

Wilms Tumor

Caregiver Fact Sheet

Nutrition During Treatment





Important: This document is intended as an education and planning resource for clinicians, NGOs, foundations, and caregiver-facing pediatric oncology programs. It does not replace individualized medical advice, renal dietetic assessment, oncology protocols, or institutional clinical judgment.

Caregiver Fact Sheet: Wilms Tumor Nutrition

A quick guide to nutritional protocols and advice for patients undergoing treatment for Wilms Tumor

1) Why Nutrition Matters ----- 1

2) Carbohydrates ----- 2

3) Healthy Fats ----- 3

4) Nutritional Priorities During Treatment ----- 4

5) Before Treatment ----- 5

6) Supporting Long-term Health & Recovery ----- 6

Why Nutrition Matters

Why Nutrition Matters During Wilms Tumor Treatment The Importance of Nutrition During Childhood Cancer Treatment

Nutrition plays an important role during Wilms tumor treatment by helping support growth, immune function, healing, energy levels, treatment tolerance, and overall recovery during childhood cancer care. Children undergoing treatment for Wilms tumor may experience changes in appetite, nausea, fatigue, taste changes, weight loss, or difficulty eating due to chemotherapy, surgery, radiation therapy, or relapse treatment.

Maintaining good nutrition during treatment can help:

- Support physical growth and development;
- Improve strength and energy levels;
- Support immune system function;
- Promote healing and tissue repair;
- Reduce the risk of malnutrition;
- Improve tolerance to treatment;
- Support recovery and long-term survivorship.

Because every child responds differently to treatment, nutritional needs may vary throughout different stages of childhood cancer care.

Macronutrient Balance During Wilms Tumor Treatment

Maintaining a healthy balance of macronutrients - proteins, carbohydrates, and healthy fats - can help support the body during treatment and recovery.



Carbohydrates

Carbohydrates provide important energy during treatment and recovery.

Healthy carbohydrate sources may include:

- Whole grains;
- Rice and pasta;
- Fruits and vegetables;
- Bread and cereals;
- Potatoes and starchy foods;

Carbohydrates help support energy levels, physical activity, brain function, and recovery during treatment.

Healthy Fats

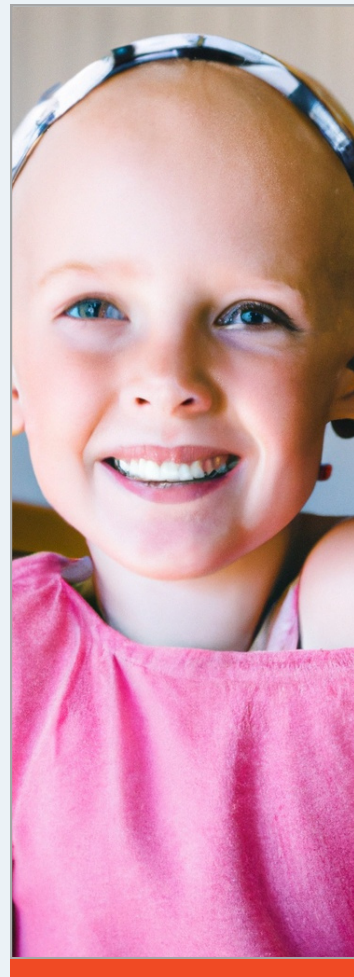
Healthy fats help support:

- Growth and development;
- Brain function;
- Calorie intake during periods of reduced appetite;
- Long-term energy needs.

Sources of healthy fats may include:

- Avocados;
- Olive oil;
- Nuts and seeds;
- Dairy products;
- Fatty fish when appropriate.

A balanced nutritional approach can help support healthy weight maintenance and physical resilience throughout treatment.



Nutritional Priorities During Treatment

Nutritional priorities during Wilms tumor treatment often focus on helping children maintain adequate calorie intake, hydration, strength, and nutritional balance while managing treatment-related side effects.

Common nutritional priorities may include:

- Preventing malnutrition;
- Supporting hydration;
- Maintaining healthy body weight;
- Preserving muscle mass and energy levels;
- Supporting immune health;
- Managing nausea or appetite loss;
- Encouraging safe food intake during treatment;
- Supporting healing and recovery after surgery or therapy.

Some children may require additional nutritional support through:

- High-calorie foods;
- Nutritional supplements;
- Smoothies or shakes;
- Small frequent meals;
- Feeding support during intensive treatment.

Pediatric oncology dietitians often help families create individualized nutrition plans based on treatment stage, symptoms, and overall health needs.

Nutrition Importance Across Different Treatment Stages

Nutritional needs may change throughout the different stages of Wilms tumor treatment and survivorship.



Before Treatment

Before treatment begins, nutrition may help:

- Support strength and immune health;
- Prepare the body for surgery or chemotherapy;
- Identify nutritional deficiencies early;
- Support healthy growth and development.

