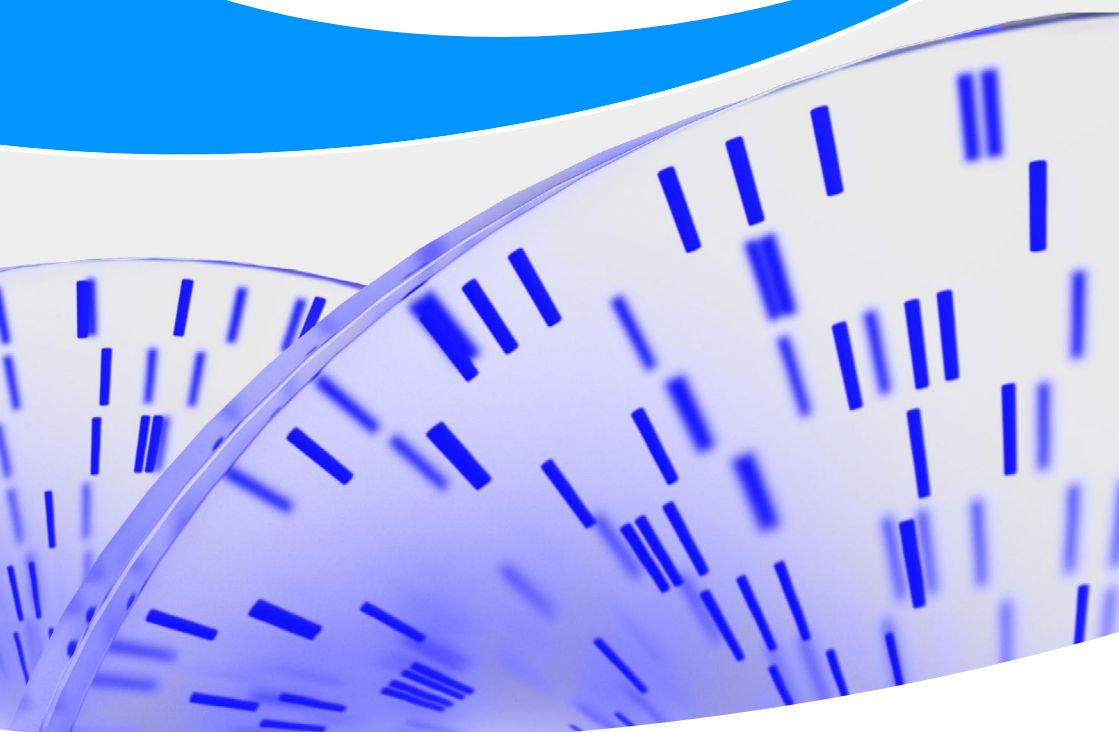


# nutrition & **CANCER**





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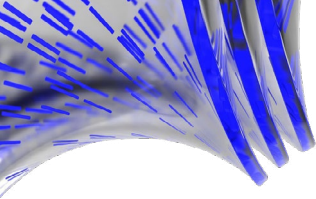
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These recommendations for the nutritional management of side-effects are based on scientific papers. Pfizer does not provide patient nutritional or clinical management advice and such decisions should be at the discretion of the attending health care professional.

# Contents

Your need for nutritional support	4
1. Best nutrition advice to promote health and prevent diseases	5
2. Does nutrition matter when you have been diagnosed with cancer?	11
3. Coping with the side effects of treatment	15
3.1. Side effects of treatment for cancer	15
How does nausea affect food intake?	15
How does vomiting affect food intake?	16
3.2. Winning the battle against nausea and vomiting	17
4. Recipes	22

contents



# Your need for nutritional support

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Nutrition is an important component in the care and management of individuals with advanced cancer. The goals of nutrition intervention should focus on managing nutrition impact symptoms such as pain, weakness, loss of appetite, early satiety constipation, weakness, dry mouth, and dyspnea.<sup>1</sup>

Another important goal is maintaining strength and energy to enhance the quality of life, independence, and ability to perform activities of daily living.<sup>1</sup>

Achieving and maintaining a healthy weight, as well as consuming a nutrient-rich diet and maintaining a physically active lifestyle, are important to improve overall health and well-being and survival.<sup>2</sup>

There are four American Cancer Society recommendations:

1. eating a variety of healthful foods, with an emphasis on plant sources (eating five or more servings of a variety of vegetables and fruits, choosing whole grains, and limiting consumption of red meats);
2. adopting a physically active lifestyle;
3. achieving and maintaining a healthy body weight throughout life; and
4. limiting consumption of alcoholic beverages.

Protein, carbohydrate, and fat all contribute energy (calories) to the diet, and each of these dietary constituents is available from a wide variety of foods. Informed choices about foods that provide macronutrients and micronutrients should be based on goals of achieving a balanced variety and nutrient adequacy.<sup>2</sup>

Knowing what to do to attain and maintain optimal health is confusing for many of us, so the following information has been compiled to assist you in achieving a well balanced, healthy diet and lifestyle both during and after your cancer treatment. These recommendations can help the whole family make informed choices related to nutrition and physical activity.<sup>2</sup>

# 1 NUTRITION ADVICE TO PROMOTE HEALTH AND PREVENT DISEASES

## VARIETY

Eating a diet that contains the recommended amounts of essential nutrients, including protein, carbohydrates, fat, vitamins and minerals and water is important. This can be done through eating a variety of foods each day.<sup>1</sup>

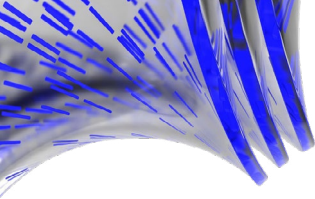
## Target Saturated Fat Intake

Saturated fat is found mainly in animal products such as fatty cuts of meat, processed and convenience foods, chicken skin, full cream milk and cheese, fried and battered foods and butter. A high intake of saturated fat has been linked to an increased risk of certain cancers and other chronic lifestyle diseases. You should therefore try to avoid them and cut them out of your diet as far as possible.<sup>1,2</sup>

Other ways to target saturated fat intake is to always give preference to the leaner protein sources such as fish, skinless chicken, dried beans and legumes and try to limit your intake of meat such as beef, mutton, lamb and pork. Also avoid the fatty cuts such as sausages, bacon, polony and convenience or processed meats. When you do eat red meat, choose the leaner cuts, trim off all visible fat and keep your portions small.<sup>1-3</sup>

The fat in dairy is also saturated so choose low fat or fat-free milk, yoghurt and cheese over the full cream options which are high in saturated fat.<sup>1,2</sup>

Avoid the use of butter, cream, butter or cream-based sauces, fried, battered or crumbed foods and commercial baked goods such as pies, pastries, muffins, croissants, cakes and biscuits as these are high in saturated fats and low in nutrients and may negatively affect your health.<sup>1,2</sup>



## Vegetarian Protein

Try to include more plant-based foods into your diet by increasing your intake of vegetarian protein sources such as beans, lentils and chickpeas and including small amounts of seeds and nuts as snacks or added to your main meals.<sup>1-3</sup>

## Include “good” fats

Give preference to healthier **mono-unsaturated fats**. These fats are found in olive and canola oil, olive and canola spreads and margarines, avocados, olives, raw, unsalted nuts and peanut butter. Aim to include moderate amounts of these healthy fats into your diet daily, in preference to other oils, butters and saturated fats. Keep your portions small as although they are healthy, they are also high in calories and eating too much of them may affect weight control and increase the total fat content of your diet to levels that are higher than what is desirable.<sup>2</sup>

## Essential omega 3 fatty acids and fish

Include foods that are rich in omega 3 fatty acids.<sup>1,2</sup> Foods rich in available omega 3 fatty acids include fatty fish, flaxseed oil, walnuts and certain algae.<sup>1,2</sup>





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## Nutrient-rich carbohydrates

Increase your intake of high fibre, whole grain carbohydrates and choose these over the refined, more sugary options.<sup>1,2</sup>

Consuming more whole grains and high fibre foods will provide your body with important vitamins, minerals and fibre which will help to protect against certain diseases and cancers.<sup>1</sup>

Examples of wholegrain carbohydrates include brown rice, corn (mealies), popcorn, millet, barley, sorghum, quinoa, spelt, bulgur wheat and buckwheat.

