

essential nutrition guide

For Adults Living with Cancer



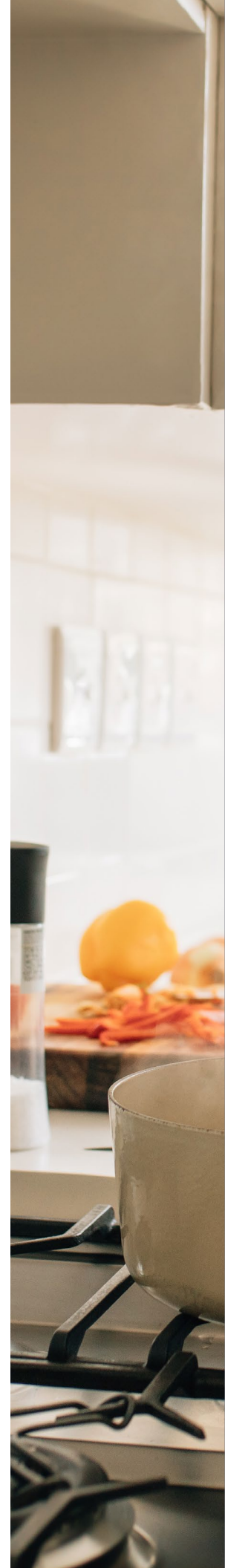
managing cancer

Your health during cancer treatment is important and we're here to help.

This essential nutrition guide is designed to help you take care of your body during cancer treatment. Cancer drugs work in many ways to prevent the growth of cancer cells. However, these drugs can also affect healthy cells and the side effects can lower your ability to fight infections and foodborne illness. This booklet focuses on managing common side effects of your treatment with proper nutrition. You'll also find important information about food safety to prevent foodborne illness and infection. Additionally, to help you feel better, our registered dietitians created delicious recipes to help treat the side effects of your cancer treatment.

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Remember, this booklet is to be used as a resource only. **For individualized nutrition questions, check with your health care provider or a registered dietitian.**





side effects

Understanding your side effects can help you take charge of your health and wellness.

Refer to this section to learn more about the side effects you may face and ways to manage them. **This section will help you to:**

- Understand the side effects commonly associated with cancer drugs.
- Discover ways to manage side effects with nutrition.
- Determine helpful food recommendations based on each side effect.
- Learn new cooking tips to apply in the kitchen.

altered taste

Changes in taste are common during cancer treatment. Foods that once tasted delicious may no longer be appetizing.

Certain foods may have less taste, or other foods, like meat, may be bitter or taste like metal. Smell can also be affected during cancer treatments. Foods that used to smell good may no longer be tolerable. Taste and smell changes often resolve once treatment has ended, but below are suggestions for staying well-nourished when foods don't taste or smell good to you.

Managing with Nutrition:

- Choose foods that currently appeal to you. Avoid foods that do not appeal to you.
- Try tart foods and drinks. Foods containing lime, lemon, orange, or vinegar may be more appealing. Do not eat these foods if you have mouth sores.
- Moist or naturally sweet foods often work well. Try frozen or fresh melon pieces or grapes.
- Try eating cool-temperature foods instead of hot-temperature foods. Cool-temperature foods have less aroma and typically less taste.
- Use various spices or marinades to add flavor to dishes.
- If foods taste too salty or bitter, try adding a small amount of sugar.
- Red meat can often have a metallic or bitter taste. Replace red meat-based protein sources with chicken, fish, eggs, nut butters or beans.
- Brush your teeth and tongue and rinse your mouth regularly, especially before eating.
- Replace metal forks and spoons with plastic versions. If you have a metallic taste in your mouth, eating with plastic forks and spoons can help. Eating with chopsticks may also help.
- Try using a cup with a lid to limit aromas.
- When cooking, use a kitchen fan. If someone else is doing the cooking, try to sit in a different room/area.
- When cooking, lift lids away from you to avoid smells.

dry mouth

Certain cancer treatments can cause dry mouth, or “cotton mouth”. Dry mouth occurs when your body makes less spit, or saliva, than it should.

When you have dry mouth, it can be more difficult to talk, chew and swallow food. The taste of foods may also change with dry mouth. See below for ways you can manage this side effect with nutrition.

Managing with Nutrition:

- Moisten foods with sauces, gravies, or dressings to make them easier to swallow.
- Season foods with citrus juices and herbs instead of salt.
- Choose foods that are easy to swallow. Try pureed foods, puddings, sorbets or soups.
- Suck on hard candies, frozen fruit or popsicles. These help your mouth make more saliva.
- Chew gum. Choose a sugar-free gum to prevent cavities. Some ingredients in sugar-free products, like the sugar alcohols xylitol, sorbitol, mannitol and erythritol, may cause gas, bloating or diarrhea. Check with your dietitian about better options.
- Eat tart foods or drinks (ex: lemonade). Tart foods and beverages encourage your mouth to make more saliva. Avoid if you have a sore mouth or throat.
- Sip water often to moisten mouth.
- Eat papaya or pineapple. Certain enzymes in papaya (papain) and pineapple (amylase) may help break up “ropy” or thick saliva.

Avoid:

- Alcohol-containing mouthwashes
- Tobacco products
- Alcohol
- Dry, coarse or rough foods

Additional Tips:

- Cut food into small pieces.
- Use lip balm to keep lips moist.
- Always carry a bottle of water for easy access.
- Rinse mouth every 1-2 hours with a warm water rinse, such as ¼ tsp baking soda and ⅛ tsp salt mixed into 1 cup warm water. Follow with a plain water rinse.

difficulty swallowing

Dysphagia (pronounced dis-fay-juh) is the medical term that describes difficulty swallowing.

Swallowing involves the coordinated activity of the mouth, pharynx, larynx and esophagus.

Any changes in one of these body parts can make it difficult to swallow. Below are possible causes of swallowing problems.

Esophagitis (pronounced i-sa-fe-ji-tes)

Esophagitis is the medical term that describes a sore and inflamed throat. A sore and inflamed throat can make it challenging and painful to swallow food and beverages.

Mucositis (pronounced mu-co-si-tis)

Mucositis is the medical term to describe inflammation in the mouth, esophagus, and other areas of the GI tract. If any of these areas are inflamed it can become painful and challenging to swallow.

Xerostomia (pronounced zir-e-sto-mia)

Xerostomia is the medical term for a dry mouth. Too dry of a mouth can make it difficult to pass food from the mouth down the esophagus.

Pain, inflammation, sores or lack of saliva in the mouth can all lead to swallowing challenges.

To stay well-nourished, it's best to work with your health care provider and a registered dietitian to create an individualized nutritional plan.

Managing with Nutrition:

- Eat 5 or 6 smaller meals throughout the day instead of 3 large meals. Small quantities of food may be easier to swallow.
- Include soft, easy-to-swallow foods like scrambled eggs, cooked cereal or milkshakes.
- Cook foods until they are soft and tender.
- Cut foods into small pieces or use a food processor or blender to puree food to desired consistency.
- Add sauces, gravies, broth, or yogurt to help soften foods.
- Try sipping drinks through a straw, it may help make swallowing easier.
- Avoid foods that can bother or irritate your throat:
 - Hot (Temperature) Foods and Drinks
 - Highly Acidic Foods – tomatoes, oranges, lemonade
 - Sharp, Crunchy Foods - potato and tortilla chips
 - Alcoholic Beverages
 - Spicy Foods

difficulty swallowing

Easy to Swallow Foods & Drinks

Nutrition is a key component to overall health, but swallowing challenges can make it difficult to nourish your body. Below are suggestions for easy to swallow foods and drinks to help you stay nourished. Always consult with your health care provider about any new changes you notice in swallowing, or pain in the throat and mouth. Some people may need to work with a speech pathologist and registered dietitian for specific swallowing and dietary requirements.

Proteins (Meats, Nuts, Seeds)
Creamy Peanut Butter
Creamy Seed Butter (Sun Butter®)
Pureed, Cooked Foods
Scrambled Eggs

Dairy
Cottage Cheese
Ice Cream
Milkshakes
Yogurt: smooth, without fruit chunks

Desserts & Snacks	
Flan	Sherbet
Fruit: pureed or baby food	Smoothies
Gelatin	Soft Fruits: bananas, applesauce
Puddings	Sorbet

Meals and Meal Replacement
Baby Food
Casseroles
Chicken Salad
Clear Nutritional Supplements: Resource Breeze®, Ensure Clear®
Egg Salad
Ensure®
Instant Breakfast Drinks: Carnation Instant Breakfast®
Macaroni and Cheese
Soups
Stews
Tuna Salad

Grains & Starches
Cooked Cereals: Cream of Wheat®, instant oatmeal, grits
Mashed Potatoes

constipation

Constipation occurs when bowels do not move regularly and stools become challenging to pass.

It can cause bloating, nausea, or painful bowel movements. Constipation can occur because of medication side effects, low activity levels, a low-fiber diet, or inadequate consumption of liquids.

Managing with Nutrition:

- Stay hydrated to keep your digestive system running smoothly. It's recommended to consume a minimum of 8 cups of liquid (64 ounces) each day. Always speak with your health care provider or cancer care team about specific hydration recommendations.
- Try warm or hot beverages. Many people find that drinking a warm or hot beverage, such as tea, coffee, or soup, can help relieve constipation.
- Add more fiber to your diet. Fiber is important in helping the digestive system work properly, and insoluble fiber is a specific type of fiber that helps relieve constipation. If your current diet is low in fiber, it's best to introduce fiber foods in small amounts over time while increasing water intake. See the list of *Foods to Help with Constipation* to learn more. Talk with your medical care provider or registered dietitian for specific recommendations, as certain types of cancer and cancer treatments may require a lower fiber diet.

Additional Tips:

- Try to incorporate daily physical activity. Movement can help relieve constipation. Always speak with your medical care provider before adding more activity or starting a new exercise plan.
- Keep a log of your bowel movements. Use the *Side Effects Tracker* to help. Bring it to medical appointments and share with your nurse or doctor to help create a more personalized bowel regimen, if necessary.
- Tell your doctor or nurse if you haven't had a bowel movement in more than 2 days.
- Never use fiber supplements, laxatives, stool softeners, or enemas without first talking to your doctor.

constipation

Foods that Help with Constipation

There are two types of fiber, soluble and insoluble fiber. Insoluble fiber is found in a variety of healthy foods and is important to relieving constipation. During digestion, insoluble fiber works to add “bulk” to stool. This bulk is what helps push the stool through the digestive system and out of the body. Below are foods with a high insoluble fiber content. Always introduce fiber-rich foods slowly over time and increase water intake to help minimize stomach upset.

Nuts	
Almonds	
Brazil Nuts	
Cashews	

Seeds	
Chia Seeds	
Ground Flax Seeds	
Pumpkin Seeds	
Sunflower Seeds	

Raw Vegetables	
Broccoli	Cucumber
Carrots	Peppers
Cauliflower	Radishes
Celery	Squash

Whole Grain Products	
Bread	
Brown Rice	
Crackers	
Pasta	
Popcorn	
Wheat Bran	

Beans and Legumes	
Black Beans	
Chickpeas	
Kidney Beans	
Lentils	

diarrhea

Diarrhea (frequent, loose bowel movements) is a common side effect of both cancer and cancer treatments. Diarrhea can also be caused by infections, food sensitivities, antibiotics or emotional upset.

Diarrhea occurs when foods and liquids pass through the gut so quickly that the body cannot absorb and digest it. This can also cause dehydration. Diarrhea symptoms can vary from mild to severe and last a short or long time.

Managing with Nutrition:

- To prevent dehydration, drink plenty of fluids to replace those you lose. Clear liquids are best, including water, sports drinks, clear flat soft drinks, chicken broth, or weak caffeine-free tea.
- Choose soft, bland foods. Good choices include noodles, hard-boiled eggs, white bread, pureed vegetables, lean turkey and chicken, fish and mashed potatoes.
- Try the BRAT diet. BRAT stands for bananas, rice, applesauce, and toast. These foods are higher in water-absorbing soluble fiber.
- Include foods that are higher in potassium and sodium. Try potatoes, broth, apricots and bananas.
- Eat small meals, more often. Eating 5-6 small meals per day may be easier on the gut than 3 large meals.
- Consume food and drinks at room temperature.

Tips For When You Experience Diarrhea:

- Take anti-diarrheal medications as prescribed.
- Rest your gut for 12-14 hours after having diarrhea and only drink clear liquids during this time. Use the *Clear Liquids* handout for a list of suggested foods and beverages.
- For nutrition recommendations, review the *Foods to Help with Diarrhea* found on the next page.