During Active Treatment

During chemotherapy, radiation therapy, surgery, or relapse treatment, nutrition focuses on:

- Maintaining calorie intake;
- Managing side effects;
- Preventing dehydration;
- Supporting energy levels;
- Supporting recovery and healing.

After Surgery

Following surgery, nutrition may help:

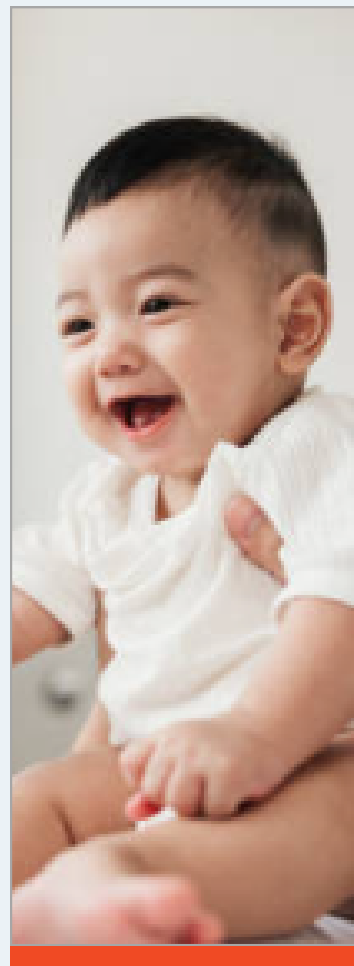
- Promote tissue healing;
- Restore strength and appetite;
- Support hydration and kidney health;
- Improve recovery and rehabilitation.

During Survivorship and Long-Term Recovery

After treatment ends, nutrition continues playing an important role in:

- Physical recovery;
- Growth and development;
- Healthy weight maintenance;
- Heart and kidney health;
- Energy and physical activity;
- Long-term survivorship and quality of life;

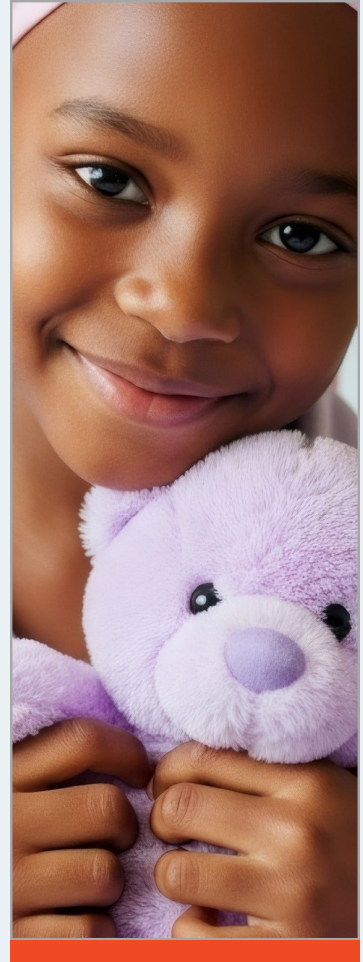
Healthy eating habits during survivorship may help support overall wellbeing and long-term recovery after childhood kidney cancer treatment.



Supporting Long-Term Health and Recovery

Good nutrition remains an important part of survivorship care for many childhood cancer survivors. Alongside medical treatment, rehabilitation, emotional support, and long-term follow-up care, nutrition can help children rebuild strength, maintain healthy growth, improve quality of life, and support long-term health after Wilms tumor treatment.

Advances in pediatric oncology nutrition, supportive care, survivorship medicine, and multidisciplinary childhood cancer care continue improving nutritional support and recovery outcomes for children affected by childhood kidney cancer worldwide.



Macronutrient Balance

Nutrient	Percentage
Carbohydrates	50%
Protein	25%
Fats	25%

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

Telephone: +1 (778) 514 5000

E-mail: info@WilmsFoundation.org

Web: www.WilmsFoundation.org

Address: Suite 2147, 712 H Street NE, Washington DC, United States, 20002.

THE WILMS CANCER FOUNDATION, WCF AND THE SLOGANS: "DEFEATING CHILDHOOD KIDNEY CANCER" AND "THE DISEASE YOU'VE NEVER HEARD OF" ARE INTERNATIONAL TRADEMARKS OF THE WILMS CANCER FOUNDATION AND ARE PROTECTED BY COPYRIGHT. DOCUMENT CONTENT DESIGN BY THE WILMS CANCER FOUNDATION © COPYRIGHT ALL RIGHTS RESERVED.

Under the copyright laws this documentation may not be copied, photocopied, reproduced, or translated, in whole or in part, without the prior written consent of the Wilms Cancer Foundation.

USA: Qualified 501(c)(3) Tax-Exempt Organization | EIN:98-3478827 | Canada: Registered Charity: 756261939BC0001



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.

© **World Health Organization (WHO)**. Used with permission in collaboration with the Wilms Cancer Foundation (WCF). "CureAll" is part of the WHO Global Initiative for Childhood Cancer (GICC). The World Health Organization does not endorse any specific organization, product or service.