

Weight Gain with Cancer Treatment

Sometimes patients gain weight with cancer treatments. This weight gain may be caused by some medicines, hormone therapy or chemotherapy. Some medicines cause the body to retain water. Talk to your doctor if you notice any weight gain.

Do not go on a weight loss diet without talking to your doctor first. Your doctor or dietitian will help you plan ways to manage your weight gain. Eating healthy meals and drinking liquids will help you feel better during treatment.

Try these tips to manage weight gain:

- Choose lean cuts of meat such as chicken, turkey, fish and lean beef.
- Choose low fat dairy products such as fat free (skim) milk, 1% milk, and low fat or fat free cottage cheese or yogurt.
- Eat plenty of fruits and vegetables.
- Avoid high fat, high calorie snacks such as chips, cookies, candy and ice cream. Instead, snack on graham crackers, dried fruit or popcorn.
- Avoid using added fats such as salad dressings, margarine, butter, mayonnaise and gravy. Use low fat versions.
- Use low fat cooking methods such as broiling, baking and steaming to cook foods. Use nonstick pans so that no added fat is needed.
- Stay active and exercise to burn off the extra calories and help you feel better.

암치료 중 체중 증가

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의사와 상담하기 전에 체중 조절 다이어트를 시작하지 마십시오. 의사나 영양사가 체중 조절 계획을 세우는데 도움을 드릴 것입니다. 암 치료 중 건강에 좋은 음식을 먹고 많은 수분을 취하면 기분이 나아집니다.

아래와 같은 방법으로 체중 증가를 관리:

- 닭고기, 칠면조, 생선, 지방을 제거한 쇠고기 등 기름기가 없는 고기를 선택한다.
- 저지방 우유, 1% 우유, 저지방/무지방 코티지 치즈나 요구르트 등 저지방 유제품을 선택한다.
- 과일과 채소를 충분히 먹는다.
- 칩, 쿠키, 사탕, 아이스크림 같은 고지방, 고칼로리를 피한다. 그 대신 크래커, 말린 과일이나 팝콘 등을 먹는다.
- 샐러드 드레싱, 마가린, 버터, 마요네즈, 그레이비 같이 지방이 많은 든 음식을 피한다. 저지방 제품을 선택한다.
- 그릴에 익히거나 구운 음식, 찐 음식 등 저지방 조리 방법을 이용한다. 달라붙지 않는 후라이팬을 이용하여 별도로 기름을 첨가하지 않도록 한다.
- 항상 몸을 움직이고 운동을 하여 칼로리를 소비하면 기분이 좋아진다.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

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음식 먹는데 문제가 있으면 의사나 간호사 또는 영양사와
상담하십시오.

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Weight Gain with Cancer. Korean.