Nutrition Services

Duke Cancer Center is able to offer our patients trained oncology nutritionists who will help you follow a healthy diet during and after your cancer treatment. Duke Cancer Center nutritionists have special training in oncology and nutrition, and base their advice on scientifically sound nutrition research.

Our nutritionists are registered dietitians who can assist you in planning an optimal diet during your cancer treatments, help manage side effects that you may experience, and answer your questions about the latest findings on cancer and nutrition.

They can also offer you open-minded advice on vitamins and supplements you may consider taking. During radiation therapy, you can take a daily multivitamin, fish oil, and calcium with vitamin D supplements. However it is recommended that you should not take extra vitamins A, C, or E in pills or capsules (think of the ace in a deck of cards) as this could possibly interfere with the effect of radiation treatments.

If you would like to meet with a nutritionist, please contact your nurse at 919-668-6660 and the nurse will assist you in scheduling an appointment.
Managing nutrition is vital to well being.

Here are 5 helpful nutrition hints during cancer treatment that will promote good sources of calories, protein and hydration.

1. Eat high calorie, high protein foods (eggs, ice cream, whole milk, yogurt, cheese, etc.)
2. Use high calorie, high protein nutritional supplement drinks when you don’t feel like eating (Ensure or Boost Plus).
3. Eat several small frequent meals/day (every 2-3 hours, 6 times/day).
4. Drink plenty of fluids (every 1-2 hours, goal of 8-10 cups of caffeine-free/non-carbonated fluids/day).
5. Add extra calories and protein to foods/liquids you are eating now (butter, gravy, dry milk powder, protein powder, peanut butter, heavy cream, whole milk, etc.).

Reference Resources

Books
1. “Nutritional Issues in Cancer Care” Kogurt & Luthringer
2. “Eat Well Stay Nourished” Support for People with Oral and Head and Neck Cancer
3. “Nutrition for Cancer Survivors” Grant, Bloch, Hamilton & Thompson
4. “Living with Cancer Cookbook” Betty Crocker

Websites