Avoid:

- Foods high in insoluble fiber. These foods may make diarrhea worse. Avoid raw fruits and vegetables, nuts, seeds, whole grain products, and high-fiber produce (broccoli, corn, beans, cabbage, cauliflower and peas).
- Caffeine-containing products (coffee, tea, chocolate, some soda).
- High-sugar beverages, such as regular soda and fruit punch.
- Lactose-containing dairy products (milk, cheese, yogurt).
- Sugar-free products sweetened with xylitol or sorbitol. These sweeteners are mostly found in sugar-free candy and gum.
- Spicy foods (hot peppers, curries, buffalo wings, salsa, black pepper, hot sauce).
- Greasy, fatty or fried foods (fatty cuts of meat, French fries, potato chips, fast food).
- Alcohol

Call your doctor immediately if you experience any of the following signs or symptoms with diarrhea:

- Six or more loose bowel movements a day for more than two days.
- Blood in your stool or rectal area.
- Weight loss due to diarrhea.
- Fever of 100.5°F or higher.
- Inability to control bowel movements.
- Diarrhea or abdominal cramps that last more than a day.
- Diarrhea accompanied by dizziness.

diarrhea

Foods to Help with Diarrhea

When dealing with the unpleasant side effect of diarrhea, there are certain foods that may help provide relief. See the table below for more details.

Food Group	Recommended Foods	Other Considerations
Dairy	<ul style="list-style-type: none"> • Buttermilk • Evaporated milk • Powdered milk • Soy milk • Yogurt with live, active cultures 	<ul style="list-style-type: none"> • Avoid yogurts with added nuts or dried fruit • Try lactose-free products, if lactose intolerant
Grains	<ul style="list-style-type: none"> • Bread, bagels, rolls, crackers, and pasta made from white or refined flour • Cereals made with refined grains (Corn Flakes®, puffed rice) • Cream of Wheat® • White rice • Oatmeal 	<ul style="list-style-type: none"> • Choose foods with less than 2g of fiber per serving
Fruits & Vegetables	<ul style="list-style-type: none"> • Applesauce • Canned, soft fruit • Ripe bananas • Melons • Fruit juice without pulp • Strained vegetables 	<ul style="list-style-type: none"> • Avoid canned fruit in heavy syrup • Avoid cruciferous vegetables, like broccoli, cauliflower, and Brussels sprouts • Avoid dried fruits • Avoid fruit juice with pulp and prune juice • Avoid most raw produce, unless listed to the left
Proteins	<ul style="list-style-type: none"> • Smooth nut butters • Tender, well-cooked meat, pork, poultry, fish, eggs, or soy foods made without added fat 	<ul style="list-style-type: none"> • Avoid chunky nut butters • Avoid fatty cuts of meat, like pork ribs, chicken thighs, high-fat (55%) ground beef, ribeye steaks, etc.
Beverages	<ul style="list-style-type: none"> • Caffeine-free teas • Decaffeinated coffee • Rehydration drinks • Sports drinks • Water 	<ul style="list-style-type: none"> • Avoid sugary and alcoholic beverages
Fats	<ul style="list-style-type: none"> • Choose a low-fat diet 	<ul style="list-style-type: none"> • A high-fat diet may make diarrhea worse
Other	<ul style="list-style-type: none"> • Anti-diarrheal medications 	<ul style="list-style-type: none"> • Avoid sorbitol or sugar-alcohol containing products

***These foods may be beneficial for most people, but not all.** If you find any of these foods make your diarrhea symptoms worse, stop eating them until symptoms go away. Call your doctor right away if you experience any of the signs or symptoms found in the chart on the previous page.

nausea and vomiting

Nausea happens when you feel “sick to your stomach” or queasy. You may also experience a watery mouth, dizziness, or fast heartbeat.

When you don't feel your best, it can be difficult to get the nourishment that your body needs. A weak appetite can lead to weight loss and may affect your treatment. It's important to discuss with your doctor if you experience nausea after treatment ends.

Managing with Nutrition:

- Eat small, frequent meals throughout the day. Often this looks like 5 to 6 small meals instead of 3 large meals. Small, frequent meals are typically well-tolerated.
- Do not skip meals or snacks. Even if you don't feel hungry, you should still eat. An empty stomach can make nausea worse. Set an alarm as a reminder to eat every 2-3 hours.
- Room-temperature foods are often well-tolerated. Allow hot foods to cool down and cool foods to warm up before consuming.
- When you're not feeling well, avoid eating your favorite foods. This may cause you to link them to feeling sick.
- Stay hydrated. Drink liquids throughout the day.
- If you have nausea in the morning, try keeping crackers next to the bed and eat a few before even getting out of bed.
- Try resting after eating.
- Wear loose and comfortable clothing.
- Use the *Side Effects Tracker* to record when you feel nauseous.
- Avoid strong food and drink smells. Strong smelling foods include coffee, fish, onions, and garlic.

clear liquids

Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, constipation, or appetite loss. If experiencing vomiting, wait until it subsides before eating anything.

Soups
Fat-Free Bone Broth
Fat-Free Chicken Broth
Fat-Free Vegetable Broth

Drinks
Apple Juice
Caffeine-Free Tea
Clear, Carbonated Beverages
Fruit-Flavored Drinks
Fruit Punch
Sports Beverages
Water

Sweets
Fruit Ice, without milk or fruit pieces
Jello-O®
Popsicles
Sorbet, without fruit pieces

Meal Replacements
Clear Nutritional Supplements (Carnation Instant Breakfast Juice®)

full liquids

Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, appetite loss, or weight loss. If experiencing vomiting, wait until it subsides before consuming anything.

Hot Cereals
Cream of Wheat®
Cream of Rice®
Grits
Instant Oatmeal

Soups
Broth
Soup, strained or blended

Sweets and Snacks
Custard (baked)
Frozen Yogurt
Fruit Puree
Ice Cream, with no chunks (cookie or nut pieces)
Ice Milk
Pudding
Sherbet
Sorbet
Yogurt, plain or vanilla (no fruit pieces)

Drinks
Carbonated Beverages
Decaffeinated Tea
Fruit Drinks
Fruit Punch
Milk
Milk Alternatives (soy milk or nut milk varieties)
Milkshakes
Smoothies
Sports Beverages
Tomato Juice
Vegetable Juice
Water

Meal Replacements
Instant Breakfast Drinks:
Carnation Instant Breakfast®
Liquid Meal Replacements:
Boost®
Ensure®
Clear Nutritional Supplements:
Ensure Clear®

easy on the stomach

Foods that Help with Nausea or Vomiting

When you're feeling nauseous it can be challenging to eat. Certain foods can help to calm nausea and some just feel easier sitting in the stomach. Below are foods to eat to stay nourished, even when your stomach is feeling queasy. If you're throwing up, it is best to wait until your vomiting has stopped before eating.

Beverages
Caffeine-Free Tea
Clear, Flat Carbonated Beverages
Cranberry Juice
Fruit Punch
Sports Drinks
Vegetable Juice
Water

Fruits and Vegetables
Bananas
Canned Fruit - applesauce, peaches, pears
Potatoes – baked or mashed, no skin

Meal Replacements
Instant Breakfasts – Carnation Instant Breakfast®
Liquid Meal Replacement - Ensure®
Clear Nutritional Supplements – Resource Breeze®, Carnation Instant Breakfast Juice®, Ensure Clear®

Other
Ginger and Ginger-Flavored Foods – ginger chews, ground ginger, ginger gum, etc.

Proteins
Chicken or Turkey – baked without skin
Eggs
Fish – poached or broiled

Desserts and Sweets
Angel Food Cake
Jell-O®
Low-Fat Ice Cream
Lemon Drops
Popsicles
Sherbet
Sorbet

Grains
Crackers - plain
Noodles – plain
Pretzels
Refined, Cold Cereals – Corn Flakes®, Rice Krispies®, Rice Chex®
Rice
Toast – plain

lactose intolerance

Lactose intolerance is when your body can't digest the sugar in dairy products, called lactose. Lactose is found in foods like milk, yogurt, cheese, and ice cream.

People with lactose intolerance may experience symptoms like gas, bloating, stomach pain, and diarrhea. Lactose intolerance can be the result of certain cancer treatments, as well as medications commonly prescribed during cancer treatments, like antibiotics.

Managing with Nutrition:

- Look for lactose-free or reduced-lactose products.
These products, like lactose-free milk and ice cream, should be clearly marked.
- Choose dairy-free milk substitutes. A variety of options exist, including almond, oat, soy and coconut milks. Check out dairy-free yogurt, ice cream and cheeses as well.
- Make substitutions. When cooking at home, substitute lactose-containing foods with dairy-free alternatives. Often, you won't be able to tell the difference!
- Choose dairy products that are naturally lower in lactose, like hard cheeses (cheddar) and yogurt.

Additional Tips:

- Talk to your health care provider about medications that may help with lactose intolerance. Lactase tablets, like Lactaid®, may help your body break down lactose more effectively.

Lactose-free food label reading tips

Check the food label for the following foods or ingredients that may contain lactose:

- Butter
- Buttermilk
- Cheese
- Chocolate milk
- Cream cheese
- Evaporated milk
- Goat's milk
- Ice cream
- Ice milk
- Low-fat milk
- Margarine
- Milk
- Milk chocolate
- Milk solids
- Nonfat or skim milk
- Powdered milk
- Sherbet
- Sweetened condensed milk
- Whey
- Yogurt

Lactose may be hidden in packaged foods as well. Carefully check the ingredient lists on the following foods for lactose-containing ingredients:

- Baked goods
- Beverage mixes
- Cake mixes
- Candies
- Hot dogs
- Instant potatoes
- Instant soups
- Lunchmeats
- Margarine
- Pancake mixes
- Salad dressings

Some ingredients come from milk, but don't contain lactose. These include:

- Casein
- Lactate
- Lactic acid
- Lactoalbumin

To replace a dairy product when cooking, try the following substitutions:

Original	Substitution
1 Cup Whole Milk	½ cup soy or rice milk and ½ cup water or ½ cup liquid non-dairy cream and ½ cup water
1 Cup Skim Milk	½ cup non-dairy cream and ¾ cup water or 1 cup lactose-free milk
½ Cup Cottage Cheese	½ cup soft tofu

low appetite/weight loss

Appetite loss is when you lose interest in eating or you don't want to eat very much. It can occur for a lot of reasons.

Reasons include fatigue, pain, certain medications, emotional issues, cancer treatment side effects (nausea, vomiting, change in taste, etc.), or the cancer itself. Appetite loss is very common and can vary in length. Longer term appetite loss can result in weight loss and malnutrition.

Managing with Nutrition:

- Try a liquid or powdered meal replacement, like Boost®, Ensure® or Carnation Instant Breakfast®.
- Instead of eating 3 large meals a day, try to eat 5-6 smaller meals throughout the day.
- Eat your largest meal when you are hungriest. For many people, this is in the morning.
- Start your meal with high-protein foods, when appetite is the strongest. See *Tips for Adding Protein* for ways to incorporate more protein into your meals.
- Drink high-calorie beverages, like milkshakes, smoothies, juices, or soups.
- Keep snacks handy. See *Snack Ideas for Appetite Loss* for some tasty and easy snack suggestions.
- Drink liquids throughout the day, especially if you don't feel like eating. If it's difficult for you to remember, set a timer to remind you.
- Try to eat a bedtime snack. This will provide extra calories, but not affect your appetite for the next day.
- Eat soft, cool, or frozen foods like popsicles, sorbet, or yogurt.

Avoid:

- Drinking large amounts of liquids at meals, as this could make you feel full very quickly and reduce the amount of food you are able to eat.

Additional Tips:

- Keep a normal eating schedule, eating every 2 ½–3 hours.
- Set an alarm to remind you to eat snacks.
- Try to be physically active, this can help to stimulate appetite.
- Your doctor may be able to prescribe medications to help improve appetite.
- Recruit the help of friends or family members to help you purchase and/or prepare food.
- Try to keep mealtimes relaxed and pleasant.
- Talk with your doctor if emotional issues, like depression or anxiety, may be affecting your appetite.

snack ideas for appetite loss

When you don't have an appetite, it may be hard to think of easy snack ideas.

However, snacks are an important part of staying nourished when you may not feel like eating a large meal. For quick and easy snack ideas, check out the list below.

Drinks

- Chocolate milk
- Hot chocolate
- Instant breakfast drinks
- Juice
- Kefir
- Milk
- Milkshakes
- Smoothies

Grains

- Bagels
- Bread/Toast
- Cereals
- Crackers
- Granola
- Granola bars
- Muffins
- Oatmeal
- Pancakes
- Pita bread
- Popcorn
- Tortillas
- Waffles

For more snack ideas:

Visit meijerspecialtypharmacy.com and click on **Cancer** to view recipes designed for your condition. You can filter based on side effect or meal type, including snacks.

