



預防體重減輕— 為何這對癌症患者很重要？

營養是您保持身心健康所需的飲食。癌症患者務必要保證良好的營養。

食物是您身體的燃料。飲食是您的能量、蛋白質、維生素以及礦物質的來源。您需要這些物質來維持身體的正常機能。您如果沒有供給身體足夠的燃料(飲食)，則可能造成體重減輕。如果發生這種情況，您會有罹患營養不良的風險。

雖然營養不良常見於癌症患者，但它不一定總是癌症的副作用。在癌症歷程的每個階段，都應該要預防營養不良——因其可能導致諸如以下的問題：



治療的副作用、感染的風險以及住院的時間



肌肉力量、治療的效果、免疫系統的功能以及傷口愈合情況



您知道：**每四個癌症患者就有一個患有營養不良？**

Preventing weight loss — Why is it important for people with cancer?

Nutrition is the food and drink you need for your health and wellbeing. Good nutrition is important for people who have cancer.

Food is your body's fuel. What you eat and drink gives you energy, protein, vitamins and minerals. These are all needed to make sure your body works well. If you do not give your body enough fuel (food and drink) this can cause weight loss. If this happens you are at risk of malnutrition.

Malnutrition is common in people with cancer, but is not always a side effect of cancer. Malnutrition should be prevented at all stages of the cancer journey as it can cause problems such as:



Side effects from treatment, the chance of infection, time spent in hospital



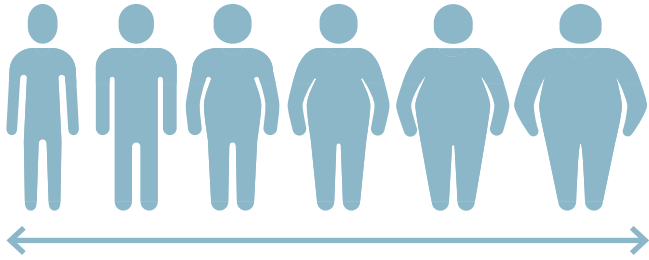
Muscle strength, how well treatment works, how well your immune system works, wound healing



Did you know that **1 out of every 4** people with cancer are malnourished?

患者無論體重、體型或身材如何，都可能發生營養不良

務必要明白：任何人都可能會罹患營養不良。這與您的身材、體型、是否超重或體重過低無關。您仍然可能有肌肉萎縮，這會令您感到虛弱，並無法處理日常事務。



癌症患者為什麼會有罹患營養不良的風險？

許多因素都可能增加罹患營養不良的風險，包括：

- 癌症與癌症治療可能會：
 - » 導致身體消耗更多能量和蛋白質（燃料）。
 - » 令患者進食更加困難。
- 覺得不適。
- 帶來壓力、憂慮以及疲憊感。

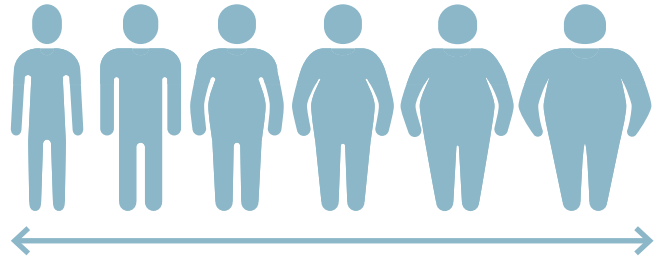
您會營養不良嗎？

有時候很難判斷您是否罹患營養不良。某些體征包括：

- 在沒有主動嘗試減肥的情況下，體重減輕需要收緊腰帶。覺得衣服寬鬆了。
- 吃得比平時少了。

Malnutrition can happen at any weight, shape or size

It is important to understand malnutrition can happen to anyone. It does not matter what size or shape you are or if you are overweight or underweight. You can still lose muscle, which can make you feel weak and not able to do your everyday tasks.



Why are people with cancer at risk of malnutrition?

Many factors can increase the risk of malnutrition, including:

- Cancer and treatment for cancer can:
 - » Cause your body to use more energy and protein (fuel).
 - » Make it more difficult to eat.
- Feeling unwell.
- Stress, worry and feeling tired.

Could you have malnutrition?

Sometimes it is hard to tell if you have malnutrition. Some signs include;

- You have lost weight without trying. You need to tighten your belt. Your clothes feel loose.
- You are eating less than usual.

如何預防或控制營養不良？

蛋白質食物對營養不良的預防與控制有著重要作用。在治療與康復期間，蛋白質食物幫助身體生長和修復肌肉。首先要在正餐之中加入蛋白質食物，並在正餐之間嘗試吃含蛋白質的零食。

高蛋白質 食物包括：



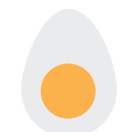
肉類 (牛肉、羊肉、豬肉、山羊肉、袋鼠肉以及小牛肉)



禽類 (雞肉、火雞肉以及鴨肉)



魚類與海鮮 (魚、蝦以及螃蟹)



蛋類



乳製品 (全脂牛奶、乳酪、酸奶、蛋奶凍、雪糕、奶昔、冰沙以及豆奶製品)

注：堅果、燕麥以及米漿的蛋白質含量通常較低。



堅果和種籽 (全堅果/種籽、花生醬)



豆類 (扁豆、四季豆、烘豆以及鷹嘴豆)



豆腐

What can you do to prevent or manage malnutrition?

