Be treatment ready with I-EAT

Help for people with bowel cancer

Eating problems are common for people with bowel cancer receiving chemotherapy.

Our research has found that some people with bowel cancer do not know body weight is important during chemotherapy. Managing eating habits to maintain a steady weight can result in better outcome from treatment.

Research recommendation

A self-monitoring tool, to include prompts for when to seek help from a health professional.

Welcome to iEAT!

IEAT is a platform for people with colorectal cancer.

Get nutritional advice, explore recipes, and find finds to lots of useful resources.

If find out more about IEAT

What would you like to do today?

What would you like to do today?

What would you like to do today?

Check out our resource.

Check out our resources

Get holgs ald support first from around to the set.

View our recipe collection.

Get explored regret mails you can Vew recipes cold at home.

Dietitians helped us to develop and test a self-monitoring tool called I-EAT. They advise:

I-EAT could **help patients to monitor symptoms** and know when to seek help.

I-EAT has an important role for **improving patient understanding** of diet and nutrition

I-EAT charts and graphs of symptoms, weight change and food intake could be shared with doctors, nurses and dietitians to help them make clinical decisions.

The dieticians asked a question.

Will the time needed to use I-EAT be a burden for some patients?

We need to do patient user testing.



Can you help?

Would you like to be part of I-EAT development?



















