

Caregiver Fact Sheet: Why Nutrition Matters

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Nutrition helps your child stay strong, tolerate treatment, fight infection, and recover more quickly. During treatment, your child’s body is working much harder than usual, so even small amounts of food and fluids can make a meaningful difference.

Daily Care

- Offer small meals or snacks every 2–3 hours instead of large meals;
- Focus on calorie-rich and protein-rich foods to help with strength and healing;
- Encourage fluids throughout the day, even in small amounts;
- Let your child choose foods they feel like eating - flexibility helps.

Note: It’s normal for appetite to go up and down. The goal is not perfection - it’s simply to keep your child nourished and supported as best you can each day.

Treatment Nutrition Priorities

Category	Priority Score
Hydration	90%
Calories	85%
Protein	80%
Electrolytes	75%

Nutrition Importance Across Care Stages

Stage	Importance Score
Diagnosis	70%
Treatment	95%
Relapse	100%
Survivorship	85%



Wilms Cancer Foundation (WCF)

The Wilms Cancer Foundation (WCF), is a charitable organization, that supports and represents the needs of children, families and healthcare organizations affected by pediatric renal (kidney) cancer (particularly nephroblastoma commonly known as 'Wilms'). Its mission is to establish an international program of awareness, education, advocacy, early detection treatment and support to tackle the spread of the disease.

This WCF guide is for educational purposes only. It is based on international pediatric oncology standards in Canada, the United States and Europe. Seek advice from a qualified medical professional should you have any concerns or questions.

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