

Patient Resource Guide

# DIET GUIDE FOR CANCER PATIENTS

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# Food Safety Rules

**THE #1 RULE  
YOU CAN EAT  
MOST FOODS. JUST  
PREPARE THEM SAFELY.**

## Washing & Peeling

- Wash fruits & vegetables under running water for 30-60 seconds
- Scrub firm fruits (apple, pear) well
- Peel fruits whenever possible
- Remove outer leaves of cabbage/lettuce

## Cooking & Storage

- All food must be freshly cooked
- Avoid food kept out for more than 2 hours
- Eat food hot or warm
- Reheat food only once
- Refrigerate leftovers immediately
- Drink only RO / boiled water

## Foods to Avoid

- Street food  
Bacteria risk from open-air cooking
- Buffet food  
Sits out too long, contamination risk
- Cut fruits sold outside  
Unknown handling & hygiene
- Outside fruit juices  
May use unclean water
- Half-boiled eggs  
Salmonella risk
- Undercooked chicken/fish  
Must be fully cooked
- Tap water  
Only RO / boiled water
- Ber, jamun  
Hard to clean during low immunity



# What You Can Eat

Indian / Telugu household diet.  
Wash well, cook fresh, eat safe.

## Fruits

- Banana (arati pandu)
- Apple - peeled
- Papaya (boppayi)
- Muskmelon (kharbooja)
- Pomegranate (danimma) - freshly opened
- Chikoo (sapota)

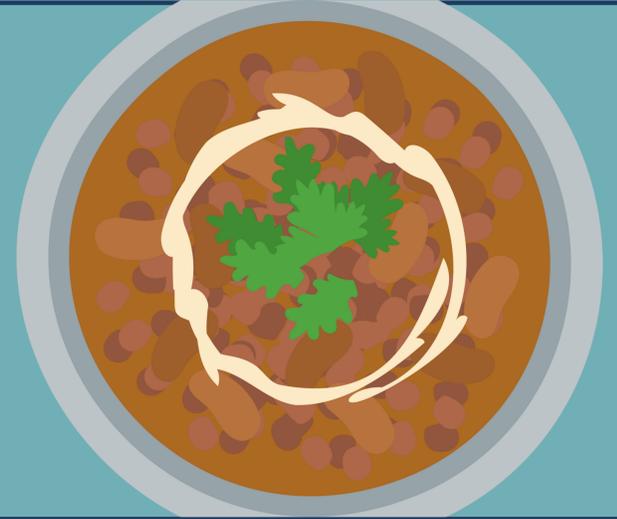
## Vegetables (well-cooked)

- Bottle gourd (sorakaya)
- Pumpkin (gummadikaya)
- Carrot, Beans, Potato
- Beetroot, Cabbage
- Spinach (palakura) - wash well
- Methi (menthikura) - wash well



## Carbohydrates

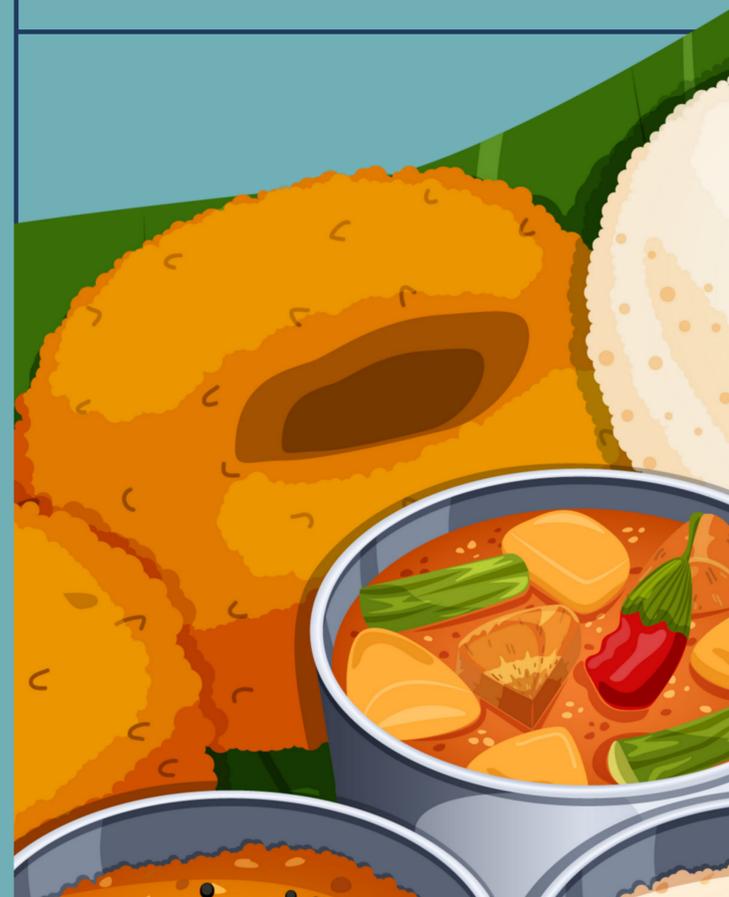
- Rice, Khichdi, Pongal
- Curd rice, Upma
- Poha (atukula upma)
- Idli, Dosa
- Soft chapati with ghee
- Wheat daliya (godhuma rava)
- Ragi daliya (ragi java / malt)



