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Breast Cancer Awareness Month

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“Did you know... 56 people in Australia are diagnosed with Breast Cancer every day. While survival rates continue to improve, too many lives are still impacted by this disease.”

“NBCF funds Breast Cancer research to prevent, detect, stop and treat this disease – research that ultimately saves lives.”

Source: National Breast Cancer Foundation

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How does Nutrition impact Breast Cancer treatment? 🎀

🥗 Supports energy and recovery

💪 Maintains strength

🤍 Helps manage treatment and side effects

🦴 Supports Bone Health

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Individualised nutrition support 🎀

Nutritional needs vary depending on the type of cancer, treatment and side effects.

A Dietitian can help develop a practical approach that supports nutritional adequacy without unnecessary restrictions

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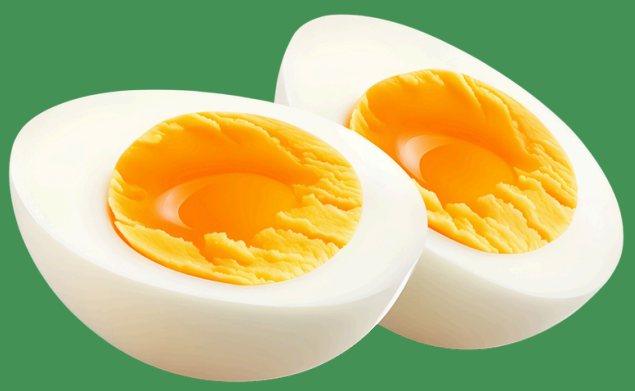
Protein rich snacks

Cheese

Milk smoothie



Boiled eggs

Yogurt

Cottage cheese

Protein pudding

Bars

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Easy snacks when appetite is low ⭐

Protein milk

Protein pudding

Nuts

Protein yoghurt

Cheese and crackers

Oat bites

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NEED HELP WITH YOUR RECOVERY, SIDE EFFECTS OR ENERGY?

BOOK A DIETITIAN DISCOVERY CALL NOW. VIA OUR WEBSITE.

TELEHEALTH AND REBATES AVAILABLE!

@thewholesomeeffect