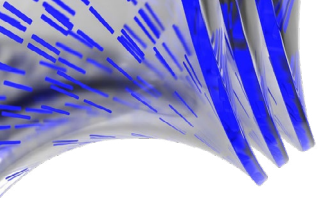
Other high fibre carbohydrates that you can include in your diet are seed, rye and health bread, whole-wheat crackers, sweet potatoes and boiled potatoes (keep the skin on for extra fibre), high fibre bran cereals and rolled oats.<sup>1,2</sup>

## Cut the sugar and refined carbohydrates

Avoid eating foods that are high in sugar and refined carbohydrates by avoiding or limiting the intake of foods made from white flour (e.g. white breads, rolls, pizza, pastries, pies and bakery items). Avoid or limit the intake of foods and drinks that are high in sugar such as sugary cold-drinks, sweets, cakes and desserts. These foods are generally low in nutrients and high in calories and further increase the risk of certain chronic diseases.<sup>2</sup>

## Fresh fruit and vegetables: nutrient-packed foods

Eating fresh fruits and vegetables nourishes your body by providing it with vitamins, minerals, fibre, antioxidants and phytonutrients which help to promote health and improve your immune system.<sup>2</sup>



An increased intake of fruit and vegetables has been associated with a lower risk of certain cancers and chronic diseases. It is thought that it's the combination of different substances found in the fruits and vegetables which work together in providing you with these protective and beneficial effects.<sup>1</sup>

Aim to include a variety of different types, colours and flavours into your diet in order to ensure that a wider range of the beneficial nutrients are taken in.<sup>1,2</sup>

Aim to include 5 or more servings of fruit and vegetables into your diet daily, either at meals or as healthy snack options between meals.<sup>1</sup>

Eating the recommended number of servings of fruits and veggies every day is easier than you think. Take a look at the serving examples below. In some cases, it might be less than you think.<sup>4</sup>

#### WHAT IS ONE SERVING?<sup>4</sup>

125 mL (½ cup) fresh, frozen or canned fruits or vegetables

250 mL (1 cup) raw leafy veggies or salad

125 mL (½ cup) 100% juice

1 fruit

##### ONE SERVING OF VEGETABLES CAN BE:<sup>4</sup>

- ½ cup (125 mL) broccoli florets
- 10 baby carrots
- 1 roma tomato
- ½ cup (125 mL) tomato juice
- ½ of a baked sweet potato
- 1 ear of corn

##### ONE SERVING OF FRUIT CAN BE:<sup>4</sup>

- 1 medium banana
- 6 strawberries
- 1 plum
- 20 grapes
- 1 medium apple
- 1 medium peach
- ½ cup (125 mL) of 100% orange or other 100% fruit juice





Cruciferous vegetables such as broccoli, cauliflower and cabbage, as well as grapes, strawberries, raspberries, blueberries and garlic have all been identified as having phytochemicals which have antioxidant properties.<sup>1</sup> Other fruit and vegetables that have been found to have properties that may protect against cancers include brussels sprouts, onions and shallots, spinach and watercress, tomato paste, dried cranberries and citrus fruit.<sup>3</sup> Aim to include these fruits and vegetables into your diet, in conjunction with a variety of other fruits and vegetables.

### Home-cooked meals: fresh is best

Aim to cook and prepare your own foods as far as possible. Use fresh produce and make foods from scratch rather than using convenience foods, cook in sauces, ready prepared meals, eating out and getting take-outs. Fast foods or take-outs, convenience and restaurant foods are often higher in salt and fat and lower in nutrients than freshly prepared foods and you should limit their intake.<sup>2,7</sup>

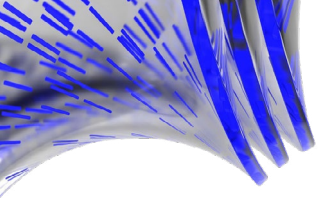
### Cut down on salt

Choose foods that are low in salt and avoid adding extra salt to your food.<sup>1</sup>

### Escape the consequences of alcohol

Limit your alcohol consumption.<sup>2</sup>

Alcohol consumption has been associated with an increased risk of certain types of cancers and current recommendations are that intake should be limited to no more than 1 drink per day in women and 2 drinks per day in men, however consuming less than this may be of additional benefit.<sup>1</sup>



## Maintain hydration

Aim to drink 6-8 glasses of clean, freshwater daily. Keep a glass of water at your desk or carry a water bottle with you to encourage and remind yourself to drink sufficient amounts. If you are battling to meet this recommendation, try squeezing some lemon juice into a glass of boiling water as a refreshing change to plain water, or include more Rooibos without milk and sugar, as these will also contribute to your daily water intake.<sup>2</sup>

## Get moving

Increase your physical activity and maintain an active lifestyle. If you are battling to do a scheduled activity such as gym, try to incorporate activity into your everyday life by taking the stairs instead of the lift, going for short walks around the garden or the office at regular intervals and parking your car slightly further away to encourage you to walk further. Finding an exercise or activity that you enjoy or exercising in a group or with a friend may also help to motivate you further.<sup>1,2</sup>

## Smoking is harmful

Avoid the use of tobacco and tobacco-containing products.<sup>1</sup>



## 2 DOES NUTRITION MATTER WHEN YOU HAVE BEEN DIAGNOSED WITH CANCER?

The goals of nutrition intervention in cancer are to prevent or reverse nutrient deficiencies, to preserve lean body mass, to minimize nutrition-related side effects, and to maximize the quality of life. Cancer itself, as well as cancer treatment methods such as radiation and chemotherapy, may result in certain undesirable side effects which may affect your nutritional status and energy levels. You should consider and try to implement the following suggestions as far as possible when you have been diagnosed with cancer.<sup>1</sup>

### Be sure to eat enough

It is important to try to eat sufficient calories to help you to reach and maintain a healthy body weight.<sup>1</sup>

Maintaining an ideal body weight and providing your body with sufficient nutrients may help you to tolerate the symptoms of cancer treatment better and speed up your recovery from the treatment and related symptoms.<sup>1</sup>

You may have already found that since your cancer diagnosis or since starting treatment you have lost weight. This is a common side effect of cancer and its treatment methods. It is important that if you have lost weight, you prevent any further weight loss and focus on trying to regain the weight and keep your energy levels and nutrient stores up. If you have not lost weight, prevent any unwanted weight loss by consuming sufficient calories, proteins and nutrient-rich foods.<sup>1,2</sup>

### How to maintain an adequate intake

Eating smaller meals more frequently during the day and choosing nutrient rich, high energy foods will help to ensure that you are achieving a sufficient energy intake.<sup>2</sup> If you are battling to take in enough food due to a loss in appetite or side-effects (e.g. nausea and vomiting), follow the suggestions given in the next section to achieve and maintain a desirable energy, protein and nutrient intake.

