

# The CanEAT pathway for people with cancer and their carers



The CanEAT pathway aims to provide clinical guidance to help people with cancer, carers and health professionals achieve and deliver optimal nutrition care.

There are two pathways:

1. The CanEAT pathway for health professionals
2. The CanEAT pathway for people with cancer and their carers



You will find the pathway for people with cancer and their carers here:  
[www.petermac.org/CanEATpathway](http://www.petermac.org/CanEATpathway)

Each pathway;

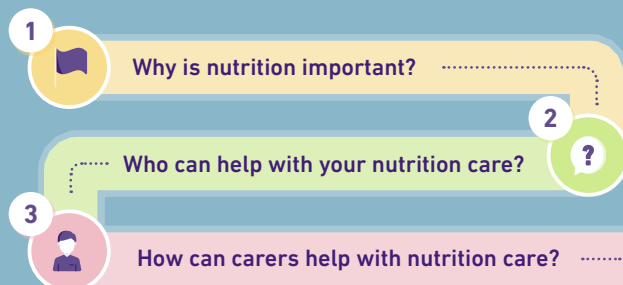
- Has been developed by people with cancer, carers and health professionals through a co-design process.
- Is a basic one-stop-shop guide that links you with reliable nutrition and cancer information, resources and tools such as websites, fact sheets, booklets, podcasts, self-management strategies and other practical information
- Includes practical tips that include things to aim for but also things to watch out for and when you should ask for help
- Is not intended to be read cover to cover, read what is useful to you

## TIPS:

- Bookmark the webpage and/or save the pathway to your computer desktop or tablet for easy access
- Share and discuss the pathway with carers and family members
- Use the pathway to help guide your nutrition care and questions to ask your health professional about nutrition

## THE CanEAT PATHWAY

### NUTRITION AND CANCER: WHAT YOU NEED TO KNOW



### NUTRITION AND CANCER: WHAT YOU CAN EXPECT AND DO





## Cultural adaptation of the **Malnutrition Screening Tool** and associated education resources

People with cancer are at risk of malnutrition. The Malnutrition Screening Tool (MST) is a quick and easy to use 2-question tool used to screen for malnutrition. To better support the nutritional needs of culturally and linguistically diverse (CALD) patients, the MST has been culturally adapted and translated into 10 languages.



An online interactive tool has been created and includes an in-built calculator and audio in each language.

To access the freely available online interactive MST visit [www.petermac.org/MST](http://www.petermac.org/MST)

The online interactive MST is available in 10 languages:

- |           |              |             |              |            |
|-----------|--------------|-------------|--------------|------------|
| • Greek   | • Mandarin   | • Arabic    | • Macedonian | • Croatian |
| • Italian | • Vietnamese | • Cantonese | • Turkish    | • Spanish  |

### RESOURCES:

- **Malnutrition Screening Tool (hard-copy)**  
This resource is a printable version of the MST and is available in 11 languages.
- **'Preventing weight loss- Why is it important for people with cancer?'**  
This resource is available in 11 languages

To access these freely available resources visit  
<https://www.petermac.org/nutritioninfo>

### TIPS:



The MST can be completed by a health professional, patient or carer.



The online interactive MST is scalable to any electronic device- you can use a laptop, tablet or mobile phone. We suggest a tablet as the most suitable device.



Test your device to ensure adequate sound volume and font size before use.

For further information visit  
<https://www.petermac.org/VCMC>