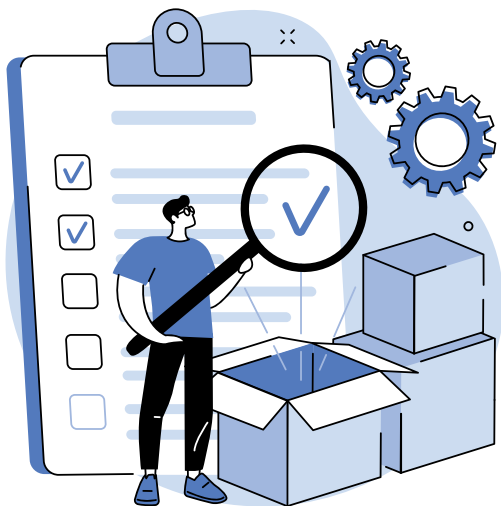


# PATIENT INFORMATION LEAFLET

ONLINE RESOURCES TO KEEP  
YOU NOURISHED AND HELP  
MANAGE YOUR SYMPTOMS

**Nutritional Resources for Oncology Patients**



**How to contact the Dieticians?**

**021 4941930**

## **HSE malnutrition information and resources**

**Nutrition Supports: [here](#)**

**[Making the Most of Every Bite- Diet Sheet](#)**

**[How to use Oral Nutrition Supplements: for people who have been prescribed oral nutritional supplements](#)**

**[When illness reduces your appetite – for people in late stages of palliative care](#)**

## **[Information on Malnutrition](#)**

**Making the Most of Every Bite: This is a [recipe book](#) that may give you some ideas.**

Remember they may need to be modified to be gluten free. 222-page full colour cookbook, developed by dietitians UCC & HSE



[Coping with cancer side-effects](#)

[Cookbooks for general , upper gi , and pancreatic cancers  
also cancer survivorship book](#)

**Irish Cancer Society Resources and Publications –  
Download or Order a Hard Copy**

[Cancer resources and publications | Irish Cancer Society](#)

[Cancer Types Booklets and Factsheets](#)



**Oral Nutritional Supplements – some recipes you may  
find handy**

[Recipies](#)