Protein foods are important to prevent and manage malnutrition. Protein foods help your body to build and repair muscle during treatment and recovery. Eat the protein part of your meal first, and try to snack on protein foods between meals.

High protein foods include:



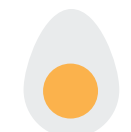
Meat (beef, lamb, pork, goat, kangaroo, veal)



Poultry (chicken, turkey, duck)



Fish and seafood (fish, prawns, crab)



Eggs



Dairy (full cream milk, cheese, yoghurt, custard, ice cream, milkshakes, smoothies, and soy based products)

Note: Nut, oat and rice milks are generally lower in protein.



Nuts and seeds (whole nuts/ seeds, peanut butter)



Beans (lentils, kidney beans, baked beans, chick peas)



Tofu

您的體重在沒有嘗試減肥的情況下曾經減輕過嗎？

您的體重如果減輕了，您可能需要更多 **能量** 來為身體補充燃料。在您的正餐與零食中加入 **高能量食物** 例如：

- 包括牛油與奶油在內的全脂乳製品。
- 包括植物油、人造黃油、牛油果以及花生在內的脂肪與油類。

還可以做些什麼其他事情，以預防或控制營養不良？

- 每隔幾個小時吃一小頓飯和零食。
- 感到很飢餓時，吃得多一點。
- 記下您的飲食份量以及體重變化。
- 堅持做運動，以幫助肌肉生長與修復。
- 您如果正在服用任何營養品、維生素或草補充劑，則需告知您的醫生或護士。這點重要——因為它們可能影響到藥效與療效。

何為營養師？

營養師是食物與營養的專家。每個人都有不同的營養需要。營養師可助您滿足自己的營養需要，以預防及管理營養不良。

您如果認為自己可能有營養不良，則應該看營養師。

如何找到營養師？

- **您目前如果正在接受癌症治療**，則可要求的醫生或護士介紹您看醫院或保健服務機構的營養師。
- **您目前如果並非在接受治療**，則可在您當的保健服務機構或所在社區找到營養師。也可以要求醫生給您介紹。

Have you lost weight without trying?

If your weight has reduced you might need more **energy** to fuel your body. Add **high energy foods** to your meals and snacks, such as;

- Full cream dairy products including butter and cream.
- Fats and oils including vegetable oil, margarine, mayonnaise, avocado, peanut butter.

What else can you do to prevent or manage malnutrition?

- Eat small meals and snacks every few hours.
- Eat more when you feel most hungry.
- Take note of how much you eat and drink, and of any change to your weight.
- Stay active to help build and repair your muscles.
- If you are taking any nutrition, vitamin or herbal supplements, tell your doctor or nurse. This is important because they can affect how your medications and treatments work.

What is a dietitian?

A dietitian is a specialist in food and nutrition. Every person has different nutrition needs and a dietitian can help you to meet your own nutrition needs to prevent and manage malnutrition.

If you think you might have malnutrition, you should see a Dietitian.

How can you find a dietitian?

- **If you are currently having treatment for cancer**, you can ask your doctor or nurse to refer you to a dietitian in your hospital, or health service.
- **If you are *not* currently having treatment**, you can find a dietitian at your local health service, or in your community. You could also ask your doctor to refer you.

從哪裡獲得進一步的資訊

- 撥打電話 **13 14 50**，聯絡 Cancer Council (癌症協會)，與會說您的語言的癌症專科護士交談。您也可以發電郵至：
askanurse@cancervic.org.au
- 瀏覽 Cancer Council Victoria 的網站：
www.cancervic.org.au/living-with-cancer/nutrition，以下載或訂閱免費版本的 *Nutrition and Cancer* (《營養與癌症》) (只有英文版)。

鳴謝

這些資訊經過內容調整，採自 Cancer Council Victoria (維多利亞州癌症協會) 的資源，名為：*Understanding Malnutrition and Cancer* (《認識營養不良與癌症》)。此版本由 Victorian Cancer Malnutrition Collaborative (VCMC) 與 Cancer Council Victoria 聯手審定，並獲得了 Western and Central Melbourne Integrated Cancer Service 的資助。

這些資訊以針對營養不良與癌症的最新研究(出版時為準)為基礎，在各科醫療專業人員以及受癌症影響的人士共同幫助下，得以成功定稿。此份資料單旨在提供一般介紹，不能代替專業醫療意見。

Where to get more information

- Call Cancer Council **13 14 50** to speak to a cancer nurse in your language. You can also email **askanurse@cancervic.org.au**.
- Visit Cancer Council Victoria's website **www.cancervic.org.au/living-with-cancer/nutrition** to download or order a free copy of *Nutrition and Cancer*.

ACKNOWLEDGEMENTS

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This information is based on recent research on malnutrition and cancer (at the time of publication) and has been developed with help from a range of health professionals and people affected by cancer. This fact sheet is intended as a general introduction and is not a substitute for professional medical advice.