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- animal or human per day, thereby protecting the animal or human against chemotherapy, radiotherapy, oxidative stress, or aging,
- wherein no more than half of the energy is in carbohydrates if carbohydrates are present in the diet.
2. The method of claim 1, wherein the diet is capable of providing no more than 700 kcal total energy per day.
 3. The method of claim 1, further comprising exposing the animal or human to chemotherapy or radiotherapy.
 4. The method of claim 3, wherein the diet is administered to the animal or human for 3 to 10 consecutive days prior to the exposing step, 24 hours following the exposing step, or a combination thereof.
 5. The method of claim 1, wherein the diet is administered every third meal or every 3 to 10 days to protect the animal or human against chemotherapy or radiotherapy.
 6. A method of protecting an animal or human against chemotherapy or radiotherapy:

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- administering to the animal or human, 3 to 10 days prior to chemotherapy or radiotherapy, a diet capable of providing nutrition while providing no more than 11 kcal energy per kg body weight of the animal or human per day, and no more than 0.4 g protein per kg body weight of the animal or human per day, thereby protecting the animal or human against chemotherapy or radiotherapy, wherein no more than half of the energy is in carbohydrates if the carbohydrates are present in the diet; and exposing the animal or human to chemotherapy or radiotherapy.
7. The method of claim 6, wherein the diet is capable of providing no more than 700 kcal total energy per day.
 8. The method of claim 6, wherein the diet is administered to the animal or human for 24 hours following the exposing step.
 9. The method of claim 6, wherein the diet is administered to the animal or human for 3 to 10 consecutive days.

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