



Nutritional Benefits for Kids During and After Cancer Treatment

Supporting children in maintaining a healthy diet before, during, and after treatment offers various benefits:

Faster healing

- Speeds up recovery
- Lowers the risk of infections

Long-term benefits

- Establishes healthy eating habits
- Promotes regular exercise
- Prevents or delays chronic health conditions
- Especially important for childhood cancer survivors

Improved well-being

- Improves overall well-being
- Enhances sleep quality
- Boosts mood
- Increases cooperation with healthcare team

Healthy body weight

- Helps attain and sustain a healthy body weight
- Crucial for normal growth and development

Nutrient maintenance

- Preserves the body's nutrient stores, supporting long-term health

Better treatment tolerance

- Assists in coping with treatment
- Minimizes side effects
- Facilitates adherence to treatment schedules

Enhanced strength and energy

- Promotes better physical strength
- Boosts energy levels

Reference: Nutrition for Children with Cancer. (2023). [Cancer.org. https://www.cancer.org/cancer/childhood-cancer/nutrition-for-children-during-cancer-treatment.html](https://www.cancer.org/cancer/childhood-cancer/nutrition-for-children-during-cancer-treatment.html)