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**Dietary guide for cancer patients
(English Translation)**

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Foreword

This standard was drafted with reference to the rules given in GB/T 1.1-2009.

Drafting organizations of this standard. Cancer Hospital of Chinese Academy of Medical Sciences, First Affiliated Hospital of Soochow University, General Hospital of Chinese People's Liberation Army, Zhejiang the Second Affiliated Hospital of Jiang University School of Medicine, Chinese Center for Disease Control and Prevention Nutrition and Health Institute, Sun Yat-sen University Cancer Center.

1 Scope

This standard specifies the dietary guidelines, recommended intakes of energy and nutrients, and food choices for adult patients with malignant tumors.

This standard applies to dietary guidance for patients with malignant tumors (especially

tumor-carrying patients) during the anti-tumor treatment period and the rehabilitation period.

2 Terms and definitions

The following terms and definitions apply to this document

2.1 Malignant neoplasms
Malignant cells grow and spread uncontrollably, infiltrate and destroy surrounding normal tissues, and can expand through blood vessels, lymphatic vessels and body cavities.

Diseases that spread to other parts of the body.

3 Dietary guidelines for patients with malignant tumors

3.1

Reasonable diet and appropriate exercise.

3.2

Maintain a suitable and relatively stable weight.

3.3

The choice of food should be diversified.

3.4

Appropriate intake of protein-rich foods.

3.5

Eat more vegetables, fruits and other plant foods.

3.6

Eat more foods rich in minerals and vitamins.

3.7

Limit the intake of refined sugar.

3.8

The dietary intake of cancer patients is insufficient during the anti-tumor treatment period and the rehabilitation period. When the target requirement cannot be met after dietary guidance, it is recommended to give Give enteral and parenteral nutrition support treatment.

4.3 Fat

Fat energy accounts for 35% to 50% of total energy. It is recommended to appropriately increase foods rich in n-3 and n-9 fatty acids.

4.4 Carbohydrates

Carbohydrate energy accounts for 35% to 50% of total energy.

4.5 Water

Water (water contained in drinking water and food) is generally given at 30 mL/(kg·d)~40 mL/(kg·d) to maintain daily urine output at 1000 mL~2000 mL. Patients with heart, lung, kidney and other organ dysfunctions pay special attention to prevent excessive fluid.

4.6 Minerals and vitamins

Refer to the daily recommended intake of minerals and vitamins for normal people of the same age and sex. In the absence of lack, it is not recommended External supplement.

5.1 Cereals and Tubers

Maintain an appropriate daily intake of cereals,.200 g ~ 400 g per day for adults. In the case of normal gastrointestinal function, Pay attention to the thickness.

5.2 Animal food

Eat more fish, poultry, eggs, and reduce red meat intake. For patients with gastrointestinal injury caused by radiotherapy and chemotherapy, it is recommended to make soft and broken animals Sex food.

5.3 Beans and soy products

Eat moderate amounts of soybeans and soy products daily. It is recommended to consume about 50 g of soybeans a day, and other soybean products are converted according to their moisture content.

5.4 Vegetables and fruits

The recommended intake of vegetables is 300 g~500 g. Vegetables of various colors and leafy vegetables are recommended. Fruit intake is.200 g~300 g.

5.5 Grease

Use a variety of vegetable oils as cooking oil, 25 g ~ 40 g per day.

6 Other

6.1

Avoid alcohol intake.

6.2

Restrict grilling (fire, charcoal)/preservation and frying of animal food.

6.3

When a cancer patient has a clear deficiency of nutrients such as minerals and vitamins, while seeking medical treatment, diet fortification can be considered for supplementing some nutrients, see Appendix A to Appendix E for details of common foods rich in these nutrients.

Appendix A

(Informative appendix) Common iron-rich foods Common iron-rich foods are shown in Table A.1.