

Eating Well During the Holidays

Reducing your stress

- Ask your family and friends to help you in preparing meals.
- Don't be afraid to tell people if you don't have the energy for some celebrations.
- If you are going to a party, offer to bring drinks, napkins, paper plates or a holiday centerpiece instead of making food.

Managing your symptoms

- Eat before you leave home, in case there aren't many choices for you.
- Eat small amounts so you don't get that "overfull" feeling.
- A potluck may be a good time for you to eat foods you haven't had before. New flavours might taste good to you at this time.
- Holiday foods that are heavy and rich and have strong odours may make you feel nauseous (upset stomach).
- Ginger ale, soda water, chewing gum or a mint can help cover up the odours of other foods.
- Ask your oncologist if it is okay for you to drink alcohol.

Eating safely

- Choose foods from the inside of the buffet table, where less people may have touched it.
- Throw out foods that have been left out of the refrigerator for long periods of time.
- Do not eat or drink unsafe foods such as: homemade eggnog, unpasteurized apple cider, desserts made with raw eggs, unpasteurized cheese, sashimi and sushi made with raw fish. These foods can be unsafe for you if your immune system is low.

Last reviewed: November 2019