

## Nutritional and Dietetic Resources

Harrogate and District Hospitals NHS Trust's Specialist Oncology Dietitian has devised the following list of useful resources for patients who access the Active Against Cancer service.

### Nutritional resources

Macmillan Cancer Support have produced some useful videos on a variety of important topics. The dietitian in each video discusses the following:

Healthy Eating and Cancer

<https://www.youtube.com/watch?v=C6vIWUvpWYE>

Does Sugar Feed cancer?

<https://www.youtube.com/watch?v=tsg4CrF2mAM> –

Is Dairy bad for you when you have cancer?

<https://www.youtube.com/watch?v=HLuosuujLyE> –

Let's talk about fruit and vegetables

<https://www.youtube.com/watch?v=gQjrZNmIGB4>

Food and Cancer Q &A

<https://www.youtube.com/watch?v=P32kuGa1KeA>

### Macmillan Cancer Support website

This website has a wide range of information covering nutrition in cancer from diagnosis, during treatment and after treatment. The links below may be useful resources:

1. Healthy eating information  
<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/healthy-eating-and-cancer/making-changes-to-your-diet>
2. Eating well preparing for treatment  
<https://www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/eating-well-and-keeping-active>

3. Changes in weight during treatment  
<https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/changes-in-weight>
4. Eating well after treatment  
<https://www.macmillan.org.uk/cancer-information-and-support/after-treatment/lifestyle-and-wellbeing-after-treatment>

## **British Dietetic Association**

The British Dietetic Association provide a range of Food Fact sheets written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy:

<https://www.bda.uk.com/food-health/food-facts.html>

## **Healthy Lifestyle support programmes for patients locally and nationally**

Harrogate Borough Council Fit4life project

<https://www.harrogate.gov.uk/sport-active-lifestyles/fit4life-project>

NHS Weight Loss Plan

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>