Fruits & Vegetables

- Applesauce
- Canned fruit
- Dried fruit
- Fresh fruit
- Fresh vegetables
- Fruit leathers

Dips

- Guacamole
- Hummus
- Salad dressings
- Tzatziki

Dairy

- Cheese
- Cottage cheese
- Frozen yogurt
- Ice cream
- Puddings
- Yogurt

Protein

- Fruit and nut bars
- Hard-boiled eggs
- Nut butters
- Nuts and seeds
- Trail mix

Other

- Sandwiches
- Soups
- Wraps

tips for adding calories

It is common to lose weight when receiving cancer treatment.

To help maintain your weight, try to get enough calories in your diet. See the tips below for ideas to increase the number of calories you eat and prevent weight loss.

Tips for Adding Calories:

- Eat at least 3 meals and 3 snacks daily.
- Limit the amount of liquid you drink at meals to avoid filling up too fast. Drink more between meals instead.
- Add additional calories to at least one food item at each meal and snack.
- Always have favorite snack foods available.
- Set up an eating schedule and set reminders to eat.
- Eat your largest meal when appetite is the strongest.
- Add butter, oil, cheese, or cream to foods.
- Add nut butters to foods like fruit, yogurt, or ice cream.
- Add extra gravies, sauces, or salad dressings to foods.
- Add sweeteners like sugar, brown sugar, maple syrup, or honey to cereal, oatmeal, or hot beverages.
- Use 2% or whole dairy products, including milk, yogurt, cheese, and cottage cheese.
- Use higher calorie cooking methods, like sautéing or frying foods.

Foods	Serving / Calories	Suggestions
Avocado	$\frac{1}{3}$ = 80 calories	<ul style="list-style-type: none">• Slice for sandwiches or salads• Stir into dips• Make guacamole• Serve with eggs
Butter	1 tsp = 45 calories	<ul style="list-style-type: none">• Add to soups, potato dishes, hot cereals, grits, rice, noodles, and cooked vegetables• Top muffins, crackers, rolls, or toast• Stir into cream soups, sauces, and gravies• Combine with spices and herbs and spread on cooked meats, fish, hamburgers, and egg dishes• Use melted butter on vegetables or seafood

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding calories

Foods	Serving / Calories	Suggestions
Cream Cheese	1 oz = 100 calories	<ul style="list-style-type: none"> • Spread on breads, muffins, crackers, or fruit slices • Add to vegetables and casseroles • Roll into balls and coat with chopped nuts, shredded coconut, herbs, or granola • Soften and season as a fruit dip
Dried Fruits	½ cup = 100-200 calories	<ul style="list-style-type: none"> • Serve in breakfast dishes, as a dessert, or eat for a snack • Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings, and stuffing • Combine with sweeter vegetables, such as cooked carrots, sweet potatoes, yams, acorn squash, or butternut squash • Combine with nuts and/or granola for snacks
Dry Pudding Mix	Calories vary per serving and variety	<ul style="list-style-type: none"> • Add dry mixes when baking cakes, muffins, or sweet breads • Add to shakes and smoothies
Granola	½ cup = 300 calories	<ul style="list-style-type: none"> • Use in cookie, muffin, and sweet bread batters • Sprinkle on yogurt, ice cream, pudding, custard, frozen yogurt, or fruit • Layer with fruit and bake • Mix with dried fruits and nuts for a snack • Use instead of bread or rice in pudding recipes
Greek Yogurt	5-6 oz = 150 calories	<ul style="list-style-type: none"> • Use in place of regular yogurt in recipes • Serve with fruit for a snack • Add to shakes and smoothies • Freeze in popsicle molds for a cool treat

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding calories

Foods	Serving / Calories	Suggestions
Half-and-Half or Cream	1 Tbsp = 30-50 calories	<ul style="list-style-type: none"> • Use on hot or cold cereals • Use in milkshakes or smoothies • Use in place of milk for cream soups and sauces • Mix with pasta, rice or mashed potatoes • Pour on chicken or fish while baking • Substitute for milk in recipes • Make hot chocolate with cream and add marshmallows
Honey, Jam, Sugar	1 Tbsp = 60 calories	<ul style="list-style-type: none"> • Add to bread, cereal, oatmeal, milk drinks, and fruit or yogurt desserts • Use as a glaze for meats, such as chicken or pork
Hot Fudge or Caramel	1 Tbsp = 65 calories	<ul style="list-style-type: none"> • Serve over dessert • Add to puddings, cheesecakes, and prepared items • Add to coffee
Nuts and Seeds	¼ Cup = 200 calories	<ul style="list-style-type: none"> • Serve as a snack • Use to make fudge, candy or special desserts • Crush and make a coating for fish or chicken • Add to salads or grain-based dishes
Nut Butters	2 Tbsp = 190 calories	<ul style="list-style-type: none"> • Add to shakes or smoothies • Stir in hot cereal • Spread on muffins, waffles, pancakes, English muffins, or French toast • Spread on bread or crackers for snacks • Use as a dip for fruit or veggies • Make a nut butter-based sauce

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding calories

Foods	Serving / Calories	Suggestions
Oils (olive oil, canola oil, grapeseed oil)	1 Tbsp = 120 calories	<ul style="list-style-type: none"> • Add to flavor most menu items and dressings • Use to pan fry meats, seafood, poultry or vegetables • Finish soups, pastas, & salads with a drizzle of high-quality oil • Use as a dip for bread • Use to make a grain-based salad
Salad Dressings and Mayonnaise	1 Tbsp = 60-100 calories	<ul style="list-style-type: none"> • Spread on sandwiches and crackers • Combine with meat, fish, eggs or vegetables • Use in sauces • Use liberally for dipping vegetables
Sour Cream	1 Tbsp = 30 calories	<ul style="list-style-type: none"> • Add to cream soups, baked or mashed potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meats, and fish • Make a dip for vegetables • Scoop on fresh fruit with brown sugar

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding protein

During cancer treatment and recovery, protein needs may be higher than normal.

To help stay nourished, try to get enough protein in your diet. See below for ideas on how to add more protein to your diet.

Dairy - Melt Cheese On:

- Bagels
- Chicken
- Crackers
- Eggs
- English Muffins
- Hamburgers
- Pita Bread
- Sandwiches
- Tortilla Chips
- Tortillas
- Tuna
- Vegetables

Dairy - Grate Cheese Over:

- Breadsticks
- Casseroles
- Mashed Potatoes
- Pastas
- Pizza
- Rice
- Salads
- Sauces
- Soups
- Vegetable Dishes

Dairy - Cottage and Ricotta Cheese:

- Use as a dip for fruits and vegetables
- Add to:
 - Casseroles
 - Egg Dishes (omelets, frittatas, scrambled eggs)
 - Pancake/Muffin Batter
 - Pasta
 - Polenta
 - Smoothies

Dairy - Milk:

- Use milk to replace water in cooking
- Use in hot soups, cereal, cocoa, and pudding

Dairy - Nonfat Instant Dry Milk:

- Add to milk or milk drinks, such as milkshakes, protein shakes or eggnog
- Add to:
 - Breads
 - Cream-Based Soups
 - Custards
 - Macaroni and Cheese
 - Mashed Potatoes
 - Muffins
 - Puddings
 - Sauces

Dairy - Meal Substitution and Protein Powders:

- Use “instant breakfast powder” in milk, milk drinks and desserts
- Mix with fruit, yogurt and ice for a high protein smoothie
- Add to:
 - Baked Goods
 - Coffee
 - Ice Cream
 - Oatmeal
 - Pudding

tips for adding protein

Dairy - Greek Yogurt:

- Mix with fruit and granola
- Use to replace sour cream in dishes
- Add to smoothies
- Freeze to make popsicles
- Use in baked goods

Eggs:

- Add chopped hard-boiled eggs to salads
- Make a custard with milk, eggs and sugar
- Make egg salad
- Make eggs in a variety of ways:
 - Breakfast Burritos
 - Omelets
 - Breakfast Sandwiches
 - Quiches
 - Frittatas
 - Scrambled Eggs
 - Muffin Tin Eggs

Nuts and Seeds:

- Add to:
 - Breads
 - Cookies
 - Muffins
 - Pancakes
 - Smoothies
 - Trail Mix
 - Waffles
- Sprinkle on:
 - Cereal
 - Ice Cream
 - Salads
 - Vegetable Dishes
 - Yogurt

Nut Butters:

- Swirl through yogurt
- Add to smoothies
- Spread On:
 - Crackers
 - Fruit or Veggie Slices
 - Muffins
 - Pancakes
 - Sandwiches
 - Toast
 - Waffles

Meat, Poultry, and Fish:

- Add cooked, chopped meat, poultry, or fish to:
 - Casseroles
 - Omelets
 - Pasta
 - Quiches
 - Rice
 - Salads
 - Sandwiches
 - Soups
 - Vegetables

Beans, Legumes, and Tofu:

- Make hummus
- Add to:
 - Casseroles
 - Grain Dishes
 - Pasta
 - Salads
 - Soup
 - Stir-fries
 - Tacos

unintended weight gain

Though most people think they will lose weight after a cancer diagnosis, it is also possible to gain weight. This unintended weight gain can be due to a variety of reasons.

Reasons including treatments, or certain medications, like hormone therapy, that can cause weight gain or make you feel hungrier. Fatigue, from both cancer and treatment, can lead to a decrease in activity, which can also cause weight gain. Emotional side effects, such as depression or anxiety, may lead to weight gain as well.

Managing with Nutrition:

- Eat plenty of fruits and vegetables – Fruits and vegetables are filled with nutrients and fiber, so they fill you up without a lot of calories.
- Choose lean protein – Top picks include white meat poultry, fish, shellfish, beans, eggs, and tofu.
- Make half your grains whole grains – Fiber-rich whole grain foods like whole grain breads, cereals and pastas, brown rice, and popcorn fill you up and provide valuable vitamins and minerals.
- Focus on low-fat dairy – Choose skim or 1% milk, yogurt and cheese.
- Cook using low-fat cooking methods, such as baking, broiling, grilling, steaming, or roasting.
- Choose foods with less fat and sugar – Look at the nutrition label and choose food items with a low %DV.
- Keep portion sizes in check.
- Try the *American Institute for Cancer Research (AICR)* New American Plate method – Aim for meals made up of 2/3 (or more) vegetables, fruits, whole grains, or beans and 1/3 (or less) animal protein.

Avoid:

- Sugar-sweetened beverages
- Fried food, such as French fries and potato chips
- Enriched white flour products, like white bread, bagels, crackers, and white pasta
- Candy
- Fruit drinks
- Desserts, such as pastries, cookies, cakes and ice cream
- Alcohol
- High-calorie foods and drinks like pizza, nachos, and specialty coffee drinks

Additional Tips:

- Keep a food journal – Track what you eat and drink to become more mindful of how much you're eating and drinking.
- Be physically active – Exercise not only burns calories but may help to improve your mood as well.
- Talk with a dietitian for more ideas to keep your weight in check while undergoing cancer treatment and beyond.

fatigue

Cancer-related fatigue (CRF) or feeling very tired, is the most common side effect for those diagnosed with cancer. It can be related to the cancer itself or a side effect from anti-cancer drugs.

Fatigue can often be confused with tiredness. Everyone experiences tiredness, and typically a good night's sleep can help a person feel refreshed in the morning. However, CRF can cause excessive tiredness throughout the entire body. Patients often refer to CRF as “paralyzing”. Although fatigue may not be avoidable, below are suggestions for how nutrition may help to better manage your CRF.

Managing with Nutrition:

- CRF can be worse if you're not nourishing your body well. Good nutrition is an important part of keeping your energy levels up and minimizing fatigue.
- Work with a dietitian to determine your caloric needs. Generally, 15 calories per pound of body weight is recommended. If weight loss has occurred, add an additional 500 calories to your total calorie needs.
- Include lean protein or proteins with healthy fats at each meal and snack time. Protein suggestions – nuts, seeds, legumes/beans, Greek yogurt, cooked tofu, cooked chicken, cooked fish.
- Maintain hydration levels. Dehydration can increase feelings of fatigue. Good sources of fluid include juice, milk, broth, milkshakes, water, and other non-caffeinated beverages. Work with a dietitian to determine your fluid requirements. Eight cups, or 64 ounces, is the minimum requirement for most people.
- Talk with your health care provider, pharmacist, or dietitian about incorporating a multivitamin that meets 100% of the recommended daily allowances (RDA) for most nutrients.
- Ask a trusted friend or family member to help prepare meals and snacks. This includes asking them to help prepare freezer meals to easily nourish your body when energy levels are low.