## What if you are overweight

If you are overweight then you might want to consider losing some weight, providing that your oncologist approves and that the weight loss is closely monitored by a health professional and does not interfere with your treatment.

Being overweight may increase the risk of recurrence of certain cancers.<sup>1,2</sup> Remember that even if you are trying to lose weight, you still need a sufficient energy intake and an adequate nutrient intake. Safe weight loss should be achieved through a healthy, well-balanced diet, following the previously mentioned healthy eating suggestions, and your focus should be on losing fat, and maintaining lean muscle mass.





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## Focus on nutrient intake

Try to ensure that you maintain a sufficient vitamin and mineral intake by including sufficient amounts of good quality foods into your diet.

During cancer and its treatment your nutrient stores may become depleted (used up). It is important for you to prevent this and replenish these nutrient stores by including a variety of foods rich in antioxidants and other beneficial nutrients into your diet each day. This nutrient intake should come from dietary sources rather than supplements<sup>1</sup> and your focus should be on consuming a variety of fresh fruits and vegetables, whole-grain carbohydrates, lean proteins, moderate amounts of mono-unsaturated fats and limiting the intake of saturated and trans fats.

## Food hygiene

Try to ensure that your food is safe to eat and that you use safe, healthy food preparation methods.<sup>2</sup>

Ensuring that your food is safe to eat and that it does not contain unsafe levels of pathogenic (disease-causing) micro-organisms and bacteria is of special concern, especially when your immune system may be compromised.<sup>2</sup>

To make food as safe as possible you should aim to:<sup>1</sup>

- *Always wash your hands thoroughly before eating*
- *Keep all aspects of your food preparation clean by washing your hands before preparing any food and washing all fruits and vegetables thoroughly before you eat or cook them*
- *Take special care in handling raw meats, fish, poultry, and eggs*
- *Thoroughly clean all of your utensils, countertops, cutting boards, and sponges that have had contact with raw meat*
- *Keep raw meats and ready-to-eat foods separate*
- *Ensure that you cook your food to proper temperatures; meat, poultry and seafood should be thoroughly cooked, and beverages (milk and juices) should be pasteurized*
- *Store your foods promptly at low temperatures to minimize bacterial growth (-5°C refrigeration, -18°C frozen foods)*
- *When eating in restaurants, avoid foods that may have bacterial contamination such as salad bars, sushi, and raw or undercooked meat, fish, shellfish, poultry, and eggs*

## Avoid known carcinogens

Certain food preparation and preservation methods are a significant source of dietary carcinogens (substances capable of causing cancer in living tissue). When cooking your food, use methods such as boiling, poaching, stewing, braising, baking, microwaving and roasting rather than high heat cooking methods such as grilling, braaing and smoking meats. When these high heat cooking methods are used, certain substances are known as polycyclic aromatic hydrocarbons and heterocyclic amines are formed and these substances may increase the risk of developing cancer.<sup>1</sup>

Avoid consuming processed meats and smoked, salted and pickled foods as some studies have linked a high intake of processed meats to an increased cancer risk, and dietary carcinogens know as N-nitrosocompounds (NOCs) may be formed in smoked, salted and pickled foods. Choose and include fresh, unprocessed foods into your diet in preference to these processed foods.<sup>1</sup>

## Make food enjoyable

Try to eat foods that you find tasty and palatable.

You may have already experienced certain common side effects of your treatment such as changes in taste and smell and loss of appetite, and this may affect your food choices and nutrient intake.<sup>1</sup> Try to choose palatable foods that you tolerate and enjoy, to assist you in taking in adequate energy and nutrients.

If you are battling with side effects such as nausea and vomiting, follow the tips on overcoming these symptoms given in the next section to help you achieve a healthy, balanced diet whilst still enjoying food and maintaining nutrient intake.



## 3 COPING WITH THE SIDE EFFECTS OF TREATMENT

### 3.1 Side Effects of Treatment for Cancer

You may have experienced or still be experiencing certain side effects that commonly result from chemotherapy and radiation. These include vomiting, fatigue, anaemia, loss of appetite, changes in taste and smell, xerostomia (mouth dryness) and diarrhoea. These side effects may negatively affect your energy and nutrient intake and absorption, which may in turn adversely affect your nutritional status.<sup>1,2</sup>

Nausea and vomiting are two of the more common side effects resulting from cancer treatment.<sup>1</sup> In this section of the booklet we will provide you with practical suggestions on how to overcome nausea and vomiting and ensure an adequate energy and micronutrient intake during this time.

It is important to remember that the side effects you experience may vary substantially depending on the type of cancer, stage or progression and the type of treatment; the duration of treatment; the dose administered; the use of drugs to combat the side effects; and your individual susceptibility, nutritional status before treatment and response to treatment.<sup>1</sup>

#### How does nausea affect food intake?

If you are feeling nauseous, you may have experienced a loss of appetite or found that you do not tolerate certain foods as well as you normally would. You may also experience that certain foods tend to worsen feelings of nausea. This may result in you eating less and if this decreased food intake continues it may result in an inadequate energy and nutrient intake and an increased risk of weight and muscle loss, nutrient deficiencies, a lack of energy and weakness.<sup>5</sup> It is important that you follow a balanced diet with an adequate food and nutrient intake, even during periods of nausea. If you are battling with nausea follow the tips in the next section to find ways of overcoming nausea whilst still taking in a balanced diet.



## How does vomiting affect food intake?

If you have experienced side effects of vomiting, you may have also experienced a loss of appetite and a general feeling of being unwell. This could result in a decreased food intake and therefore an inadequate nutrient and energy intake and subsequent weight loss.<sup>6</sup> Nutrients and energy may also be lost from actual food lost during episodes of vomiting before the food and nutrients have been absorbed. This increases the risk of nutrient deficiencies, weight loss and possibly muscle wasting from inadequate energy intake and may result in feelings of weakness and a lack of energy.

Vomiting may also result in a loss of body water (dehydration) and electrolytes.<sup>7</sup> Loss of body water and electrolytes (sodium and potassium) may further lead to hypotension (low blood pressure) and increased or irregular heartbeat. It is therefore important to stay well hydrated and replace lost water, fluids and electrolytes during periods of vomiting.<sup>7</sup>

Given the potential consequences of vomiting on health and nutritional status, it is important to ensure that you achieve an adequate, balanced energy and micronutrient intake even during periods of vomiting to prevent these undesirable consequences. If you are experiencing problems with vomiting, follow the tips in the next section to assist you in optimizing your diet quality and intake during these periods.





### 3.2 Winning the battle against nausea and vomiting

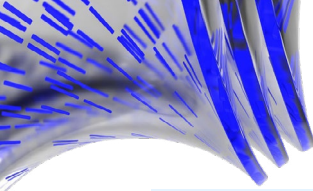
General recommendations for dealing with nausea and vomiting are given below. However please keep in mind that we are all different, and that what works for you might not work for others and vice versa.

