

## Glossary



### **To eat till your heart's content**

When suffering from unintentional weight loss and loss of appetite many small and nourishing meals can help to provide the body with sufficient energy.



### **Rich in calories**

When suffering from unintentional weight loss and loss of appetite many small and nourishing meals can help to provide the body with sufficient energy.



### **Rich in protein**

When suffering from cancer a sufficiently high intake of protein is particularly important. The recommended quantity is higher than for healthy persons.

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## **Vegetarian**

Ovo-lacto-vegetarian have a lower risk of contracting various diseases, including cancer. In order to support long-term health, a predominantly plant-based diet with moderate quantities of fish and meat is to be recommended.

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