

NON-IRRITATING FIBER FOODS

Vegetables :

- Cooked carrots
- Cooked asparagus tips
- Cooked red beets
- Peeled and deseeded cooked zucchini
- Peeled squashes
- Cooked endives
- Cooked pumpkin
- Peeled and deseeded cooked eggplant
- Vegetable soup made with approved vegetables

Fruits :

- Compote (except those with rhubarb)
- Peeled ripe peaches
- Nectarines
- Peacherines
- Peeled cooked apples
- Peeled ripe pears
- Canned fruit in syrup

Use with caution and according to your tolerance :

- Cooked white mushrooms (button mushrooms)
- Peeled and deseeded cooked tomatoes
- Extra-fine green beans
- White part of leeks
- Very ripe banana
- Cooked salad greens

If needed, a dietary consultation can be arranged to review your eating habits and work together to find solutions to improve your digestive comfort during your treatment.

Laura LAPARRA - dietitian



Centre de Radiothérapie
Angoulême - Charente

Angoulême Hospital Center
Rond Point de Girac
CS 55 015 Saint Michel
16959 ANGOULEME Cédex 9

DIETARY ADVICE FOR A SUCCESSFUL TREATMENT

Choose a balanced diet without excess (fat, sugar, salt, spices, etc.). It will help with digestive comfort and regular bowel movements!



GENERAL ADVICE

➤ Avoid foods that ferment :

- Cabbage (cauliflower, Brussels sprouts, green cabbage, white cabbage, red cabbage, savoy cabbage, romanesco, broccoli, etc.)
- Onion, garlic, shallots
- Peas and green peas
- Leguminous : (lentils, dried beans, split peas, flageolets, fava beans, chickpeas)

These foods contain fibers that are hard to digest and ferment in the intestines, causing gas and bloating, which can interfere with the effectiveness of your radiotherapy sessions.

➤ Eat fruits and vegetables with every meal, as well as starches, proteins, and dairy products.

➤ Drink at least 1.5 liters of water per day.

➤ Engage in regular physical activity, i.e. at least 30 minutes a day.

IN CASE OF DIARRHEA

➤ Eliminate all fruits and vegetables.

➤ Drink plenty of fluids to compensate for losses.

- Do not drink Hépar water.

➤ Eliminate milk and dairy products.

- Except hard cheeses depending on your tolerance : (Comté, Emmental, Saint Nectaire, Cantal, Tomme, Edam...)

➤ Break your food intake into smaller meals if needed :

- 3 small meals + 2 or 3 snacks.

IN CASE OF CONSTIPATION

➤ Try to have a bowel movement daily, at the same time.

➤ Drink plenty of fluids: at least 1.5L of water per day.

- You may drink Hépar water, up to 0.5L per day.

➤ Engage in regular physical activity :

- i.e. 30 minutes to 1 hour per day.

➤ If you have gas :

- You may try activated charcoal capsules, taken away from other medications, as per dosage instructions provided by the manufacturer.

➤ Eat fruits and vegetables with each meal, favoring those with non-irritating fibers (see list above).