

Systemic Anti-Cancer Therapies and Eating (SACT)

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Eating well and making sure your nutritional status is as good as it can be whilst you are receiving Systemic Anti-Cancer Therapy (SACT) is extremely important.

You will have been informed that whilst you are receiving your SACT your immune system can be affected and this can lead to increased susceptibility to infection.

Eating a good diet can help the immune system work efficiently.

Will my SACT affect what I can eat?

Most people having SACT will not need to change their diet. There is no clear evidence that a special, cleaner diet makes any difference to how the person feels or any increase in infection rates.

It is important that you eat and drink a healthy diet.

What can I eat? Facts and Myths

Continue to eat and drink a well balanced diet. Here are some food stuffs which patients have asked about previously:

- Salad – yes. Remember to wash all salad thoroughly, even pre washed salad.
- Dairy products – use only pasteurised dairy products.
- Pro Biotic Yoghurts – yes. Pasteurised milk is used.
- Cheese - yes to all cheeses with the exception of mould ripened cheeses and blue veined cheese.
- Fruit – yes, wash the fruit before eating.
- Meat – always ensure that the meat is cooked fully.
- Seafood – as long as it has been cooked thoroughly.
- Alcohol – yes, but only on a special occasion.
- Takeaways – yes but ensure you go to a place where you have been before and had no problems.
- Eggs - do not eat raw eggs, ensure the eggs are fully cooked.

Some SACT drugs may require other food/drink restrictions but you will be advised of these when you start your treatment.