Additional Tips:

- Pace yourself – alternate standing with sitting, don't rush through activities.
- Schedule rest time throughout your day.
- Use proper body techniques – when sitting, use a chair with good back support, adjust work height to prevent bending over, always bend at the knees and not the back.
- Keep a diary to track the times of day you are low on energy or the most fatigued.
- Avoid extreme temperature changes or long hot showers or baths.
- Prioritize important tasks and what items can be delegated.
- Store items in the home at low levels to prevent heavy lifting or strain.
- Try yoga or relaxation techniques before going to sleep.
- Implement stress management techniques.

Visit [MeijerSpecialtyPharmacy.com](https://www.MeijerSpecialtyPharmacy.com) to learn more about ways to empower your well-being.

side effects tracker

Many cancer treatments, including oral medications, have the potential for side effects. It's important to keep track of your side effects so your cancer care team can better help you manage them. Use the side effect tracker below for additional help.

Directions

- Fill in the date, as well as your medications, for each day of the week.
- For each date, fill out the corresponding column of side effects. If you're not experiencing a side effect, check "None".
- If you took a medication to treat a side effect, write that down in the space provided.
- **Call your doctor immediately if you have a symptom(s) that fit within the "severe" description.**

Loss of Appetite						
Side Effects: None • Mild: Slightly decreased appetite • Moderate: Often not hungry • Severe: No appetite at all/unable to eat*						
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Medications:	Medications:	Medications:	Medications:	Medications:	Medications:	Medications:
<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
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Side Effect Medication Taken/Dosage:						

Nausea						
Side Effects: None • Mild: Can eat • Moderate: Eating or drinking less than normal • Severe: Unable to eat or drink*						
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Side Effect Medication Taken/Dosage:						

*Contact your doctor as soon as possible

side effects tracker

Vomiting						
Side Effects: None • Mild: Vomiting 1x/day • Moderate: Vomiting 2-5x/day* • Severe: Vomiting ≥ 6x/day*						
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<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Side Effect Medication Taken/Dosage:						

Sore Mouth						
Side Effects: None • Mild: Ulcer present but no pain; or soreness but no ulcer Moderate: Able to eat, but ulcer causes pain* • Severe: Unable to eat due to ulcer pain*						
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Side Effect Medication Taken/Dosage:						

*Contact your doctor as soon as possible

side effects tracker

Diarrhea						
Side Effects: None • Mild : Loose stools • Moderate : Watery stools, many more than normal Severe : Continuous or bloody stools, weight loss, diarrhea with fever greater than 100.5 °F, or diarrhea accompanied by dizziness.*						
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Side Effect Medication Taken/Dosage:						

Constipation						
Side Effects (BM = Bowel Movement): None • Mild : No BM for 2 days Moderate : No BM for 3 to 4 days* • Severe : No BM for more than 4 days or swollen belly*						
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Side Effect Medication Taken/Dosage:						

*Contact your doctor as soon as possible

side effects tracker

Trouble Swallowing						
Side Effects: None • Mild: Can swallow, but slightly difficult Moderate: Need soft or liquid diet due to swallowing difficulties* • Severe: Unable to eat due to swallowing difficulties*						
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Side Effect Medication Taken/Dosage:						

Side Effect:						
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Side Effect Medication Taken/Dosage:						

*Contact your doctor as soon as possible

side effects tracker

Side Effect:						
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Side Effect Medication Taken/Dosage:						

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Side Effect Medication Taken/Dosage:						

*Contact your doctor as soon as possible





food safety

Understanding food safety can help you take charge of your health and wellness.

Refer to this section to learn more about the ways you can stay safe and tips for good hygiene. To keep you and your family safe from foodborne illness, **always consider the following:**

- Safe cooking temperatures
- Hand washing practices
- Safety tips for handling produce
- Foods to eat and foods to avoid
- Safety tips for meal prep

safe cooking temperatures

Consuming undercooked food increases the risk of developing a foodborne illness.

Patients receiving cancer treatments have weakened immune systems, this also increases the risk of developing a foodborne illness. To help reduce the risk, properly cooking and handling food is important.

Below are some cooking tips to help you stay free from foodborne illness. See the table to the right for safe internal cooking temperatures of various foods.

- Use a food thermometer to measure the internal temperature of red meat, poultry, eggs and fish.
- Visit the USDA Food Safety website, www.usda.gov, for more information on how to use a food thermometer.
- Never consume food that is undercooked.
- Always wrap or cover food promptly. Refrigerate or freeze items within one hour of cooking to limit the growth of bacteria.
 - Keep the refrigerator set between 34 °F and 40 °F.
 - Keep the freezer set at 0 °F or below.
- Always thaw frozen meat or poultry in the microwave, refrigerator or in cold water. Never thaw on the counter at room temperature.
- Never consume foods past the expiration date on the label. When in doubt, throw it out!
- Check out the *Eat This, Not That* and *Food Safety Tips: Grocery and Home* handouts for additional information on staying safe around food and cooking.
- Follow the proper food handling guidelines:
 - **Clean:** wash hands and surfaces often
 - **Separate:** keep raw meat and poultry separate from ready-to-eat foods
 - **Cook:** cook foods to safe internal temperatures
 - **Chill:** chill perishable foods within 1 hour

Safe Internal Temperatures	
Steaks and Roasts	145 °F
Fish	145 °F
Pork	160 °F
Ground Beef	160 °F
Egg Dishes	160 °F
Chicken Breast	165 °F
Whole Poultry	165 °F
Hotdogs	Reheat until steaming hot or 165 °F

Foodborne Illness Symptoms
Fever
Nausea and Vomiting
Dehydration
Upset Stomach
Stomach Cramps
Diarrhea

***Seek medical attention immediately if you think you are suffering from a foodborne illness.**

hand washing

If you or someone you know is dealing with cancer, it's important to maintain good hand hygiene.

Handwashing is one of the best ways to keep you and your loved ones healthy by preventing the spread of germs. This is especially important because the immune system can be weakened by certain cancer treatments.

It's important to wash your hands when doing the following activities:

- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone in your household who is ill.
- Before and after treating a cut or wound.
- After using the bathroom.
- After changing diapers or helping a child who has gone to the bathroom.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or treats.
- After touching trash.

To prevent the spread of germs, wash your hands using the following steps:

- 1. Wet:** Wet your hands with clean running water, turn off the water and apply soap.
- 2. Lather:** Rub your hands to create a soapy lather. Make sure you lather the backs of your hands, between your fingers and underneath your fingernails.
- 3. Scrub:** Scrub your hands for 20 seconds (twice through "Happy Birthday").
- 4. Rinse:** Rinse your hands under clean, running water.
- 5. Dry:** Dry hands with a clean towel or air dry.

What about Hand Sanitizer?

- An alcohol-based hand sanitizer is a good option if soap and water are unavailable.
- Hand sanitizers can quickly get rid of some germs, but not all germs are killed by hand sanitizer.
- Sanitizers may not remove visible dirt, grease, pesticides, or heavy metals.
- Always choose a sanitizer with at least 60% alcohol.
- Keep hand sanitizers out of the reach of children.

food safety tips: grocery store and home

Food safety is important both inside the home and at the grocery store.

Some cancer medications may lower your body’s ability to fight infections. It’s important to take special care when purchasing food and when handling food in your home. Below are easy ways to help keep you or a loved one free from foodborne illness and food-related infections.

Safety Tip	Details
Grocery Store Food Safety	<ul style="list-style-type: none">• Do not purchase food from bulk-food containers.• Do not purchase cans with cracks, dents, or bulges.• Do not buy fruits or vegetables that are bruised or damaged.• Avoid raw sprouts, such as alfalfa or bean sprouts, as these have a higher risk of being contaminated with harmful bacteria.• Avoid unpasteurized juices and milk products.• For a full list of safe foods to purchase, check out the <i>Eat This, Not That</i> resource on pages 44–45.• When buying pre-cut or packaged fresh produce, look for an expiration date. Do not purchase if produce has expired.• Pick-up foods that spoil easily at the end of the shopping trip and store in a cooler on the way home.• Double-bag raw meats or fish before placing in the grocery cart to prevent any meat juices from dripping. Store on the bottom rack of the cart or away from fresh produce.
Kitchen Food Safety	<ul style="list-style-type: none">• After grocery shopping, immediately store cold or frozen food items in the freezer and refrigerator.• Scrub all raw fruits and vegetables with a brush and water before eating.• Soak berries and other foods that are not easily scrubbed in water, then rinse.• Fruits and vegetables that require peeling should be washed and scrubbed with a brush after peeling.• If using frozen fruit or vegetables in an uncooked dish, such as a smoothie, soak in water and rinse before preparing. If cooking, there is no need to wash frozen fruits or vegetables.• Wash hands and countertops with warm water and soap before and after preparing food.• Wash your hands with warm water and soap every time you touch raw meat, chicken, turkey, eggs, or fish.• Use separate cutting boards for fruits or vegetables and raw meat items.• Thaw raw meats and fish in the refrigerator or defrost in the microwave. Never allow it to thaw on the counter, as this can increase the risk for foodborne illness.• Use the <i>Safe Cooking Temperatures</i> handout for proper cooking temperatures of meats and fish. See page 40 for more details.

food safety tips: grocery store and home

Safety Tip	Details
Tips for a Clean and Safe Fridge	<ul style="list-style-type: none"> • Keep the refrigerator temperature set at 40 °F or below. • Keep the freezer temperature set at 0 °F or below. • Use an appliance thermometer to measure the internal temperature. • Store raw meats and fish in a sealed container or securely wrapped on a plate to prevent juices from dripping. • Store raw meats and fish on the bottom shelf. • If possible, keep fruits and vegetables in the crisper drawer. • Keep perishable food items out of the door. The temperature of the door changes every time you open it. Juices, water, and condiments are the best items to keep in the door space. • Eggs and dairy should be kept on the shelves. • Frozen foods don't last forever. Toss items that have been in the freezer for more than 3 months. • Wipe up spills immediately. • Try to wipe out the fridge shelves and doors weekly before loading that week's groceries. Wipe down with hot, soapy water and dry with a clean towel. • Store an opened box of baking soda in the back to help eliminate odors and keep your fridge smelling fresh.

eat this, not that

Food Group	Eat This	Not That
Dairy	<ul style="list-style-type: none"> Commercially packaged cheese and cheese products made with pasteurized milk, such as mild and medium cheddar, mozzarella, parmesan, Swiss Commercial eggnog Dry, refrigerated and frozen pasteurized whipped topping Commercially made ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes Pasteurized milk Pasteurized yogurt 	<ul style="list-style-type: none"> Cheeses containing chili peppers or other uncooked vegetables Cheeses with mold, such as blue cheese, gorgonzola, stilton, Roquefort Mexican-style cheeses, such as queso fresco – these are typically made with unpasteurized milk Unpasteurized or raw milk, cheese, yogurt, and other milk products
Protein: Meat, Fish, Eggs, Poultry, Soy	<ul style="list-style-type: none"> Cooked tofu or shelf stable tofu, such as Mori-Nu® silken tofu Limit hot dog, sausage, and bratwurst consumption, but if consuming heat until steaming hot Well-cooked eggs and egg substitutes Well-cooked fish, meat, poultry- use the <i>Safe Cooking Temperatures</i> handout for food safety tips 	<ul style="list-style-type: none"> Deli meats, hot dogs, sausages, and bratwursts unless reheated until steaming hot Foods containing raw eggs – hollandaise sauce, raw cookie dough, homemade mayonnaise, Caesar salad dressing Raw or runny eggs Raw meats, fish, or poultry Raw tofu Refrigerated meat spreads Smoked or pickled fish Sushi, lox, or sashimi Tempeh products
Fruits and Vegetables	<ul style="list-style-type: none"> Dried fruits Frozen or canned fruits or vegetables Shelf-stable salsa or salad dressing Well-washed fruits, vegetables, and herbs – do not use soap as this can cause diarrhea, cold water works well 	<ul style="list-style-type: none"> Bruised, damaged, or moldy fruits and vegetables Food that came from a damaged can Fresh salsa or salad dressing found in the refrigerated section of the grocery store Fruits or vegetables from a buffet line or salad bar Raw vegetable sprouts – alfalfa, radish, broccoli, mung bean, or other sprouts Unwashed herbs Unwashed fruits and vegetables Wilted salad greens
Grains	<ul style="list-style-type: none"> Cooked grains – pasta, rice, other grains All breads, bagels, rolls, muffins, waffles 	<ul style="list-style-type: none"> Avoid “bulk bin” sources of cereals, grains, or other foods Avoid eating foods with raw flour
Nuts and Seeds	<ul style="list-style-type: none"> Canned or bottled roasted nuts Commercially packaged peanut butter Nuts in baked products Shelled, roasted nuts 	<ul style="list-style-type: none"> Non-commercially packaged peanut butter Unroasted, raw nuts Roasted nuts in the shell

eat this, not that

Food Group	Eat This	Not That
Sweets and Desserts	<ul style="list-style-type: none"> • Commercially packaged sweets, such as cookies, cakes, pies, and other shelf-stable items • Popsicles • Pudding 	<ul style="list-style-type: none"> • Avoid unrefrigerated, cream-filled pastry products • Bakery items that are past the expiration date or have been sitting out all day • Raw or non-heat-treated honey; honey in the comb
Beverages	<ul style="list-style-type: none"> • Distilled water or city water • Homemade juices, if consumed within 2 hours of juicing • Tea made with boiling water and commercial tea bags • Instant, brewed, or cold brew coffee made with boiling water 	<ul style="list-style-type: none"> • Sun tea • Unpasteurized fruit juice, vegetable juice, or cider • Water from lakes, rivers, streams, or springs
Fats and Oils	<ul style="list-style-type: none"> • Packaged oils • Pasteurized butter 	<ul style="list-style-type: none"> • Unpasteurized butter
Other		<ul style="list-style-type: none"> • Brewer's yeast, if uncooked • Herbal and nutrient supplement preparations

staying healthy while away from home

When dealing with cancer, it's important to follow food safety tips, but what about when you go out to eat?

