Good Nutrition Before and During Bladder Cancer Treatment

Here's how nutrition can help you during and after bladder cancer treatment.

Eating well is a great way to support your body during and after treatment for non-muscle invasive bladder cancer (NMIBC).

Focus on good nutrition with:

**A heart-healthy diet**
Following a Mediterranean or other heart-healthy diet can help protect you from damaging inflammation. It may also help relieve treatment-related symptoms such as fatigue.

**Fiber-rich foods**
Foods that are high in fiber can help prevent digestive issues that you may experience as a side effect of cancer treatment.

**Plenty of protein**
Protein helps to build strong muscles and the immune system. If you are getting cancer treatment, you may need extra protein to help maintain muscle, heal tissue and fight infection.

**Some foods can do more harm than good during and after cancer treatment.**

**Don't forget to drink water**
Getting enough water may be particularly important for people who are dealing with side effects of cancer treatment that can lead to dehydration, such as vomiting and diarrhea.

**5 tips for when eating is hard**

1. Eat smaller, more frequent meals throughout the day to prevent feeling overwhelmed by large portions and to keep your energy up.
2. Experiment with different textures and temperatures of foods to find what feels most comfortable to eat. Softer foods or cold dishes like smoothies or yogurt can be soothing.
3. Stay hydrated by slowly sipping water or herbal teas throughout the day.
4. Add calorie-dense foods to meals and snacks to make sure you're getting enough nutrition. Examples include nut butter, avocados and full-fat dairy products.
5. Seek support from a registered dietitian who specializes in oncology nutrition. They can provide personalized recommendations, address specific concerns and offer strategies to optimize nutrition during treatment and recovery.