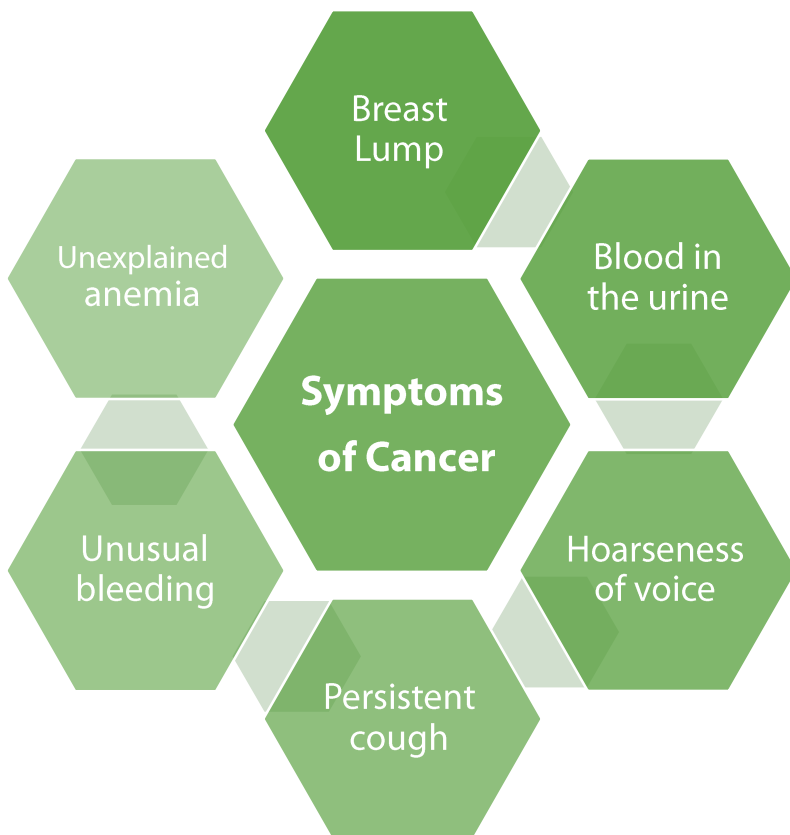
What is diet?



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



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