Though you can't control every aspect about the foods you eat out, you can make smarter choices. When it comes to foods not eaten at home, practice the following safe habits.

- Do not eat raw or undercooked animal products, including meat, pork, game, poultry, eggs, and fish.
- Order meats prepared medium to medium-well.
- Choose egg preparation methods that thoroughly cooks the yolk, including scrambled, hard-boiled, fried, or over-hard eggs.
- Avoid eating foods from salad bars or buffets. Food can be left out for long periods of time and exposed to many germs in these types of restaurants.
- Avoid sharing silverware and cups.
- Put any leftover food in a "to-go" container yourself, rather than the server.
- Refrigerate leftovers as soon as you get home. If food has been sitting out for more than 2 hours, discard.
- Choose restaurants that are clean and that are willing to prepare your food to order.

Reheating Leftovers

When reheating leftovers, be sure they reach 165 °F. Always use a food thermometer to check the internal temperature of the food. Visit the USDA Food Safety website, www.usda.gov, for more information on how to use a food thermometer.

- Reheat sauces, soups and gravies by bringing them to a rolling boil.
- Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.
- Eat leftovers within 1-2 days.

Avoid certain foods, including:

- Unwashed fresh fruits and vegetables
- Raw sprouts, such as alfalfa or bean sprouts
- Cold hot dogs or deli meat. These can pose a risk for a certain foodborne illness called listeria. If you wish to eat these foods, heat until steaming hot.
- Refrigerated pâté
- Raw oysters
- Smoked fish
- Sushi or sashimi
- Unpasteurized beverages, such as raw cider, raw milk, and unpasteurized fruit juices
- Unpasteurized cheeses, like blue cheese, Brie, Camembert, feta, goat cheese and queso fresco
- Foods made with raw eggs, such as homemade ice cream, eggnog, cookie dough, freshly made sauces (aioli, béarnaise, hollandaise, mayonnaise and Caesar salad dressing), mousses, meringues and tiramisu
- Deli prepared salads, like chicken, tuna or egg salad

meal prep food safety tips

Meal prepping is a great way to save time and nourish your body on days when energy is low.

If food isn't properly handled, it can increase the risk of developing a foodborne illness. Follow the tips below to stay free from foodborne illness while meal prepping.

Do	Don't
<ul style="list-style-type: none"> Wash hands with warm, soapy water before preparing food. To ensure hands are clean of unwanted germs, wash them for the length of time it takes to sing "Happy Birthday" twice, or about 20 seconds. 	<ul style="list-style-type: none"> Wash meat, poultry, seafood, or eggs.
<ul style="list-style-type: none"> Rinse whole fruits and vegetables under cold running water Dry using a salad spinner or clean cloth. 	<ul style="list-style-type: none"> Use soap or detergent on produce items.
<ul style="list-style-type: none"> Wash any surface, hands, utensil, or raw food that has touched uncooked meat, poultry, seafood, eggs, or flour before using them. 	<ul style="list-style-type: none"> Eat uncooked meat, poultry, seafood, eggs, flour, or foods that have touched these items.
<ul style="list-style-type: none"> Clean cooking surfaces and utensils with hot, soapy water after every use. 	<ul style="list-style-type: none"> Reuse cutting boards, utensils, or plates that have touched uncooked poultry, meat, eggs, seafood, or flour unless washed with hot, soapy water.
<ul style="list-style-type: none"> Use separate cutting boards for produce and uncooked meat, poultry, eggs, and seafood. 	<ul style="list-style-type: none"> Use the same cutting board for all food items.
<ul style="list-style-type: none"> Use the <i>Safe Cooking Temperatures</i> handout and a food thermometer to make sure food is properly cooked through. 	<ul style="list-style-type: none"> Serve or consume meat, poultry, or seafood that has not been tested with a food thermometer or has been tested but doesn't meet temperature requirements.
<ul style="list-style-type: none"> Keep seafood, meat, and poultry at 140°F or above between cooking and serving. 	<ul style="list-style-type: none"> Allow food to cool before refrigerating.
<ul style="list-style-type: none"> Refrigerate food within 2 hours. 	<ul style="list-style-type: none"> Let perishable food sit out for more than 2 hours.

Chart adapted from U.S. Food and Drug Food Safe Meal Prep





nutritious recipes

Our registered dietitians have created delicious recipes to help you better manage the most common side effects from cancer drugs.

Every recipe contains nourishment notes that help explain why certain ingredients can help you feel better. Each recipe also contains fatigue busters which are tips to help more easily prepare the recipe when energy levels are low. Food safety is especially important for those with cancer. To help keep you free from foodborne illness we've included food safety tips, printed in red font, on both the ingredients and the instructions page.

We're here to help you eat well to feel well.

Fruity Salsa

Altered Taste

Side | Snack

🕒 15 Mins Prep Time • 0 Mins Cook Time • 15 Mins Total Time

👤 4 Servings



Fresh and fruity, this salsa is refreshing in every bite.

Ingredients

1 Cup Finely Chopped Strawberries, **wash** before cutting 🍴

1 Medium Orange, peeled, **washed**, and finely chopped 🍴

1 Cup Crushed Pineapple in 100% Fruit Juice 🍴

1 Tbsp Lemon Juice, **wash lemon** before juicing

Cinnamon Chips or Cinnamon-Flavored Crackers, for serving (Nutrition information does not include cinnamon chips).

Fatigue Buster

Ask for Assistance: Ask a friend or family member to help prepare this fruity dish.

Pre-Chopped Strawberries: Use pre-chopped strawberries to reduce the preparation time of this recipe. Be sure to wash before using.

Recipe adapted from [tasteofhome.com](https://www.tasteofhome.com)

≡ 98 Calories 0g Fat 24g Carbs 2g Protein ⓘ Allergens: Gluten

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

To a medium-sized mixing bowl, combine all ingredients. Mix to combine.

3. Serve

Serve with cinnamon chips or cinnamon-flavored crackers.

4. Refrigerate

Refrigerate salsa within 2 hours of preparing. Salsa will keep in the refrigerator for up to 3 days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Gluten: The cinnamon crackers or cinnamon chips may contain gluten. Replace with a gluten-free version.

what you'll need

Cutting Board

Knife

Can Opener

Medium-Size Mixing Bowl

Spoon

Nourishment Note

♥ Strawberries



Fruits, like strawberries, are generally more accepted in patients experiencing taste challenges. Strawberries also contain high amounts of vitamin C to help protect the immune system.

♥ Oranges & Pineapples



Fruits that are orange or yellow in color can help to decrease inflammation in the body and help protect the body from heart disease.

♥ Fruit Salsa



Use this recipe to top baked chicken or fish to add flavor if foods have little or no taste.

♥ Cold, Uncooked Foods



Cold foods that aren't cooked, such as fruit salsa, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

Sweet & Sour Tofu

Altered Taste

Lunch | Dinner

🕒 5 Mins Prep Time • 7–10 Mins Cook Time • 15–20 Mins Total Time

👤 4 Servings



Crispy tofu with a delicious sauce that tastes like it's from a restaurant!

Ingredients

2 Tbsp Extra Virgin Olive Oil

1 Package (14 Oz) Extra-Firm Tofu, drained and cut into 1-inch cubes 🍴

½ Cup No Sugar-Added Ketchup

¼ Cup Low-Sodium Soy Sauce 🍴

¼ Cup Pasteurized Honey

3 Tbsp Seasoned Rice Vinegar

¼ Tsp Red Pepper Flakes

Suggested Sides: white rice and steamed carrots or broccoli

Fatigue Buster

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Pre-Cubed Tofu: Purchase pre-cubed, pressed tofu.

Recipe adapted from [realsimple.com](https://www.realsimple.com)

☰ **248 Calories** **12g Fat** **26g Carbs** **10g Protein** **🚫 Allergens: Soy, Gluten**

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Heat Oil

Heat oil in a large skillet over high heat.

3. Cook Tofu

Once oil begins to 'pop', turn heat down and carefully add tofu. Turn burner to high-heat and cook tofu until golden brown and crispy, about 6-7 minutes. Stir tofu occasionally to evenly cook.

4. Whisk Together Sauce

While tofu is cooking, make sauce. Whisk together the ketchup, soy sauce, honey, rice vinegar and red pepper flakes.

5. Add Sauce to Tofu

Turn down heat to low and add sauce to tofu. Cook, stirring constantly, until sauce is bubbly, about 1-2 minutes.

6. Enjoy & Store

Enjoy tofu plain or over steamed rice. Tofu will keep in a covered container in the refrigerator for up to 3 days.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Soy: Tofu is a soy-based protein source. There is no substitute for tofu in this dish. Replace soy sauce with coconut aminos or liquid aminos.

Gluten: Replace regular soy sauce for a gluten-free version.

what you'll need

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Small Bowl

Whisk

Large Skillet

Mixing Spoon

Nourishment Note

♥ Tofu



Animal protein sources, such as red meat, can have a metallic or bitter flavor. Mild protein sources, such as tofu, typically have a more enjoyable flavor profile and are better tolerated in patients experiencing taste changes.

♥ Low-Sodium Soy Sauce



For patients experiencing changes in salt preferences, choosing low-sodium products can help.

♥ Sweet & Sour Sauce



Sauces, such as sweet and sour, can help to add depth to a dish and help make eating a more enjoyable experience.

Mojito-Like Spa Water

Altered Taste

Drink | Side

🕒 10 Mins Prep Time • 0 Mins Cook Time • 10 Mins Total Time

👤 1 Serving



Day at the spa feels, but in the comfort of your own home.

Ingredients

1 Lime, sliced, wash before slicing 🍷

½ Cup Cucumber Slices, wash before slicing

¼ Cup Fresh Mint, stems removed, wash before using

2 Tbsp Lime Juice, if using fresh, wash lime before juicing

2 Cups Ice

Filtered Water

Fatigue Buster

Ask for Assistance: Ask a friend or family member to help make this beverage.

Lime Juice: Purchase pre-squeezed lime juice.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

0 Calories 0g Fat 0g Carbs 0g Protein Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Add Ingredients to Pitcher

To a water pitcher, add the lime, cucumber, mint, lime juice and ice. Fill pitcher with filtered water.

3. Serve & Store

Pour water into a glass and enjoy right away, or keep in the refrigerator for up to 2 days and enjoy as needed.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Water Pitcher

Cutting Board

Knife

Measuring Spoon

Measuring Cups

Nourishment Note



Lime

Citrus foods, such as limes, lemons, or oranges, can help add flavor to dishes when foods may taste bland.

Oranges and Cream Popsicles

Dry Mouth

Snack

⌚ 5 Mins Prep Time • 0 Mins Cook Time • 5 Mins Total Time


👤 4 Servings



Reminisce with classic
creamsicle flavors.

ingredients

1 Cup Orange Juice, pasteurized

1 Cup Vanilla Greek Yogurt, pasteurized 

½ Tsp Vanilla

1 Tbsp Sugar (optional)

Fatigue Buster

Store In Freezer: Store popsicles in a zip-top bag in the freezer for a quick and delicious snack.

Recipe created by *Meijer Registered Dietitians, Beth Eggleston and Emily Parsell*

≡ 78 Calories 0g Fat 14g Carbs 6g Protein ⓘ Allergens: Dairy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

Place the orange juice, yogurt, vanilla and sugar, if using, in the blender and blend until well mixed.

