ABSTRACT

One of the therapies for breast cancer is chemotherapy. Chemotherapy is a treatment that involves the administration of chemical agents to inhibit the growth of cancer cells. In breast cancer, chemotherapy drugs can be administered either orally or intravenously. The side effects of chemotherapy vary depending on the regimen used. Side effects of anthracycline-based chemotherapy (adriamycin/doxorubicin) include nausea, vomiting, diarrhea, stomatitis, alopecia, susceptibility to infection, thrombocytopenia, neuropathy, and myalgia. Various side effects may occur during chemotherapy, one of which is nausea and vomiting that can disrupt patients' dietary patterns. The purpose of this study was to determine the characteristics of dietary patterns among breast cancer patients undergoing chemotherapy at Cut Meutia General Hospital, North Aceh, in 2025. This was an observational study. The sample consisted of all breast cancer patients in the oncology department of Cut Meutia General Hospital from January to April 2025, totaling 75 respondents. Sampling was conducted using a total sampling technique. The study used questionnaires consisting of informed consent and a Semi-Quantitative Food Frequency Questionnaire (SF-FFQ). The data analysis used in this study was univariate analysis. The results showed that the majority of respondents were in the late adulthood age group (36–45 years) (38.7%), worked as housewives (78.7%), had an underweight body mass index (72%), and most had undergone fewer than six cycles of chemotherapy (85.3%). Most respondents had inadequate energy intake (81.3%), adequate protein intake (70.7%), inadequate fat intake (64%), and inadequate carbohydrate intake (94.7%). In conclusion, overall macronutrient intake was insufficient, particularly for energy, fat, and carbohydrates, which were predominantly in the inadequate category, while protein intake tended to be adequate in more than half of the respondents.

Keywords: Chemotherapy; Breast cancer; Chemotherapy side effects; Dietary patterns; Macronutrient intake; Nutritional status; SF-FFQ; Oncology patients.