

CANCER
COLORECTAL
CANADA



COLORECTAL
CANCER
CANADA

Resources for Colorectal Cancer Patients and Caregivers

Nutrition Tips During a Pandemic

Making healthy nutritional choices can be challenging at the best of times. With the current pandemic, eating a healthy balanced diet can be even more difficult. This resource aims to provide tips for eating well while staying safe. We hope you find this resource helpful. Stay well!

1. Plan ahead

With the current rules in place, making a trip to your local grocery store can be a significant time commitment. Most stores have long lines and regulations in place to keep shoppers as safe as possible. To avoid frequent trips to the store, think about your meals for the week and prepare a well thought out list. This will reduce the risk of forgetting items and putting yourself at risk unnecessarily.



2. Cancer fighting foods



Now more than ever, it is important to provide our bodies with the nutrients they need. If you are currently a colorectal cancer patient, please refer to our [Nourish](#) program. This will provide you with food suggestions to strengthen and nourish your body to fight the disease. If you are looking for food suggestions to help prevent cancer, please see our [Foods That Fight Cancer](#) program.

4. Try a meal delivery option

Most grocery and department stores are currently offering convenient pick-up and delivery options to help you reduce your risk of contracting or spreading COVID-19. Visit your local grocery store website for details. If you are able, you could also consider a meal delivery service such as [GoodFood](#) or [HelloFresh](#) which delivers healthy and delicious meals to your door weekly.



3. Try frozen fruits and vegetables

While making an effort to reduce trips to the grocery store, one of the biggest challenges is ensuring that we eat enough fruits and vegetables. These foods have a very short shelf life which makes it difficult to stock up for 1-2 weeks. A healthy alternative to fresh fruits and vegetables is to incorporate frozen items. Canned options can be healthy as well, however try to avoid options with added sodium. Some of our favourites are frozen riced cauliflower or frozen berries over yogurt. Enjoy!



5. Protect yourself

If you have any symptoms of COVID-19 or are currently immunosuppressed, it is best to ask a friend or family member to do your shopping or errands for you. If you are symptom free and otherwise healthy, you should take several precautions when in public places such as grocery stores. Ensure that you wash your hands before leaving and after returning home. Keep at least six feet between yourself and others. If you are able, wear disposable gloves or masks to protect yourself further. Infectious diseases expert, Dr. Abdu Sharkawy does not recommend disinfecting groceries after returning home, as you can not inhale the virus once it has settled on a surface. However, he does recommend washing hands thoroughly after handling groceries or bags.



All of us at Colorectal Cancer Canada are here to support you during these times. Please do not hesitate to contact us at info@colorectalcancerCanada.com or 1-877-502-6566. It is of utmost importance that you prioritize yourself and your health, and we hope that these nutrition tips can help you do so. Stay well!