Your nutritional requirements will also vary according to your gender, age, activity levels, individual metabolic variation, taste preferences and food intolerances.

Contact a registered dietitian if you would like an individualized meal plan and menu to meet your specific nutritional and lifestyle requirements and to help you to overcome the side effects of nausea and vomiting.

#### Advice

- Try to eat **small, frequent meals**; aim to keep something in your stomach by eating something small every 1-2 hours.<sup>7,8</sup>
- **Separate liquids from solid foods**, with at least 30 minutes in-between.<sup>1</sup>
- Eat and drink **slowly**.<sup>7</sup>
- **Sip liquids** throughout the day, use a straw if necessary.<sup>7</sup>
- **Rest** after eating.<sup>7</sup>
- Wear **loose-fitting clothes**.<sup>7,8</sup>
- **Do not lie down** flat for at least **one hour after eating** and wait for food to digest before going to sleep.<sup>7</sup>
- **Lie** on your **right side** as the stomach empties from left to right.<sup>7</sup>
- If you are experiencing **morning nausea**, try eating **crackers** or toast before you get up.<sup>7</sup>
- Wait a couple of hours before eating if the treatment makes you feel nauseous.<sup>7</sup>
- Drinking **herbal teas with honey**, such as **chamomile** or **peppermint** tea or sucking **peppermint candies** may help to improve symptoms and reduce nausea after eating.<sup>7</sup>

- 
- **Brushing your teeth** after a meal may help to reduce nausea after eating.<sup>7</sup>
  - **Avoid odours** that may trigger nausea.<sup>1</sup> Eat cold or low odour foods in well-ventilated areas.<sup>7</sup>
  - **Eat in a comfortable, relaxed environment.**<sup>7,8</sup>
    - A **quiet, relaxed atmosphere**, for example, a meal served with music and candles may stimulate a feeling of wellness and reduce fear of intolerance
    - **Avoid stuffy places** that are too warm or have cooking odours<sup>5</sup>
  - **Don't write off foods**
    - What is unappealing today might be appealing tomorrow. Keeping an **open mind** and giving food a chance is the basis of ensuring a suitable nutrient intake
  - **Eat the foods that you enjoy**
    - Avoid foods that do not appeal to you and focus on eating more of the foods that do appeal to you or eat foods that you find help to relieve the nausea<sup>5</sup>
    - You may find that you lose your taste for foods and drinks that you previously enjoyed. Find **healthy alternatives** and try anything that you fancy.
    - Fresh fruit and vegetables, dishes made with pasta, milk products, eggs, fish and poultry that have been lightly seasoned, have been found to be more popular than spicy, fried, or rich red meat dishes, coffee and tea
  - **Take advantage of the up times.**
    - When you do feel well, take advantage of it by eating well and preparing meals that you can freeze for the down days. On the good days, eat when you feel hungry, even if it is not a set mealtime. Try to choose foods with a good nutritional value, as many nutrients can be stored in your body for later use





# nutrition & CANCER

- **Eat Early**
  - In people who suffer from cancer, appetite is often best in the morning, so if this is the case for you, focus on eating a more **substantial breakfast** and consider this to be the main meal of your day
- **When you don't feel like eating, what can you do?**
  - If your appetite has decreased during the day, you can replace your meals with a well-balanced **meal replacement** supplement amongst other supplements. Speak to your doctor and/or dietitian about which supplements they consider will be most suitable for you to use
  - You can also **make your own supplements** such as fruit **smoothies** made by blending fresh fruits and yoghurts, or vegetable juices made by blending fresh vegetables together in order to boost vitamin and mineral intake. This also increases variety in your diet and ensures an adequate intake of fruits and vegetables
  - If you can tolerate hot foods, try making **soups** by liquidizing plenty of fresh vegetables and potatoes or sweet potatoes together; then add some animal protein sources such as lean chicken or beef strips, or vegetarian protein sources such as beans, lentils or chickpeas to the soup to increase nutrient and calorie content. You can further increase the carbohydrate and energy content of the meal by mixing in some cooked barley or serving the soup with whole-wheat crackers or toast
- **What if you feel too ill to prepare meals?**
  - Make use of **time savers** and shorten or avoid food preparation time<sup>7</sup>
  - Take advantage of the food processing technology available that will save you time and effort
  - Include foods that can be prepared as a meal in **one dish** with little preparation and cooking such as stews and casseroles
  - Make use of a meal replacement drink if necessary
  - Keep foods handy that need little or no preparation, or that are easy to grab such as crackers, cheese, yoghurts, tuna fish, eggs, peanut butter, nuts, dried fruit and juice
- **Be prepared**

- 
- **Plan your menu** in advance, including foods that you can eat even when you are sick
  - Keep ready prepared homemade meals (soups, stews and casseroles) in the freezer to be defrosted when needed
  - Stock up the cupboards with crackers, biscuits, rusks and tinned beans, lentils, chickpeas and tuna
  - Keep healthy snacks available such as fresh or dried fruit and rye or whole-wheat crackers with low-fat cheese, peanut butter, avocado and humus
  - Ask family and friends to help with shopping and cooking
- **Professional Advice**
    - Consult a **dietitian** to assess proper food portions and textures<sup>6</sup>
    - The use of certain **medications** may help to control nausea. Speak to your doctor about this

### Foods that may aggravate nausea

- Fatty, greasy or fried foods<sup>7,8</sup>
- Very sweet foods, such as candy or cookies, or cake with icing<sup>7,8</sup>
- Hot, spicy foods<sup>7,8</sup>
- Foods with strong and unpleasant odours<sup>7,8</sup>
- Fried or pungent smelling food (e.g. garlic, onion, acidic fruits and vegetables)<sup>7</sup>
- Alcohol<sup>7</sup>
- Caffeine<sup>7</sup>
- Particular food according to individual allergies or intolerances<sup>7</sup>
- Raw protein foods, such as raw eggs, fish and meat



## Useful foods to help you to achieve a better nutrient intake

- Foods at room temperature may be better tolerated<sup>1</sup>
- Dry, easily digested carbohydrates such as toast, crackers and plain salted pretzels<sup>5</sup>
- Plain, soft porridge
- Yoghurt<sup>7</sup>
- Boiled potatoes, cooked rice or noodles<sup>7</sup>
- Low-fat, plain foods: bananas, oatmeal, plain pasta, canned or fresh fruit, baked plain potatoes<sup>7</sup>
- Skinless chicken, baked or broiled, not fried<sup>5</sup>
- Soft and not strongly flavoured fruit and vegetables, for example, canned peaches or pears, mashed gem squash or butternut, grated apples or apple purée
- Clear liquids, such as bouillon, clear carbonated fruit juices, or plain apple/cranberry/grape juice, tea and water<sup>7</sup>



# Recipes

## QUINOA SALAD WITH FETA

This zesty, versatile dish can be served as a side, appetizer, or even the base of a hearty salad.

