
Chapter 4 Proper Nutrition during Cancer Treatment

WHY IS GOOD NUTRITION IMPORTANT?

- Enables you to cope with the side effects of treatment better
- Prevents weight loss
- Prevents body tissue from breaking down
- Helps to repair damaged tissue
- Helps to fight infection
- Provides energy

WHAT FOODS SHOULD BE INCLUDED?

- Eat a variety of foods daily: grains, fruits, vegetables, meats, and dairy products.
- Eat more high-protein, high-calorie foods.

WHAT ARE HIGH-PROTEIN FOODS?

Protein helps your body heal and fight infection

Protein rich foods include:

- Meats
- Dairy products
- Fish
- Dried beans
- Seafood
- Tofu /Soymilk
- Poultry
- Nuts and Seeds
- Eggs
- Peanut butter

WHAT ARE HIGH-CALORIE FOODS?

Foods containing large amounts of fat and sugar provide extra calories to help maintain weight or promote weight gain.

Examples of high-calorie foods:

- Fried foods
- Meats
- Desserts
- Nuts/ Seeds
- Whole Milk
- Butter or margarine
- Cheese
- Oils
- Cream
- Mayonnaise

HOW DO I INCREASE CALORIES AND PROTEIN IN MY DIET?

Eat 5-6 small meals a day. (3 meals + 3 snacks)

Nutritious snack ideas:

- Canned fruits with syrup
- Sweet potato soup
- Pudding
- Red bean soup
- Ice cream
- Tofu fa
- Custard
- Peanut porridge
- Nuts and seeds
- Sesame seed porridge
- Add honey, glucose, or polycose to water or drinks.
- Add sesame oil to foods or soups.
- Add sweetened condensed milk to coffee, tea, or hot cereal.
- Add gravy or sauce over rice or noodles.
- Spread margarine, mayonnaise, peanut butter, jam, or sweetened condensed milk onto breads or crackers.
- Use whole milk and add in powdered milk, Ovaltine, Horlicks, and/or sugar.
- Add evaporated milk to desserts (gelatin, pudding, red bean soup), and hot cereal.

- Add blenderized cooked meats and vegetables, tofu, shredded dried pork, or fish to soups or rice gruel.
- Add eggs or egg whites to soups or hot cereals.
- Use nutritional supplements such as Ensure, Instant Breakfast, or Boost.

* Soups, chicken essence, rice gruel provide mainly fluids and contain minimal calories and protein.

WHY DO I NEED TO DRINK MORE FLUIDS?

- Fluids help carry nutrients to cells and waste products away, keep body temperature constant and soften stools.
 - Diarrhea, vomiting, fever can cause loss of fluids (dehydration).
 - Certain drugs increase the need for fluid to flush the bladder and kidneys.
 - Adults need 8-12 cups of fluids daily.
 - Beverages and foods with high fluid content:
 - Water
 - Milk/Soy milk
 - Coffee
 - Tea
 - Tomato Soup
 - Juice
 - Soda
 - Gelatin
 - Rice gruel
 - Fruit drinks
 - Fruits (e.g. watermelon, orange)

How Do I COPE WITH EATING PROBLEMS?

Loss of Appetite

- Eat small, frequent meals
- Take small amounts of liquid and consume foods that are easily digested, such as bread, crackers, rice, and noodles
- Visit the grocery store or restaurant to stimulate your sense of smell or sight
- Make mealtime more relaxed and pleasant
- Have a glass of wine before meals (if approved by M.D.)
- Exercise regularly

Nausea and Vomiting

- Avoid eating for 1-2 hours before treatment
- Wear loose-fitting clothing
- Use relaxation exercises (deep breathing) or meditation
- Eat and drink slowly
- Eat small meals and drink in between meals
- Avoid overly sweet or greasy foods or foods with strong odor
- Try salty foods, crackers, toast
- Eat foods at room temperature
 - Avoid mixing hot and cold foods
 - Drink beverages chilled or cool instead of hot
- Rest after eating

Sore Mouth

- Avoid foods that are raw, spicy, salty, rough, or acidic
 - Avoid extremely hot or cold foods
 - Try soft, bland, puree, or blenderized foods
- Use a straw to drink liquids

Taste Blindness (changed sense of taste)

- Emphasize odor, texture, and eye appeal in food preparation
- Choose strongly flavored, seasoned, or tart foods

Thick, Viscous Saliva

- Thin liquid diet if having difficulty chewing or swallowing
- Increase fluids
- Drink hot tea with lemon, club soda
- Suck on sour lemon drops

Dry Mouth

- Serve foods with gravy or sauces or liquid
- Drink lemonade or tea with lemon
- Suck on sugarless lemon drops, hard candies, or dried lemon peel or plum
- Chew sugarless gum

Diarrhea

- Avoid milk or choose lactose-free milk
- Limit high fiber foods such as bran cereal, whole wheat bread, dried beans, nuts, raw fruits and vegetables
- Avoid high fat foods
- Replace potassium (very ripe bananas, mashed potato)
- Replace fluids (broth, tea, water, rice porridge)

Constipation

- Increase fiber (refer to Diarrhea above)
- Increase fluids
- Daily exercise

SAMPLE MEAL PLAN (HIGH-CALORIE)

Approximately:

- 2500 Calories 120 gm
- Protein (20%)
- 95 gm Fat (35%)
- 270 gm Carbohydrate (45%)

BREAKFAST

- 1c. Oatmeal (1/2c. oatmeal + 4 oz. whole milk + 1 egg + 2 tsp. sugar)
- 1sl. Toast with 2 tsp. margarine & 2 tsp. jam

SNACK

- 6 Crackers with 2 Tb. peanut butter
- 8 oz. Juice

LUNCH

- 1c. Soup noodles (1 c. noodles + 3 oz. meat + 1/2 c. vegetables + 2 tsp. sesame oil)
- 1 Fruit

SNACK

- 1c. Tofu fa with 1 Tb. syrup
- 3 Cookies

DINNER

- 1c. Rice
- 2-3 oz. Pan fried fish
- 1/2-1 c. Stir fry meat (2 oz.) with vegetables
- 2/3c. Bean soup
- 1 Fruit

SNACK

- 1c. Whole milk with 1 Tb. Ovaltine + 2 tsp. sugar

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