



Diet and Nutrition

Getting proper nutrition is particularly complex for pancreatic cancer patients, because the disease and the treatment both affect the digestive system. Here are some questions to help you start a discussion with your doctor about nutrition.

1. What nutritional guidelines should I follow that might help with digestive issues?
2. What are pancreatic enzymes and how can I get them?
3. What specific dietary changes should I make to support my treatment and overall health?
4. How can I manage any weight loss or appetite changes caused by treatment?
5. How important is hydration during treatment, and how much water should I drink daily?
6. Are there beverages other than water, for example electrolyte drinks, that I should be drinking?

Specific recommendations

1. Are there particular foods I should avoid or include in my diet?
2. Are there specific beverages that are better for me during this time?
3. Should I consider taking any nutritional supplements or vitamins during my treatment?