Prep Time	Cook Time	Total Time	Yield
10 minutes	25 minutes	35 minutes	Serves 8

### Ingredients

- 2 cups quinoa
- 3½ cups low-sodium chicken or vegetable broth
- 1 cup grape tomatoes, halved
- ¾ cup chopped fresh parsley
- ½ cup diced cucumber, peeled and seeded
- ½ cup minced red onions
- 4 ounces feta cheese, crumbled
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 2 cloves garlic, minced
- Juice of 1 lemon
- Salt and pepper



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. Rinse quinoa in a fine-mesh colander under running water for at least 30 seconds. Drain well.
3. In a saucepan, bring rinsed quinoa and broth to a boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender and broth is absorbed, 15 to 20 minutes. Transfer to a large bowl and set aside to cool.
4. Add tomatoes, parsley, cucumber, onions, feta, olive oil, vinegar, and garlic to cooled quinoa and mix to combine. Pour lemon juice over the quinoa salad and season with salt and pepper to taste. Toss to coat and refrigerate until ready to serve.

*Washing the quinoa well before cooking helps to remove bitterness caused by naturally occurring saponins. Saponins are chemical compounds found in quinoa and other plant-based foods, and have been shown to possess a number of health benefits.*

### Nutritional Information

**Calories:** 260 calories

**Carbohydrates:** 31g

**Fat:** 11g

**Fibre:** 4g

**Protein:** 9g

**Saturated Fat:** 3g

**Sodium:** 260mg

**Sugar:** 4g

## BLACK BEANS, CORN, AND QUINOA SALAD

This quinoa dish makes for a fresh and filling side. To modify this recipe for an easy-to-swallow diet, mix the corn in an additional 1 teaspoon of olive oil per serving. Olive oil helps coat the food, making it easier to swallow.

Prep Time	Cook Time	Total Time	Yield
45 minutes	25 minutes	70 minutes	Serves 6

### Ingredients

- ½ cup red quinoa
- 1 cup water
- 15-ounce can black beans (1¾ cup cooked)
- 15.25-ounce can corn, drained
- 1 medium red bell pepper, diced
- 1 cup cherry tomatoes, halved
- 2 cloves garlic, minced
- 6 tablespoons extra-virgin olive oil
- 4 tablespoons lime juice
- 1 teaspoon lime zest
- ½ cup fresh cilantro, chopped
- ¼ teaspoon salt
- 1 avocado, diced



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. Rinse quinoa in a fine-mesh colander under running water for at least 30 seconds. Drain well.
3. In a saucepan, bring rinsed quinoa and water to a boil over medium-high heat, then reduce heat and simmer until quinoa has absorbed the liquid, 10 to 12 minutes. Remove pan from heat, cover, and let stand 5 minutes.
4. When quinoa is cool, add it to a large bowl with beans, corn, bell pepper, tomatoes, garlic, olive oil, lime juice and zest, cilantro, and salt and mix well. Cover and chill for a few hours or overnight.
5. To serve, bring the salad to room temperature, add avocado, and mix gently to combine.

*Washing the quinoa well before cooking helps to remove bitterness caused by naturally occurring saponins. Saponins are chemical compounds found in quinoa and other plant-based foods, and have been shown to possess a number of health benefits.*

### Nutritional Information

**Calories:** 340 calories  
**Carbohydrates:** 38g  
**Fat:** 19g  
**Fibre:** 9g  
**Protein:** 8g  
**Saturated Fat:** 2.5g  
**Sodium:** 320mg  
**Sugar:** 10g

## PORTOBELLO MUSHROOM BURGERS

Portobello mushrooms make for juicy, tender veggie burgers that the whole family can enjoy.

Prep Time	Cook Time	Total Time	Yield
15 minutes	30 minutes	45 minutes	Serves 8

### Ingredients

Cooking spray  
 3 tablespoons olive oil  
 1 small onion, finely chopped  
 6 cloves garlic, minced  
 1½ pounds portobello mushrooms, chopped  
 1 teaspoon red pepper flakes  
 Salt and pepper  
 2½ cup bread crumbs (gluten-free if desired)  
 ½ cup grated carrots  
 ⅓ cup green lentils, cooked  
 2 teaspoons dried parsley (optional)  
 2 teaspoons dried oregano (optional)  
 2 eggs, beaten



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. Preheat oven to 180 degrees. Coat a baking sheet with cooking spray.
3. Heat a large skillet over medium-low heat. Add 1 tablespoon olive oil and onion. Sauté onion until soft. Add garlic, mushrooms, and red pepper flakes. Season with salt and pepper to taste. Cook until mushrooms are brown, 5 to 8 minutes. Remove skillet from heat and transfer the mushroom mixture to a large bowl to cool, at least 10 minutes.
4. Add panko, breadcrumbs, carrots, lentils, and herbs to the mushroom mixture. Season to taste with salt and pepper. Add eggs and stir to combine. Divide mixture into 8 patties.
5. Reheat skillet over medium-low heat. Add the remaining 2 tablespoons of olive oil. Cook each patty until golden brown, 3 to 4 minutes per side.
6. Transfer patties to prepared baking sheet. Bake until cooked through, about 10 minutes. The internal temperature of patties should be 65 degrees using an instant-read thermometer. Serve warm.

### Nutritional Information

**Calories:** 150 calories  
**Carbohydrates:** 38g  
**Fat:** 20g  
**Fibre:** 5g  
**Protein:** 6g  
**Saturated Fat:** 1g  
**Sodium:** 115mg  
**Sugar:** 3g

*Chef's Note: If the burger mixture isn't sticking together, add more bread crumbs.*



## Nutritional Information

**Calories:** 170 calories

**Carbohydrates:** 23g

**Fat:** 4g

**Fibre:** 2g

**Protein:** 14g

**Saturated Fat:** 1g

**Sodium:** 320mg

**Sugar:** 3g

## POTATO FRITTATA

Sometimes it can be hard to get enough protein-rich food when your stomach is acting up. That's when this filling frittata can help.

### Yield

Serves 2

### Ingredients

Cooking spray

1 medium potato, such as Yukon Gold or russet, peeled and thinly sliced

4 large eggs (1 whole egg and 3 egg whites)

¼ cup lactose-free milk

Garlic powder, paprika, dried oregano, salt, and pepper (optional)

¼ cup shredded soy cheese



### Instructions

1. Heat medium non-stick skillet over medium heat. Lightly coat pan with cooking spray. Add potato, cover, and cook until tender, stirring occasionally, about 10 minutes.
2. Meanwhile, whisk whole egg and egg whites, milk, and desired seasoning in a large bowl.
3. Pour egg mixture over potato and sprinkle with cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 8 minutes.

*½ cup Egg Beaters or liquid egg whites may be used in place of the whole egg.*



## ROASTED GINGER SWEET POTATO SLICES

This dish is perfect for people suffering from nausea. Ginger has been shown to help with — and even prevent — nausea and vomiting. And sweet potatoes provide a good source of calories and vitamins.

### Yield

Serves 8

### Ingredients

4 tablespoons olive oil, plus extra for basting/coating  
½ teaspoon black pepper  
¼ cup fresh ginger, grated  
2 pounds sweet potatoes, peeled and cut into 1/8th-inch-thick slices

### Instructions

1. Preheat oven to 230 degrees.
2. In a small bowl, whisk together oil, pepper, and ginger.
3. Line a baking sheet with parchment paper, then arrange sweet potato slices in rows. Brush potatoes with the oil mixture.
4. Roast potatoes for 20 to 22 minutes, flipping halfway through.
5. Transfer potatoes to a plate and serve warm.