**Remember:**  
If your doctor has restricted a food, follow their advice first.

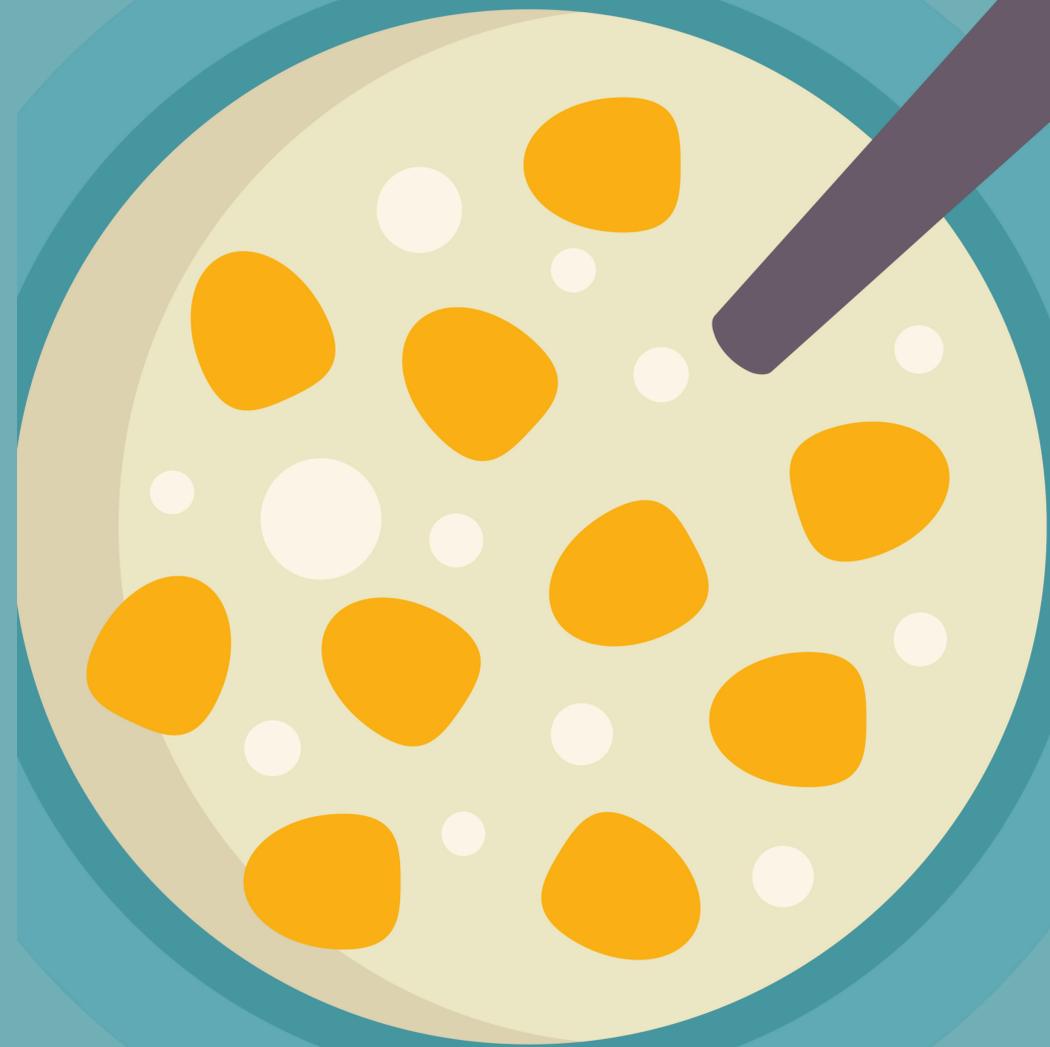
## Proteins

- Dal (pappu), Sambar
- Curd, buttermilk (majjiga), lassi
- Paneer (well-cooked)
- Eggs - boiled or fully cooked
- Chicken / fish - fully cooked
- Only if allowed by your doctor



# Practical Tips

**DON'T FORCE YOURSELF TO EAT ONE THING REPEATEDLY. CHANGE THE TEXTURE OR FLAVOUR - NOT THE NUTRITION.**



## If You Don't Feel Like Eating, Try This:

- Dal feels heavy ---> Dal soup, blend it, or mix with rice
- Rice is boring ---> Curd rice, lemon rice, or soft upma
- Sabzi is hard to eat ---> Mix into khichdi or dal
- Chapati feels dry ---> Add ghee, or switch to idli / dosa
- Taste changed (chemo) ---> Use mild jeera, ginger, garlic

## Soft Foods

- Khichdi / Pongal
- Curd, Daliya, Soft idly
- Mashed potatoes
- Blended vegetable soups
- Ragi porridge (ragi java)
- Wheat porridge (godhuma rava kanji)
- Fruit purees (banana/apple)
- Custard / kheer

## Liquid Options

- Dal soup
- Vegetable soup
- Buttermilk (majjiga)
- Sago water (sabudana ganji)
- Rice kanji (ganji)
- Mild lassi
- Coconut water (if allowed)

# Mouth Sores (Mucositis)

**SOME PATIENTS  
DEVELOP PAINFUL  
MOUTH SORES  
DURING TREATMENT.  
ADJUST YOUR DIET:**

## **Avoid (irritates mouth)**

- Citrus (orange, mosambi, pineapple)
- Tomato-heavy dishes
- Spicy foods (pickle, chilli)
- Rough foods (papad, chips, toast)
- Very hot foods or drinks

## **Prefer (soothes mouth)**

- Cold or room-temperature foods
- Smooth, soft textures
- Milk, curd, lassi
- Custard / ice cream (small amounts)
- Soft idly, khichdi, mashed fruits



Condition	Best Temperature	Avoid
Mouth sores	Cold / room temp	Hot food
Nausea	Room temp	Oily / strong-smelling food
Good appetite	Warm	Very hot food

## **Key Takeaway**

- It's about food safety, not food restriction.
- Eat what you tolerate.
- Change the form - not the nutrition.