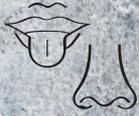


TAKING CANCER ON THROUGH FLAVOUR

An initiative from Boehringer Ingelheim to help people with cancer rekindle their love of food through easy, nutritious and delicious recipes.

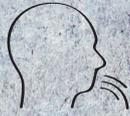
Peoples' relationship with food often changes during cancer treatment. Some of the most common changes include:



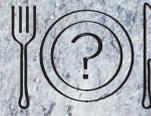
Altered sense of smell and taste



Loss of appetite



Nausea or vomiting



Unsure what to eat



Weight loss or gain

To develop tailored recipes and provide advice, we enlisted the help of three experts:

Billy Wright
Celebrity chef and UK MasterChef 2016 finalist

Dr Clare Shaw
Consultant Cancer Dietitian at The Royal Marsden Hospital, London



Kathy
A lung cancer survivor



You can download our recipes, and watch the instructional videos on our website:
www.boehringer-ingelheim.com/oncology/taking-cancer-through-flavour

TOP 3 TIPS FROM DR CLARE SHAW

1.

Having a **balanced diet** is important when you have cancer. **Variety is key** to get all the vitamins and minerals you need.



2.

Weight change is common during treatment. If you have lost weight, **eating little and often** can help maintain a consistent weight.

3.

If you have specific questions about a particular kind of cancer, **Speak to your oncology dietitian for advice.**



For more advice from Dr Clare Shaw, please go to our Boehringer Ingelheim social media channels:
<https://www.facebook.com/boehringeringelheim/>
https://www.instagram.com/boehringer_ingelheim/