

Side | Snack | Lunch | Dinner

## Avocado Radish Toast

Side Effect: Constipation

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
Servings

 **129** Calories   **5g** Fat   **20g** Carbs   **4g** Protein

### Ingredients

 **6 Servings**    **5 Mins Total Time**    **Allergens: Gluten**

**1** Ripe Avocado, **washed thoroughly** and sliced 

**6 Slices** Whole Grain Bread 

**1 Small Bunch** Radishes, **washed thoroughly** and sliced 

Salt and Pepper, to taste

#### Allergen Swap

**Gluten** Replace the whole grain bread with a whole grain, gluten-free option



#### Nourishment Note



##### **Avocado**

Avocados contain insoluble fiber to help relieve constipation, a common side effect with anti-cancer drugs. It's also a great source of heart-healthy monounsaturated fats.



##### **Whole Grain Bread**

Whole grain bread contains insoluble fiber. Insoluble fiber helps to draw water and add bulk within the small intestines making it a great type of fiber for relieving constipation.



##### **Radishes**

Aside from their crunch and fresh taste, radishes contain both insoluble and soluble fiber. The high lignan content, a type of insoluble fiber, makes them especially helpful in relieving constipation. They're also high in polyphenols to help protect healthy cells.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Toast Bread

Toast whole grain bread.

### 3. Prepare Avocado

Smash 1-2 slices of avocado on each slice of toast. Top with radish slices and salt and pepper.

### 4. Refrigerate & Store

Store unused radishes and avocado in containers for up to 3 days in the refrigerator. Bread will keep, covered, for up to 3 days.

### 5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Toaster



Cutting Board



Knife



Spoon



Fork

### Fatigue Buster

- **Radishes:** Look for pre-sliced radishes to minimize preparation time. It's important to wash pre-cut items to prevent food borne illness.
- **Avocado:** Try using an avocado slicer to help make slicing the avocado easier.
- **Whole Grain Bread:** Freeze un-used bread slices for easy use later. Bread will keep frozen, in a freezer-safe bag for up to 3 months.