

Expert nutrition guidance, resources and support

Eating well when you have cancer is a question of knowing what is right balance of food energy, protein and the vital nutrients needed to energise you, help your treatments and to keep you active.

But it is quite difficult to know if what you are actually eating, is in fact doing its best to help with everything needed at this time. This is where specialist Dietitian, author and chef Jane Freeman can help you out.

Well credentialed (APD, APN, IOC Sports Nutritionist (ASDA), Leith's trained), Jane has over 20 years experience helping people with cancer re-orientate their diet toward the best outcomes. She has worked out of hospitals, leading cancer clinics and with cancer research organisations in Australia, London and Singapore. She is also has run numerous cancer nutrition workshops. and was awarded a prestigious British Medical Association award for her book "How To Eat Well When You Have Cancer".



Jane's assessments include a bio-impedance measure of your lean muscle, body fat and fluid levels. This helps you track how your body shape is responding to your diet, treatments and current levels of activity.

canutrition

by Jane Freeman

Jane's nutrition practice is called CANutrition. She sees individuals out of the following clinics. To book an appointment or find out more please phone the practice numbers below.

Cancer Fit, Australia (A specialist cancer rehabilitation practice)
Level 2. 154 Pacific Highway,
Greenwich. NSW 2065
Phone: 02 8459 9720

The Poche Centre (Across from the Mater Hospital)
40 Rocklands Road,
North Sydney, NSW 2060
Phone: 02 9911 7210

Headway Health (Near NCI, Frenchs Forest)
Suite 10/14 Frenchs Forest Road East,
Frenchs Forest, NSW 2086.
Phone: 9543 3027

Please allow 1 hour for the initial assessments and food plan and 30 minutes for a follow-up.



MEDICARE AND HEALTH FUND REBATES

To claim a medicare rebate you will need to ask your GP to prescribe an Enhanced Primary Care Plan (ECP). This contributes to the cost of up to 5 sessions with Jane.

You should also check if your health insurance covers Dietitian (APD) consults for cancer treatment.



Take charge of your diet with a qualified food plan

Nutrition and cancer is a subject that draws in a lot of confusion and conflicting information. When taking advice on your diet, it is important to check it is qualified and that it has factored your specific medical, treatment, body shape and future health needs.

Jane will assess your nutrition health starting points in detail and then will work with you to develop a food plan, that takes into account the type of cancer you have, the treatments you are undergoing and the extra support and resources needed.

Jane also specialises in the management of gut and eating difficulties.



People often say after they have seen Jane, what an enormous difference it makes to have their own meal plan outline that shows them what, how much and how to enjoy the time around their dining table.

CANCOOK-Jane's cancer treatment menu and recipe program

CANCOOK is a new menu and recipe program that has been crafted by Jane to help you find an easier way to prepare healthy and nourishing meals. While the recipes are family favourite orientated, they cram in more of the vital nutrients that you need at this time to help you fight, stay strong and recover.

There are six weeks of menus and each week arms you with a shopping list, recipes and instructions that show you or your carer how to POWER PREP or batch cook a weeks worth of meals in one go.

The meals promise to lift your day and feed you with lots of cancer fighting food nutrients.



To find out more visit
www.CANutrition.com.au

Jane's book and blogs

Jane's award winning book "How To Eat Well When You Have Cancer" explains in a friendly and easy to understand way why nutrition is so important, the nutritional demands of cancer and then how food can be healthy, enticing, easy to prepare and delicious.

She offers lots of suggestions for meeting what ever your specific eating challenges are, from taste changes to fatigue or digestive issues. As well as explains how to eat for enjoyment, overall future health, rehabilitation and to help prevent recurrence.

While her recommendations are rooted in evidence based science, her style is practical and understands real life.

Jane also puts up regular blog posts on her website - www.canutrition.com.au



Available for purchase from her nutrition clinics or it can be download off Amazon or other online book retailers