### Nutritional Information

**Calories:** 130 calories

**Carbohydrates:** 15g

**Cholesterol:** 0mg

**Fat:** 7g

**Fibre:** 2g

**Protein:** 1g

**Saturated Fat:** 1g

**Sodium:** 170mg

**Sugar:** 8g

## Nutritional Information

**Calories:** 100 calories

**Carbohydrates:** 12g

**Fat:** 5g

**Fibre:** 2g

**Protein:** 3g

**Saturated Fat:** 0g

**Sodium:** 33mg

**Sugar:** 6g

## SWEET POTATO HASH BROWN PATTY

This hash brown patty tastes great and takes only a few minutes to cook. Serve with applesauce.

### Yield

Serves 2

### Ingredients

1 sweet potato

1 large egg, separated and yolk discarded

2 teaspoons olive or canola oil

### Instructions

1. Peel sweet potato, then coarsely grate over medium bowl. Add egg white and stir until thoroughly combined. Make four patties.
2. Heat oil in a large skillet over medium-high heat. Cook patties until golden brown and crispy, about 2 to 3 minutes per side.



## SALMON FILLET WITH YOGHURT AVOCADO SAUCE

Try this baked fish when you're low on energy. The creamy avocado sauce is delicious and can help if you're having difficulties swallowing.

Prep Time	Cook Time	Total Time	Yield
10 minutes	15 minutes	25 minutes	Serves 4

### Ingredients

- 1 avocado
- ½ cup Greek yoghurt
- 3 tablespoons cilantro leaves
- 1 clove garlic
- 2 tablespoons lemon juice
- 1 tablespoon water, plus more as needed
- 1 teaspoon salt, plus more for seasoning
- 1 teaspoon ground pepper, plus more for seasoning
- 4 3-ounce salmon fillets
- 1 tablespoons olive oil

### Instructions

1. Preheat oven to 200 degrees. Line a baking sheet with aluminium foil.
2. Combine avocado, yoghurt, cilantro, garlic, lemon juice, 1 tablespoon water, and 1 teaspoon each salt and pepper in a food processor and blend until smooth. If necessary, add more water, 1 tablespoon at a time, until sauce reaches desired consistency.
3. Place fish skin-side down on the prepared baking sheet. Season with salt and pepper and brush with olive oil. Bake fish until just cooked through, 8 to 10 minutes. Fish should register 65 degrees using an instant-read thermometer in the middle of the fillet.
4. Serve fish topped with sauce.

### Nutritional Information

**Calories:** 280 calories  
**Carbohydrates:** 6g  
**Fat:** 18g  
**Fibre:** 4g  
**Protein:** 24g  
**Saturated Fat:** 4.5g  
**Sodium:** 670mg  
**Sugar:** 1g



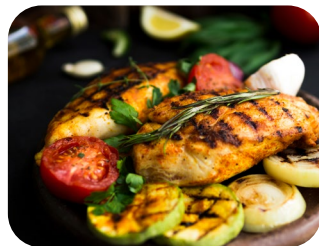
## LIME AND COCONUT CHICKEN

The whole family will enjoy these flavourful chicken breasts, which are low in calories and fibre. Marinate ahead of time and you will need only a few minutes to cook the chicken on the stovetop.

Prep Time	Cook Time	Total Time	Yield
15 minutes	30 minutes	45 minutes	Serves 4

### Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 lime
- 3 tablespoons vegetable oil
- ½ cup coconut milk
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons sugar
- 2 teaspoons curry powder
- 1½ teaspoons ground coriander
- 1 teaspoon ground cumin
- 1½ teaspoons salt
- 4 tablespoons chopped fresh cilantro



### Instructions

1. Using a meat tenderizer, pound chicken breasts between sheets of wax paper until ½-inch thick.
2. Zest lime into a large bowl; slice the lime into wedges and set aside.
3. Add oil, coconut milk, soy sauce, sugar, curry powder, coriander, cumin, and salt to zest and whisk to combine. Add chicken and toss to combine. Cover and refrigerate for 1 to 2 hours.
4. Remove chicken, reserving marinade. Using a hot sauté pan, grill pan, or cast-iron skillet, brown chicken on both sides. Chicken should register 75 degrees using an instant-read thermometer inserted in the thickest part of the breast.
5. Meanwhile, pour reserved marinade into a saucepan and bring to a boil. Reduce heat and simmer for 2 minutes, stirring to prevent burning.
6. Serve sauce over chicken with cilantro and reserved lime wedges.

### Nutritional Information

**Calories:** 330 calories  
**Carbohydrates:** 10g  
**Fat:** 20g  
**Fibre:** 1g  
**Protein:** 28g  
**Saturated Fat:** 7g  
**Sodium:** 1,370mg  
**Sugar:** 7g



## GREEK YOGHURT FETTUCINI ALFREDO

Replace the butter with Greek yoghurt and you have a healthy, easy-to-make main course suitable for a low-fibre diet. If you're having difficulties swallowing, use a finer pasta such as pastina or elbow macaroni in place of the fettuccini.

Prep Time	Cook Time	Total Time	Yield
10 minutes	15 minutes	25 minutes	Serves 8

### Ingredients

1 pound fettuccini  
1½ cups whole-milk Greek yoghurt  
½ cup freshly grated Parmesan, plus more for serving  
3 tablespoons minced garlic  
¼ cup chopped fresh parsley  
1 teaspoon pepper



### Instructions

1. Boil pasta in salted water per package instructions. Reserve 1 cup cooking liquid, then drain.
2. Whisk together yoghurt, ½ cup Parmesan, garlic, and parsley. Slowly whisk in cooking liquid a little bit at a time. Add pepper. Pour sauce over pasta and toss to combine.
3. Top with more Parmesan to taste and serve immediately. Pasta should register 65 degrees or higher using an instant-thermometer placed in the middle of the dish.

### Nutritional Information

**Calories:** 170 calories  
**Carbohydrates:** 20g  
**Fat:** 6g  
**Fibre:** 1g  
**Protein:** 8g  
**Saturated Fat:** 4.5g  
**Sodium:** 460mg  
**Sugar:** 2g



## Nutritional Information

**Calories:** 650 calories  
**Carbohydrates:** 70g  
**Cholesterol:** 70mg  
**Fat:** 26g  
**Fibre:** 8g  
**Protein:** 36g  
**Saturated Fat:** 4g  
**Sodium:** 135mg  
**Sugar:** 9g

## BROWN RICE STIR FRY

This stir fry is so easy to make. You can substitute in other proteins. For more flavour, marinate your chicken in pineapple juice overnight.

### Yield

Serves 1

### Ingredients

½ cup brown rice  
1 cup water  
1½ tablespoons olive oil  
1 3-ounce chicken breast, cut into strips  
1 cup broccoli florets  
½ cup onion, sliced  
½ cup yellow pepper, cut into strips  
½ cup carrots, cut into strips



### Instructions

1. Add rice and water to a small pot and bring to a boil over medium-high heat.
2. Reduce temperature to medium-low, cover, and simmer until liquid is completely absorbed and rice is tender, about 40 minutes.
3. Remove pot from heat and let sit for 10 minutes, then uncover and fluff rice with a fork.
4. In a frying pan, heat ¾ tablespoon olive oil.
5. Add chicken and heat until cooked or reaches 75 degrees with a meat thermometer.
6. Remove chicken from pan and set aside.
7. Add remaining oil to pan.
8. Add vegetables. Cook for 2 minutes.
9. Return chicken to pan and heat for 2 more minutes, or 4 minutes if you prefer softer vegetables.
10. Serve immediately.