3. Pour Into Molds

Pour the mixture into the popsicle molds. Small paper cups work as well.

4. Freeze

Freeze for 2-3 hours, or until the popsicles are solid. Serve and enjoy!

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Dairy: Use a dairy-free vanilla yogurt (soy, coconut, almond yogurt).

what you'll need

Blender

Measuring Spoons

Measuring Cups

Popsicle Molds & Sticks

Nourishment Note



♥ Popsicles

Slow melting popsicles may be beneficial for someone with dry mouth as they may help to hydrate and lubricate the mouth.



♥ Yogurt

Yogurt, particularly Greek yogurt, is an excellent source of protein. Protein needs may be elevated when undergoing cancer treatment.

Sparkling Frozen Grapes

Dry Mouth

Snack

⌚ 15 Mins Prep Time • 0 Mins Cook Time • 15 Mins + 2-3 Hrs Freeze Time Total Time

👤 4 Servings



It can't get much easier than this delicious and refreshing frozen treat!

Ingredients

2 Cups Grapes, washed 

1 Tbsp Sparkling Sugar
(regular sugar works well too)

Fatigue Buster

Double Up: Make a double-batch and store in an airtight container in the freezer for up to one week.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ 53 Calories 0g Fat 13g Carbs 0g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

Add washed grapes and sugar to a zip-top bag and shake gently to evenly coat.

3. Dry & Freeze

Lay grapes out on baking sheet and allow to dry for approximately 10 minutes. Once mostly dry, place grapes in freezer and allow to freeze for 2-3 hours. Enjoy!

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Measuring Spoon

Baking Sheet

Zip-Top Bag

Measuring Cup

Nourishment Note



♥ Frozen Grapes

Frozen grapes are cool, soothing and can add moisture to the mouth. They may also provide relief to those with mouth or throat sores.

One Pot Herbed Marinara Sauce

Dry Mouth

Lunch | Dinner | Side

⌚ 5 Mins Prep Time • 45 Mins Cook Time • 50 Mins Total Time

👤 2 Servings



Rich tomatoes and flavorful herbs blend together in this delightful sauce.

Ingredients

28 oz Can Whole Peeled Tomatoes 

2 Tsp Onion Powder

2 Cloves Whole Garlic, peeled

½ Tbsp Italian Seasoning

2 Tbsp Extra Virgin Olive Oil

½ Tsp Sugar

Salt and Pepper, to taste

Fatigue Buster

Double Up: Make a double batch and freeze into single servings. Thaw and add to entrées to add moisture and help soften when dealing with a dry mouth.

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

≡ 93 Calories 7g Fat 6g Carbs 1g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

In a medium-sized saucepan, combine all ingredients.

3. Prep Tomatoes

Over medium-high heat, bring the sauce to a simmer.

4. Cook Sauce

After 15 minutes, smash the tomatoes with a spoon, breaking them down into smaller pieces. Allow mixture to simmer for 30 minutes, stirring occasionally.

5. Serve & Enjoy

Discard garlic cloves. Enjoy over chicken, fish or pasta.

6. Store

Refrigerate sauce within two hours. Sauce will keep in the refrigerator for two days, or frozen for up to three months.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Measuring Spoons

Spoon

Medium-Sized Saucepan

Can Opener

Nourishment Note



♥ Sauce

Sauces, such as pasta sauce, add moisture to dishes making them easier to swallow. This is helpful when dealing with a dry mouth.



♥ Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene may help to prevent or slow the progression of certain types of cancers.

Whipped Ricotta with Cherries

Trouble Swallowing

Breakfast | Snack

⌚ 5 Mins Prep Time • 0 Mins Cook Time • 5 Mins Total Time

👤 2 Servings



Easy to swallow and delicious! Juicy cherries swirled into fluffy ricotta cheese makes this a tasty treat.

Ingredients

1 Cup Sweet Cherries, washed and pitted 🍷

½ Cup Pasteurized Part-Skim Ricotta Cheese 🍷

½ Tsp Vanilla

Fatigue Buster

Use Frozen Cherries: Use frozen, pitted sweet cherries.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ 115 Calories 4.5g Fat 14g Carbs 7g Protein ⓘ Allergens: Dairy

instructions

1. Wash Hands

Wash hands before preparing recipe.

2. Blend Cherries

Place cherries in a food processor or blender and process until smooth.

3. Whisk Ingredients

In a bowl, whisk together cherry puree, ricotta cheese and vanilla until light and fluffy. Top with an additional dollop of cherry puree. Enjoy!

4. Store

Refrigerate in an airtight container for up to two days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Dairy: Ricotta cheese is naturally low in lactose and may be well tolerated if lactose intolerant.

what you'll need

Measuring Cups

Measuring Spoon

Food Processor/Blender

Bowl

Whisk

Rubber Scraper

Nourishment Note



♥ Ricotta Cheese

Not only is ricotta cheese easy to swallow, a ½ cup serving contains 14g of protein and ⅓ of an adult's daily calcium needs.



♥ Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect DNA and the heart.

Pureed Chicken

Trouble Swallowing

Lunch | Dinner

🕒 10 Mins Prep Time • 5 Mins Cook Time • 15 Mins Total Time

👤 2 Servings



Full of protein and easy to swallow!

Ingredients

½ lb Ground Chicken 

¼ Cup Water

Vegetable Broth, amount varies

Salt and Pepper, to taste

Fatigue Buster

Make a Large Batch & Freeze: Make a larger batch and freeze, in an airtight container, for up to one month.

Recipe created by *Meijer Registered Dietitians, Beth Eggleston and Emily Parsell*

≡ 160 Calories 9g Fat 0g Carbs 20g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands before preparing recipe.

2. Cook Chicken

In a small skillet, combine the ground chicken and water. Using a wooden spoon, break up the chicken and cook, stirring constantly, until the chicken is opaque, and no pink remains, about 5 minutes. Remove from heat and allow to cool slightly.

3. Drain Chicken

Drain the chicken in a fine-mesh strainer set over a bowl, reserving the cooking liquid.

4. Puree Chicken

Transfer the chicken to a food processor or blender and process until finely ground, about one minute. While continuing to process, slowly add the reserved cooking liquid. Add vegetable broth, if more liquid is needed, to reach desired consistency. Season with salt and pepper, to taste.

5. Store

Refrigerate in an airtight container for up to two days.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Small Skillet

Wooden Spoon

Fine Mesh Strainer

Small Bowl

Blender/Food Processor

Measuring Cups

Nourishment Note



♥ Chicken

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells. Protein needs may also be elevated during cancer treatments.

Cherry Limeade Smoothie

Trouble Swallowing

Breakfast | Snack

🕒 5 Mins Prep Time • 0 Mins Cook Time • 5 Mins Total Time

👤 2 Servings



A refreshing twist on a classic drink!

Ingredients

1 Medium-Sized Ripe Peach, **washed** and sliced
(¾ cup frozen peaches may also be used)

1 (heaping) Cup Unsweetened Frozen Cherries 🍷

¾ Cup Unsweetened Vanilla Almond Milk

1 Lime, **washed** and juiced

Ice (if needed)

– Optional Ingredients –

Protein Powder

Chia Seeds

Ground Flax Seeds

Spinach

Fatigue Buster

Freeze Ingredients: When energy levels are high, try packaging solid smoothie ingredients in a freezer bag to help reduce prep time in the future.

Recipe adapted from minimalistbaker.com

≡ 123 Calories 1g Fat 26g Carbs 2g Protein ⓘ Allergens: Nuts

instructions

1. Wash Hands

Wash hands before making smoothie.

2. Combine Ingredients

Add all ingredients to blender and blend until smooth. Taste and adjust ingredients as needed.

3. Serve & Enjoy

Pour smoothie into a tall glass and enjoy!

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Nuts: Replace almond milk with water or a nut-free milk alternative.

what you'll need

Knife

Cutting Board

Measuring Cups

Blender

Tall Glass

Nourishment Note



♥ Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect DNA and the heart.



♥ Smoothies

Smoothies are a great option for those with swallowing difficulties. They are cool, refreshing and the thickness can be adjusted by adding more liquids or frozen ingredients. They are also great for adding nutritional boosters, like protein powder.

Classic Iced Coffee

Constipation

Drink | Snack

⌚ 4 Hrs Prep Time • 0 Mins Cook Time • 4 Hrs Total Time

👤 4 Servings



Icy cold with a hint of creaminess, the perfect afternoon pick-me-up.

Ingredients

8 Scoops Dark Roast Coffee 

8 Cups Filtered Water

Ice Cubes

– Optional –

1 Cup Non-Dairy Creamer

½ Cup Non-Dairy Whipped Topping

4 Tsp Vanilla

Fatigue Buster

Use Pre-Made Coffee: Use 8 cups pre-made cold brew coffee instead of brewing your own.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

☰ 102 Calories 6g Fat 6g Carbs 2g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Brew Coffee

In the filter slot of the coffee maker, add the filter and 8 scoops of dark roast coffee. Add 8 cups of filtered water to the coffee maker. Brew according to coffee pot directions.

3. Cool Coffee

Once brewed, pour the coffee into a large glass pitcher. Transfer to the fridge and allow to cool completely, about 4 hours.

4. Serve Coffee

Once coffee is cold, fill glasses with ice and pour over the coffee. For a sweeter coffee, add 1/4 cup coffee creamer, 1 Tsp vanilla, and 2 Tbsp non-dairy whipped topping to each glass.

5. Refrigerate

Store leftover coffee in the fridge for up to 3 days.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Coffee Maker

Coffee Filters

Measuring Cups

Measuring Spoon

Large Glass Pitcher

Nourishment Note



☕ Coffee

Coffee is a stimulant that naturally helps to relieve constipation.

Herbed White Bean Spread on Toast

Constipation

Side | Snack

🕒 10 Mins Prep Time • 0 Mins Cook Time • 10 Mins Total Time

👤 8 Servings



A delightfully creamy spread bursting with herbs in every bite.

Ingredients

2 Cups Cannellini Beans, drained and **rinsed**, if canned 🍴

1 Tbsp Lemon Juice, **wash lemon thoroughly** before juicing

2 Tbsp Extra Virgin Olive Oil

1 Clove Garlic, peeled and sliced

2 Tbsp Red Wine Vinegar

½ Tsp Dijon Mustard

½ Tsp Kosher Salt

3 Tsp Fresh Thyme, **washed** and removed from the stem

¼ Cup Fresh Basil, **washed** and torn into small pieces

Whole Grain Baguette, sliced 🍴

Fatigue Buster

Bottled Lemon Juice: Use bottled lemon juice instead of squeezing your own to help save time.

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Enjoy as a Dip: Enjoy this spread as a dip for vegetables.

Recipe adapted from forksoverknives.com

≡ 170 Calories 9g Fat 20g Carbs 5g Protein ⓘ Allergens: Gluten

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

To a food processor, combine all ingredients except the fresh herbs.

3. Puree Ingredients

Puree until smooth, stopping to scrape down the sides of the bowl, as needed. Add herbs. Puree again. If mixture appears too dry, add 1 Tbsp of water and blend again. Continue adding water until mixture appears slightly moist and easily spreads.

4. Prepare Toast & Enjoy

Spread on whole grain toast. Enjoy within 2 hours. Herb spread keeps well in the refrigerator for up to 3 days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Gluten: Replace whole grain baguette with a gluten-free bread.

what you'll need

Food Processor

Measuring Cups

Measuring Spoons

Cutting Board

Knife

Rubber Scraper

Nourishment Note



♥ Cannellini Beans

Also known as white kidney beans, cannellini beans contain a high amount of insoluble fiber. Insoluble fiber helps to draw water and add bulk within the intestines, making it a great type of fiber for relieving constipation.



♥ Whole Grain Bread

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

Toasted Coconut Baked Oatmeal

Constipation

Breakfast | Snack

🕒 10 Mins Prep Time • 45 Mins Cook Time • 55 Mins Total Time

👤 8 Servings



Delicious baked oatmeal with a gooey inside and a crisp outer layer.

Ingredients

2 Tbsp Ground Flaxseed Meal + 5 Tbsp Water, mixed together and set aside 🍴

⅔ Cup Sweetened Shredded Coconut, divided 🍴

2 Cups Old Fashioned Rolled Oats

⅔ Cup Slivered Toasted Almonds 🍴

1 Tbsp Coconut Sugar

½ Tsp Kosher Salt

¼ Cup Maple Syrup

1¾ Cup Vanilla Soy Milk

¼ Cup Coconut Oil

Fatigue Buster

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Freeze: This oatmeal dish can be frozen in single portions for up to 3 months. Thaw in the microwave to enjoy on days when energy levels are low.

