

Try these helpful tips if the following foods do not agree with you.

Food items	Helpful tip
Too hot or too cold temperature foods	Try lukewarm foods and liquids
Caffeine or alcohol containing foods	Try decaffeinated or non-alcoholic drinks
Rich sauces, deep fried or spicy foods	Try light or bland food choices
Carbonated drinks	Stir with spoon to reduce the fizz
Large amounts of milk at one time	Try soy milk or have milk in small amounts spread out through the day
Large portions/restaurant meals	Save half the portion to eat at a later time
Common gas producing foods	Have in small portions; try fennel, peppermint or ginger tea after meals
Sugary drinks or rich sugary sweets	Have in small portions through the day
Sugarless items with artificial sweeteners (sorbitol, mannitol, xylitol)	Avoid these products to note if your symptoms improve
Natural laxative foods (prune juice)	Avoid if they give you cramps or make your symptoms worse

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