## SPAGHETTI SQUASH CASSEROLE WITH BROCCOLI AND CHICKEN

This protein-rich main course works with a variety of diets and can serve the whole family. Modify for a low-fibre diet by removing the broccoli.

Prep Time	Cook Time	Total Time	Yield
20 minutes	45 minutes	65 minutes	Serves 6

### Ingredients

4 pounds spaghetti squash, halved lengthwise and seeded  
 2 tablespoons water  
 1 tablespoon extra-virgin olive oil  
 4 cloves garlic, minced  
 1 pound chicken breast, diced  
 2 cups broccoli florets, chopped  
 ½ cup low-sodium chicken broth  
 1½ cups grated part-skim mozzarella cheese  
 ½ cup grated Parmesan  
 1 teaspoon Italian seasoning  
 1 teaspoon salt  
 ¼ teaspoon ground pepper  
 ¼ cup panko bread crumbs



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. Position racks in upper and lower thirds of the oven; preheat to 190 degrees.
3. Place squash cut-side down on a microwave-safe dish; add water and microwave on high until flesh is tender, 12 to 14 minutes. When cool, scrape flesh from the rind in spaghetti-like strands.
4. Heat olive oil in a skillet over medium-high heat. Add garlic and chicken; cook until chicken is browned on all sides. Add broccoli and broth, and cook for 2 minutes.
5. In a large bowl, toss shredded spaghetti squash and chicken mixture with ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt, and pepper. Spread in an oven-safe casserole dish. Sprinkle with remaining ¾ cup mozzarella and 6 tablespoons Parmesan; top with bread crumbs.
6. Bake on the lower rack for 15 minutes. Move to the upper rack and increase heat to 220 degrees. Bake until cheese browns, an additional 3 to 5 minutes. The casserole should register 75 degrees or higher using an instant-read thermometer placed in the middle of the dish.

### Nutritional Information

**Calories:** 250 calories  
**Carbohydrates:** 14g  
**Fat:** 11g  
**Fibre:** 3g  
**Protein:** 27g  
**Saturated Fat:** 5g  
**Sodium:** 690mg  
**Sugar:** 3g



## SWEET POTATO HASH

This healthy, satisfying dish works well for a number of special diets. Enjoy it with family or friends over brunch.

Prep Time	Cook Time	Total Time	Yield
10 minutes	25 minutes	35 minutes	Serves 4-6

### Ingredients

2 tablespoons olive oil  
 4 sweet potatoes, peeled and shredded  
 1 bunch kale, chopped  
 Salt and pepper  
 Cooking spray  
 6 eggs



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. Preheat oven to 180 degrees.
3. Heat a large skillet over high heat. Add olive oil and shredded sweet potato and cook until soft, about 10 minutes. Add kale and cook until wilted. Season mixture with salt and pepper to taste.
4. Coat a 9x13 baking dish with cooking spray. Spoon sweet potato mixture into prepared dish. Then, using a spoon, make 6 wells in the mixture, spaced evenly around the dish, and crack an egg into each one. Top with a sprinkle of salt and pepper.
5. Bake until eggs are cooked and yolks are set. The internal temperature of the hash should be 70 degrees using an instant-read thermometer. Serve immediately.

### Nutritional Information

**Calories:** 210 calories  
**Carbohydrates:** 17g  
**Fat:** 12g  
**Fibre:** 3g  
**Protein:** 8g  
**Saturated Fat:** 2.5g  
**Sodium:** 290mg  
**Sugar:** 9g



# nutrition & CANCER RECIPES

## Nutritional Information

**Calories:** 80 calories

**Carbohydrates:** 9g

**Fat:** 4.5g

**Fibre:** 1g

**Protein:** 1g

**Saturated Fat:** 1g

**Sodium:** 65mg

**Sugar:** 3g

## SWEET POTATO AND LEEK SOUP

If you are following a bland diet and miss flavourful foods, give this comforting soup a try. For extra flavour, add a few drops of pumpkin-flavoured oil. Use jarred or canned sweet potatoes if you don't want to go to the trouble of steaming a sweet potato.

### Yield

Serves 6

### Ingredients

2 tablespoons olive oil

2 tablespoons chopped garlic

½ cup thinly sliced onion

3 tablespoons chopped leeks, white and light green parts only

5 cups water

½ cup vegetable stock

1 medium sweet potato, steamed



### Instructions

1. Heat oil in a large pot over medium heat. Add garlic and sauté until fragrant, about 30 seconds. Add onion and leeks, and sauté until translucent. Add water and stock, and bring to a boil. Reduce heat and simmer, about 5 to 10 minutes.
2. Remove from heat and let cool. Puree onion mixture in a blender until smooth. Return to pot.
3. Add sweet potato to blender and pulse until smooth. Add potato puree to the pot and stir to combine.
4. Bring to a boil, then reduce heat and simmer for 5 minutes.



# nutrition & CANCER RECIPES

## Nutritional Information

**Calories:** 190 calories

**Carbohydrates:** 25g

**Cholesterol:** 5mg

**Fat:** 6g

**Fibre:** 3g

**Protein:** 10g

**Saturated Fat:** 1.5g

**Sodium:** 80mg

**Sugar:** 15g

## CHILLED CUCUMBER SOUP

Cold liquids are a good choice when you're feeling nauseous or your mouth is sore. And the flavours in this soup are mild enough that people who are following a bland diet can enjoy them.

### Yield

Serves 10

### Ingredients

3 to 4 cloves garlic, chopped  
1 teaspoon kosher salt  
6 cucumbers, peeled and seeded  
2 yellow bell peppers, chopped with stems and seeds removed  
4 scallions, chopped  
2 tablespoons fresh cilantro, finely chopped  
1 tablespoon fresh mint, finely chopped  
1 tablespoon fresh dill, finely chopped  
½ tsp paprika  
¼ tsp black pepper  
4 cups low-fat plain yoghurt  
3 tablespoons extra-virgin olive oil  
2 teaspoons white wine vinegar  
2 tablespoons chopped cucumber or fresh chives for garnish



### Instructions

1. Sprinkle garlic with salt. Using the blade of your knife, scrape garlic and salt together on your cutting board to form a paste.
2. Combine the garlic paste with the remaining ingredients in a large bowl.
3. Working in batches, puree ingredients in a blender until very smooth.
4. Store soup in refrigerator until well chilled, at least 2 hours.
5. Taste and adjust seasoning if necessary. Garnish with chives or cucumber.



## Nutritional Information

**Calories:** 330 calories

**Carbohydrates:** 53g

**Fat:** 9g

**Fibre:** 12g

**Protein:** 14g

**Saturated Fat:** 1g

**Sodium:** 580mg

**Sugar:** 12g

## LENTIL SOUP

Lentil soup is always a great option if you're having difficulties swallowing. Fresh rosemary and shallots give this version its rich, comforting flavour.