Recipe adapted from minimalistbaker.com

Allergen Swap:

Nuts: Omit the almonds and replace with sunflower seeds.

Soy: Omit the soy milk and replace with cow's milk or a nut-milk alternative.

≡ 293 Calories 17g Fat 30g Carbs 6g Protein Ⓢ Allergens: Nuts, Soy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat

Preheat oven to 350°F and coat a 2-quart baking dish with cooking spray.

3. Combine Ingredients

In a large mixing bowl, add oats, almonds, half of the coconut, coconut sugar and salt. Stir to combine.

4. Add Maple Syrup

Add maple syrup and soy milk to the pre-made flax seed mixture. Whisk thoroughly to combine. While whisking, pour in the coconut oil and continue to whisk until well combined. Add the wet ingredients to the dry and stir to combine.

5. Bake

Pour oatmeal into prepared dish. Sprinkle with remaining coconut flakes and bake for 37-40 minutes, or until slightly brown and firm in the middle.

6. Serve

Serve warm or at room temperature.

7. Store

Refrigerate within 2 hours. Leftovers will keep in the refrigerator in a covered container for up to 3 days.

8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Measuring Cups

2-Quart Baking Dish

Large Mixing Bowl

Whisk

Measuring Spoons

Medium Mixing Bowl

Wooden Spoon

Cooking Spray

Nourishment Note



Ground Flaxseed Meal

Ground flaxseed is high in insoluble fiber, which can help to reduce constipation and the discomfort associated with it. Flaxseed is also an excellent source of omega-3 fatty acids to help protect the heart and brain.



Almonds

Nuts and seeds contain healthy doses of insoluble fiber important to helping relieve constipation. Almonds also contain protein to help support muscles and vitamin E to help lower inflammation.



Coconut

Dried coconut contains insoluble fiber important in helping to relieve constipation.

Homestyle Applesauce

Diarrhea

Side | Snack

🕒 15 Mins Prep Time • 15 Mins Cook Time • 30 Mins Total Time

👤 8 Servings



A perfect side or snack food!

Ingredients

4 Medium Sweet Red Apples (Gala, Honey Crisp, Red Delicious) peeled, washed, cored and chopped 🍷

4 Medium Tart Apples (Granny Smith), peeled, washed, cored and chopped 🍷

1/3 Cup Water

2 Tbsp Pasteurized Honey

2 Tsp Ground Cinnamon

2 Tsp Apple Cider Vinegar

Fatigue Buster

Apple Peeler: Use an apple peeler/corer device.

Freeze: Freeze applesauce in an airtight container for up to two months.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

≡ 95 Calories 0g Fat 15g Carbs 0g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Cook Apples

Place peeled, cored and chopped apple pieces into a large saucepan. Add the water, honey and cinnamon and stir. Cover and bring the mixture to a simmer over medium heat. Continue to cook, stirring occasionally, until the apples are very tender, about 15-20 minutes.

3. Mash or Blend Apples

Remove pot from heat. If choosing to have chunky applesauce, mash apples with a wooden spoon to desired consistency. For smoother applesauce, blend in a food processor.

4. Season & Enjoy

Stir in apple cider vinegar. Adjust seasonings (honey, cinnamon, vinegar) as necessary. Serve warm or chilled. Enjoy!

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Paring Knife

Cutting Board

Vegetable Peeler

Measuring Cups

Measuring Spoons

Large Saucepan with Lid

Spoon

Food Processor (optional)

Nourishment Note



♥ Apples

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.

Perfect White Rice

Diarrhea


Side • 5 Mins Prep Time • 20 Mins Cook Time • 25 Mins Total Time

6 Servings



A staple side dish and perfect for an upset stomach.

Ingredients

1 Cup Long Grain Rice 

2 Cups Water

1 Tsp Salt

1 Tsp Extra Virgin Olive Oil

½ Tsp White Vinegar

Fatigue Buster

Freeze Leftovers: Freeze leftover rice in zip-top bags. Thaw for future meals.

Recipe adapted from geniuskitchen.com

≡ 120 Calories 1g Fat 25g Carbs 2g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Rinse Rice

Rinse rice with cold water in colander until water runs mostly clear.

3. Combine Ingredients

In a saucepan, bring the water, salt, extra virgin olive oil and vinegar to a boil. Add the rice and stir.

4. Cook Rice

Cover the saucepan and reduce to a simmer on medium-low. Cook rice for 20 minutes without removing the lid. This allows the rice to steam as well as cook.

5. Serve & Enjoy

Remove from heat and fluff with fork. Serve and enjoy!

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Colander

Measuring Cups

Measuring Spoons

Saucepan with Lid

Spoon

Fork

Nourishment Note



♥ Rice

Bland and gentle on the stomach, rice is a key component of the BRAT (bananas, rice, applesauce and toast) diet, which may be helpful for treating diarrhea.

Classic Chicken Broth

Diarrhea

Lunch | Dinner | Snack

⌚ 5 Mins Prep Time • 2 Hrs Cook Time • 2 Hrs 5 Mins Total Time

👤 8 Servings



There's nothing like a classic mug of steaming hot chicken broth when you're not feeling your best.

Ingredients

1 Chicken Carcass (a rotisserie chicken carcass works well)

2 Large Carrots, **washed** and chopped into 3 pieces

2 Celery Stalks, **washed** and chopped into 3 pieces

½ Large Yellow Onion, peeled, unchopped

8 Parsley Sprigs, **washed**

Salt, to taste

½ Tbsp Black Peppercorns

8-9 Cups Water

Fatigue Buster

Rotisserie Chicken: Use a rotisserie chicken carcass for the broth.

Freeze: Broth can be frozen in an airtight container and stored for up to two months.

Recipe adapted from cookingclassy.com

≡ 38 Calories 1g Fat 3g Carbs 5g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

Place chicken carcass into a large stock pot. Add the celery, carrots, onion, parsley and peppercorns to the pot. Cover with water and season with salt.

3. Cook & Enjoy

Bring water to a boil, then reduce heat to low. Cover and simmer 2 hours. Remove any large pieces from the pot and pour remaining mixture through a fine mesh strainer into a large bowl. Season to taste and enjoy!

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Knife

Cutting Board

Large Stock Pot with Lid

Spoon

Measuring Cups

Measuring Spoon

Fine Mesh Strainer

Large Bowl

Nourishment Note



♥ Chicken Broth

Chicken broth is an excellent choice when dealing with diarrhea. It is easy on the stomach, helps prevent dehydration, and provides important electrolytes, like sodium.

Chewy Ginger Cookies

Nausea/Vomiting

Snack

⌚ 20 Mins Prep Time • 9-11 Mins Cook Time • ~30 Mins Total Time

👤 24 Servings



Full of warm ginger flavor!
These cookies will have you asking for seconds!

Ingredients

2¼ Cups All-Purpose Flour

2 Tsp Ground Ginger 

1 Tsp Baking Soda

¾ Tsp Ground Cinnamon

½ Tsp Ground Cloves

¼ Tsp Salt

¾ Cup Unsalted Butter, room temperature

1¼ Cup Sugar, divided

1 Egg

1 Tbsp Water

¼ Cup Molasses

Fatigue Buster

Use a Cookie Scoop: Use a cookie scoop to portion dough and place directly on baking sheet without rolling in sugar.

Recipe adapted from [allrecipes.com](https://www.allrecipes.com)

☰ 146 Calories 6g Fat 22g Carbs 1g Protein ⓘ Allergens: Gluten, Dairy, Eggs

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Dry Ingredients

Preheat oven to 350°F. In a mixing bowl, stir together the flour, ginger, baking soda, cinnamon, cloves and salt.

3. Combine Wet Ingredients

In another mixing bowl, cream the butter and 1 cup of sugar with an electric mixer until light and fluffy. Add the egg and then stir in the water and molasses.

4. Beat Dry Ingredients into Wet Ingredients

Slowly beat the dry ingredients into the wet ingredients until well incorporated.
To prevent foodborne illness, do not eat raw cookie dough.

5. Roll Into Balls

Add the remaining ¼ cup sugar to a small bowl. Shape dough into golf ball sized balls and roll in sugar. Place 2-inches apart on a baking sheet lined with parchment paper. Flatten slightly.

6. Bake Cookies

Bake for 9–11 minutes. Allow cookies to cool and enjoy!

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Measuring Cups

Measuring Spoons

Mixing Bowls (2)

Electric Hand Mixer

Small Bowl

Cookie Sheet

Parchment Paper

Rubber Scraper

Nourishment Note



♥ Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.

Allergen Swap:

Gluten: Use a cup-for-cup gluten-free flour instead of all-purpose flour.

Dairy: Substitute a plant-based margarine for butter.

Eggs: Substitute the egg for ¼ cup of unsweetened applesauce.

Melon Mint Salad

Nausea/Vomiting

Side | Snack

🕒 10 Mins Prep Time • 0 Mins Cook Time • 10 Mins Total Time

👤 6 Servings



A refreshing and light salad bursting with flavor and electrolytes.

Ingredients

2 Cups Cubed Watermelon, wash before cutting

2 Cups Cubed Cantaloupe, wash before cutting

1½ Tbsp Mint, washed thoroughly and minced 🍴

1½ Limes, washed thoroughly and juiced

½ Tbsp Pasteurized Honey

Fatigue Buster

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ 38 Calories 0g Fat 10g Carbs 0g Protein ⓘ Allergens: None

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

To a large bowl, add all ingredients.

3. Toss to Combine

Gently toss to combine. Add more mint or lime if necessary. Store leftovers in the refrigerator within 2 hours. Melon salad will keep for up to 2 days in a covered container in the refrigerator.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Measuring Cups

Measuring Spoons

Large Bowl

Mixing Spoon

Cutting Board

Knife

Nourishment Note



♥ Mint

Mint can be helpful in relieving an upset stomach or nausea. The leaves contain menthol which may act as a natural pain reliever.

Banana Bread

Nausea/Vomiting

Side | Snack

🕒 15 Mins Prep Time • 55 Mins Cook Time • 1 Hr 10 Mins Total Time

👤 8 Servings



A comforting, classic snack.

Ingredients

1/3 Cup Canola Oil

1/2 Cup Honey, **pasteurized**

2 Eggs

1 Cup Bananas, ripe and mashed 

1/4 Cup **Pasteurized** Milk

1 Tsp Baking Soda

1 1/2 Tsp Vanilla

1/2 Tsp Salt

1 Tsp Cinnamon

1 1/3 Cup Old Fashioned Rolled Oats

Fatigue Buster

Ask for Assistance: Ask a friend or family member to help prepare this bread.

Freeze Extras: Banana bread can be sliced and wrapped in individual portions, then stored in the freezer for up to 3 months.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

☰ 259 Calories 12g Fat 36g Carbs 4g Protein Ⓢ Allergens: Eggs, Dairy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Prep Pan & Preheat Oven

Preheat oven to 325°F, and grease a 9x5-inch loaf pan with cooking spray.

3. Prep Oats

Place oats in a blender or food processor and grind to a flour-like consistency.

4. Mix Ingredients

In a large bowl, mix together the oil, honey and egg. Beat well. Whisk in the mashed banana and milk. Stir in the baking soda, vanilla, salt and cinnamon. Finally, mix in the oats until just combined.

5. Bake

Pour batter into loaf pan and sprinkle with additional cinnamon. Bake for 50-60 minutes or until a toothpick inserted in the middle comes out clean.

6. Serve & Enjoy

Once fully cooked, remove from oven and set to cool. Once cooled, slice banana bread and enjoy.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Cooking Spray

Blender or Food Processor

9x5-Inch Loaf Pan

Measuring Cups

Measuring Spoons

Large Mixing Bowl

Mixing Spoon

Whisk

Nourishment Note



♥ Bananas

Bananas are mild in flavor and help to absorb water. Bananas are part of the "BRAT" diet that is often used to help fight nausea. BRAT stands for bananas, rice, applesauce and toast.

Allergen Swap:

Eggs: Replace the eggs with a commercial egg replacement, flax seed egg substitute or silken tofu.

Dairy: Replace cow's milk with a dairy-free milk alternative such as soy, almond, cashew or coconut.

Energy Bites

Weight Loss - High Calorie

Breakfast | Snack

🕒 15 Mins Prep Time • 0 Mins Cook Time • 15 Mins + 30 Mins Refrigeration Total Time

👤 7 Servings



Simple, fast and a great snack packed with nutrients.

Ingredients

½ Cup Creamy Peanut Butter 

⅓ Cup Pasteurized Honey

1 Tsp Vanilla

1 Cup Old Fashioned Rolled Oats 

¼ Cup Flaxseed, ground 

⅔ Cup Unsweetened Coconut Flakes

2 Tbsp Mini Chocolate Chips

Fatigue Buster

Flaxseed: Purchase pre-ground flaxseed or flax meal.

Cookie Scoop: Use a cookie scoop to scoop into bite-sized energy balls.

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ 263 Calories 14g Fat 30g Carbs 7g Protein Ⓢ Allergens: Nuts

instructions

1. Wash Hands

Wash hands before preparing energy bites.

2. Mix Ingredients

Mix all ingredients together in a bowl until well combined.

3. Roll Into Bites & Chill

Roll into ping-pong ball sized bites and place on a baking sheet covered in parchment paper. Refrigerate for 30 minutes to set.

4. Serve & Enjoy

Serve cold or at room temperature.

5. Store

Energy bites will keep in the refrigerator for up to 5 days.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Nuts: Omit peanut butter and replace with Sunbutter®.

what you'll need

Measuring Cups

Measuring Spoons

Bowl

Rubber Scraper

Baking Sheet

Parchment Paper

Nourishment Note



♥ Peanut Butter

Rich in healthy monounsaturated fats, peanut butter provides an ample number of calories as well as antioxidants, like vitamin E.



♥ Old Fashioned Rolled Oats

Oats provide beta-glucan, a type of soluble fiber that may boost the immune system.



♥ Flaxseed

Flaxseed is relatively high in calories and omega-3 fatty acids. These types of fats are helpful for reducing inflammation in the body. Flaxseed is also rich in dietary fiber.

Berry Burst Smoothie

Weight Loss - High Calorie

Drink | Breakfast | Snack

🕒 5 Mins Prep Time • 0 Mins Cook Time • 5 Mins Total Time

👤 2 Servings



Fruity, delicious and filling!

Ingredients

½ Cup Uncooked Oats 🍴

1 Banana

½ Cup Frozen Blueberries, *rinse before using* 🍴

8 Frozen Strawberries, *rinse before using*

½ Cup Frozen Raspberries, *rinse before using*

1 Cup Vanilla Soy Milk

½ Cup Orange Juice, *pasteurized*

1 Scoop Protein Powder 🍴

Fatigue Buster

Bananas: Freeze ripe, peeled bananas for a quick smoothie addition.

Ask for Assistance: Ask a friend or family member to help prepare this smoothie.

Recipe created by *Meijer Registered Dietitians, Beth Eggleston and Emily Parsell*

≡ 306 Calories 5g Fat 57g Carbs 13g Protein ⓘ Allergens: Soy, Dairy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

Place all ingredients in a blender and blend until smooth. Serve and enjoy!

3. Store

Refrigerate unused smoothie within 2 hours. Smoothie will keep for 1 day in the refrigerator.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Soy: Omit soy milk, replace with cow's milk or a milk alternative.

Dairy: There is a small amount of lactose in whey, a major component of many protein powders. If lactose intolerant, choose a plant-based protein powder alternative.

what you'll need

Measuring Cups

Blender

Cups

Nourishment Note



Blueberries

Blueberries have more antioxidants than any other popular fruit or vegetable. Antioxidants help to protect healthy cells from free radicals in the body.



Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function its best.



Protein Powder

Protein powder is a great way to boost protein intake in your diet. This is important as protein needs may be elevated while undergoing cancer treatment.

Extra-Cheesy Scalloped Potatoes

Weight Loss - High Calorie

Breakfast | Side | Snack

🕒 20 Mins Prep Time • 30 Mins Cook Time • 50 Mins Total Time

👤 6 Servings



Goody goodness to enjoy on days when you're feeling comfort food.

Ingredients

1½ Tbsp Unsalted Butter, cut into pieces, plus more for brushing 🍴

½ Clove Garlic

½ Cup Shredded Mozzarella Cheese 🍴

½ Cup Shredded Asiago Cheese 🍴

2 lbs Russet Potatoes, peeled, washed thoroughly and sliced ⅛ inch thick

1¼ Tsp Salt

Pepper, to taste

2 Cups Pasteurized Heavy Cream 🍴

¼ Tsp Ground Nutmeg 🍴

4 Bay Leaves

¼ Cup Grated Parmesan Cheese 🍴

Fatigue Buster

Ask for Assistance: Have a friend or family member help prepare this dish when energy levels are extra low.

Recipe adapted from [foodnetwork.com](https://www.foodnetwork.com)

676 Calories 44g Fat 51g Carbs 19g Protein Allergens: Dairy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven & Coat Skillet

Preheat oven to 425°F. Using a piece of butter, generously rub the inside of the skillet, evenly coating the bottom and sides. Rub the garlic clove over the inside of the skillet.

3. Heat Skillet

Heat the skillet over medium-high heat.

4. Combine Cheese

Combine the mozzarella and asiago cheese in a mixing bowl.

5. Cook Potatoes

To the heated skillet, spread half the potatoes to evenly cover the bottom of the skillet. Sprinkle $\frac{3}{4}$ teaspoon salt, half the cut-up butter, half the cheese mixture, and pepper, to taste, over the potatoes. Layer the remaining potatoes.

6. Add Cream & Seasoning

Pour the cream over the potatoes. Sprinkle the nutmeg, bay leaves, and remaining butter pieces over top. Allow to simmer for 3-4 minutes.

7. Add Remaining Cheese

Sprinkle the remaining cheese mixture and parmesan cheese over the dish.

8. Transfer Skillet to Oven

Using an oven-mitt, carefully transfer the skillet to the preheated oven. (If you don't have an oven-proof skillet, transfer the potatoes to a buttered 9x13-inch baking dish.)

9. Bake & Serve

Bake until the cheese is golden and bubbly, about 25 minutes. Allow to rest for 5 minutes before serving. Discard the bay leaves before consuming.

10. Store

Refrigerate potatoes after 2 hours. Cheesy potatoes will keep in the fridge in an air-tight container for up to 2 days.

11. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Vegetable Peeler

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Mixing Bowl

Spoon

Oven-Proof Skillet

Oven Mitt

Nourishment Note



Nutmeg

Nutmeg is a spice and may act as a nausea reducer. It also contains antioxidants to help protect healthy cells.



Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Dairy also provides important nutrients, such as calcium, potassium and vitamin D.

Allergen Swap:

Dairy: Replace cheese and butter with dairy-free versions; there is no replacement for heavy cream.

Parm & Cracker Crusted Chicken

Muscle Loss - High Protein

Dinner

🕒 10 Mins Prep Time • 15-20 Mins Cook Time • 25-30 Mins Total Time

👤 4 Servings



A quick, family-friendly dinner – delightfully flavorful chicken with a lip-smacking, can't-get-enough honey Dijon sauce.

Ingredients

1 lb Boneless, Skinless Chicken Breast Tenderloins 🍗

1½ Cups Butter Crackers, crushed (ex: Ritz®)

½ Cup Parmesan Cheese, grated

¼ Tsp Ground Black Pepper

½ Tsp Salt

½ Tsp Garlic Powder

2 Pasteurized Eggs

½ Cup, plus 2 Tsp Dijon Mustard, divided

¼ Cup Honey, **pasteurized**

1 Tbsp Apple Cider Vinegar

Fatigue Buster

Parmesan Cheese: Purchase grated Parmesan cheese.

Chicken Breast Tenderloins: Purchase trimmed chicken breast tenderloins.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ 323 Calories 10g Fat 25g Carbs 32g Protein ⓘ Allergens: Gluten, Dairy, Eggs

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven

Preheat oven to 400°F. Line a baking sheet with tin foil then coat with cooking spray.

3. Combine Coating

Combine crushed crackers, Parmesan cheese, pepper, salt and garlic powder in a shallow baking dish.

4. Whisk Eggs

Whisk together eggs and 2 teaspoons Dijon mustard in another shallow baking dish.

5. Coat Chicken

Dip each chicken tenderloin into the egg mixture then into the cracker mixture. Coat chicken well and press firmly so the crackers stick. Place tenderloins on prepared baking sheet.

6. Wash Hands

Wash hands with soap and warm water after handling raw chicken.

7. Bake & Monitor

Spray each cutlet with cooking spray and bake for 15–20 minutes; flipping over halfway through cooking time.

8. Mix Sauce

Combine honey, apple cider vinegar, and ½ cup Dijon mustard. Serve 2 Tbsp sauce with each serving of chicken. Enjoy!

9. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Measuring Cups

Measuring Spoons

Cheese Grater

Baking Sheet

Cooking Spray

Tin Foil

Shallow Baking Dish (2)

Whisk

Small Bowl

Spoon

Nourishment Note



♥ Chicken

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.

Allergen Swap:

Gluten: Use gluten-free crackers, gluten-free breadcrumbs, or gluten-free pretzels.

Dairy: Use vegan cheese. (Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome).

Eggs: Use heavy cream, melted butter, or plain yogurt.

Breakfast Tacos

Muscle Loss - High Protein

Breakfast

🕒 10 Mins Prep Time • 15-20 Mins Cook Time • 25-30 Mins Total Time

👤 4 Servings



Savory eggs, salsa and creamy avocado fill a crispy tortilla in this easy breakfast meal.

Ingredients

8 Eggs 🍳

8 Corn Tortillas

½ Cup Sharp Cheddar Cheese

½ Cup Black Bean and Corn Salsa

1 Avocado, diced

Salt and Pepper, to taste

Fatigue Buster

Guacamole: Purchase pre-made guacamole instead of cutting an avocado.

Bonus: the extra spices in the guacamole will add a fun and flavorful twist to the dish!

Salsa: Purchase a black bean and corn salsa in the fresh section of the grocery store.

If you aren't able to find it, swap with a traditional fresh salsa.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ **331 Calories** **17g Fat** **28g Carbs** **17g Protein** ⓘ **Allergens:** Eggs, Dairy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Coat & Heat Skillet

Evenly coat a skillet with non-stick cooking spray. Preheat skillet over medium-high heat.

3. Whisk Eggs

While the skillet is preheating, crack the eggs into a medium-sized mixing bowl and whisk.

4. Cook the Eggs

Add the eggs to the hot skillet and reduce the heat to low. Allow the eggs to sit for about 1 minute. Slowly push the eggs around the pan until they are completely scrambled and cooked through, with no liquid remaining.

5. Preheat Skillet

Turn off heat and preheat the second skillet on medium-high heat.

6. Heat Tortillas

Add the corn tortillas, 1-2 at a time, to the second skillet, heating until they appear crisp and slightly brown.

7. Top Tacos

Top two corn tortillas with $\frac{1}{4}$ of the eggs (about 2 eggs), 2 Tbsp of the sharp cheddar cheese, 2 Tbsp of the diced avocado and 2 Tbsp of the black bean and corn salsa.

8. Repeat & Enjoy

Repeat for the other tacos and enjoy!

9. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

what you'll need

Medium Mixing Bowl	Rubber Spatula
Non-Stick Cooking Spray	Whisk
Measuring Cups	Measuring Spoons
Cutting Board	2 Skillets

Nourishment Note



♥ Eggs

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.

Allergen Swap:

Eggs: Substitute eggs for scrambled silken tofu.

Dairy: Omit cheese or use a dairy-free cheese.

High Protein Blueberry Smoothie

Muscle Loss - High Protein

Breakfast | Snack

⌚ 5 Mins Prep Time • 0 Mins Cook Time • 5 Mins Total Time

👤 1 Serving



Packed with protein and flavor!

Ingredients

4 oz Silken Tofu 🍴

1 Banana

½ Cup Frozen Blueberries 🍴

6 Frozen Strawberries

1 Cup Vanilla Soy Milk

½ Cup Pineapple Juice, pasteurized

Fatigue Buster

Freeze Bananas: Freeze ripe, peeled bananas for a quick smoothie addition.

Recipe created by **Meijer Registered Dietitians, Beth Eggleston and Emily Parsell**

≡ 435 Calories 9g Fat 75g Carbs 21g Protein ⓘ Allergens: Soy

instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

Place all ingredients in blender and blend until smooth. Serve and enjoy!

3. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Allergen Swap:

Soy: Omit tofu; replace with 1-2 scoops of protein powder. Omit soy milk; replace with cow's milk or a milk alternative.

what you'll need

Measuring Cups

Blender

Cup

Nourishment Note



Blueberries

Blueberries have more antioxidants than any other popular fruit or vegetable. Antioxidants help to protect healthy cells from free radicals in the body.



Silken Tofu

Tofu is an excellent protein source and contains all 9 essential amino acids. Protein needs may be elevated while undergoing cancer treatment.

**we're here
for you.**

If you have nutrition questions regarding cancer
please email our registered dietitians at:

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