Prep Time	Cook Time	Total Time	Yield
10 minutes	40 minutes	50 minutes	Serves 4

### Ingredients

- 2 tablespoons olive oil
- 2 shallots, minced
- 4 large carrots, washed, peeled, and sliced
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 sweet potatoes, washed, peeled, and diced
- 4 cups low-sodium vegetable or chicken broth
- 2 to 3 sprigs fresh rosemary, washed well
- 1 cup dry green or brown lentils, thoroughly rinsed and drained
- 2 cups chopped kale, very well washed



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. Heat a large pot over medium heat. Add olive oil, shallots, and carrots, and cook until carrots begin to soften, about 3 minutes. Add garlic and ¼ teaspoon of each salt and pepper. Stir to combine, then cook until vegetables are tender, 4 to 5 minutes. Add sweet potatoes and remaining ¼ teaspoon of each salt and pepper. Stir and cook for an additional 2 minutes.
3. Add broth and rosemary, then increase heat to medium-high. Bring to a rolling simmer. Add lentils and stir to combine. Reduce heat to low and simmer, uncovered, until lentils and potatoes are tender, 15 to 20 minutes. Add kale, stir, and cover. Cook an additional 3 to 4 minutes to soften. Taste and adjust flavour by adding salt and pepper as needed.
4. To serve, the soup should register 65 degrees or higher using an instant-read thermometer in the middle of the dish.



# nutrition & CANCER RECIPES

## Nutritional Information

**Calories:** 91 calories  
**Carbohydrates:** 13g  
**Cholesterol:** 0mg  
**Fat:** 0g  
**Fibre:** 1g  
**Protein:** 10g  
**Saturated Fat:** 0g  
**Sodium:** 83mg  
**Sugar:** 1g

## EASY POTATO SOUP

This potato soup is simple to make. The flavour and texture can help when you have taste changes or an upset stomach but can also be enjoyed when you're feeling great. Bone broth is as mild as chicken or vegetable broth but with more protein, for those days when you need a boost.

### Yield

Serves 2

### Ingredients

1 baking potato  
2 cups bone broth

### Instructions

1. Preheat oven to 200 degrees. Bake potato for 30 minutes, or until flesh gives slightly when squeezed. Let the potato cool, then remove the skin.
2. Bring broth to a boil.
3. Carefully combine the potato and bone broth in a blender and puree until smooth.
4. Serve warm.



# nutrition & CANCER RECIPES

## Nutritional Information

**Calories:** 230 calories

**Carbohydrates:** 18g

**Fat:** 16g

**Fibre:** 3g

**Protein:** 7g

**Saturated Fat:** 13g

**Sodium:** 30mg

**Sugar:** 14g

## CARIBBEAN CRAZE SMOOTHIE

Smoothies are easy to make — and easy to digest. We often recommend Greek yoghurt for smoothies because it tends to have more protein than other yoghurts.

### Yield

Serves 2

### Ingredients

- ½ cup coconut milk
- 6 cherries, pitted
- ¼ cup frozen sliced peaches
- ¼ cup frozen mango chunks
- ½ cup reduced-fat plain Greek yoghurt
- 1 teaspoon honey
- 3 drops vanilla extract
- 4 ice cubes

### Instructions

1. Combine all ingredients in a blender. Pulse until smooth.



## APPLE PIE SMOOTHIE

Applesauce and bananas are great when it comes to managing a funny tummy. You may want to freeze some peeled and quartered bananas so you always have some smoothie ingredients at the ready. Any non-dairy milk, Lactaid, or plain yoghurt may be used.

### Yield

Serves 1

### Ingredients

- ½ cup soy, almond, or rice milk
- ½ cup sweetened applesauce
- ½ ripe medium banana
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ½ cup ice cubes (optional)
- 1 scoop whey protein powder (optional)



### Instructions

1. Combine all ingredients in a blender. Pulse until smooth.

*\* Nutrition information below reflects a recipe without added protein powder. 1 scoop (31 grams) of 100% whey protein adds approximately 120 calories and 24g of protein.*

### Nutritional Information

**Calories:** 210 calories  
**Carbohydrates:** 45g  
**Fat:** 2.5g  
**Fibre:** 4g  
**Protein:** 5g  
**Saturated Fat:** 0g  
**Sodium:** 65mg  
**Sugar:** 33g



# nutrition & CANCER RECIPES

## CREAMY BANANA SMOOTHIE

The bananas and rice milk used in this recipe are staple ingredients of the bland diet. If you don't want to use rice milk, substitute another non-dairy product, such as almond or soy milk.

### Yield

Serves 1

### Ingredients

1/3 cup canned peaches  
1/3 cup rice milk  
1/2 banana  
3 drops vanilla extract  
4 ice cubes

### Instructions

1. Combine all ingredients in a blender. Pulse until smooth.



### Nutritional Information

**Calories:** 130 calories

**Carbohydrates:** 32g

**Fat:** 1g

**Fibre:** 3g

**Protein:** 1g

**Saturated Fat:** 0g

**Sodium:** 35mg

**Sugar:** 20g



## CANTALOUPE AND MINT GRANITA

Originating in Sicily, granitas are similar to Italian ice. They're also heart healthier than ice cream and so easy to make. This refreshing version combines the creamy sweetness of cantaloupe with the tang of lime and mint.

**Prep Time** 10 minutes    **Cook Time** 25 minutes    **Cool Time:** 8 hours

**Total Time** 8 hours and 35 minutes    **Yield** Serves 10-12

### Ingredients

2 cups water  
1 cup sugar, or more to taste  
1¼ cup fresh mint leaves  
1 cantaloupe, peeled, seeded, and chopped  
3 tablespoons lime juice



### Instructions

1. Thoroughly rinse fresh produce under warm running water for 20 seconds. Scrub to remove excess dirt.
2. In a small saucepan, combine the water, 1 cup of sugar, and 1 cup of mint leaves. Bring to a boil over medium heat. Reduce heat and simmer, stirring occasionally, until the sugar has dissolved, about 5 minutes. Remove pan from heat and set aside to cool, about 20 minutes. Pour cooled syrup through a strainer to remove mint leaves.
3. In a blender, puree the strained syrup, cantaloupe, and lime juice until smooth, then taste. To sweeten more, add 1 tablespoon sugar at a time and blend; taste and repeat until the desired flavour is reached. Add remaining mint leaves and blend until finely chopped.
4. Pour the mixture into a 9x13 glass baking dish and freeze, at least 8 hours or overnight.
5. Using the tines of a fork, scrape the granita to the desired texture and serve in chilled bowls.

*Letting the granita sit on the counter for 5 to 10 minutes makes it smoother and easier to swallow.*

### Nutritional Information

**Calories:** 90 calories  
**Carbohydrates:** 22g  
**Fat:** 0g  
**Fibre:** 1g  
**Protein:** 1g  
**Saturated Fat:** 0g  
**Sodium:** 10mg  
**Sugar:** 21g

## Nutritional Information

**Calories:** 260 calories

**Carbohydrates:** 32g

**Fat:** 15g

**Fibre:** 3g

**Protein:** 5g

**Saturated Fat:** 12g

**Sodium:** 35mg

**Sugar:** 28g

## MANGO LASSI

Mixing sweet ingredients with tart flavours, this balanced and delicious smoothie can help ease nausea. It's one the whole family will enjoy.

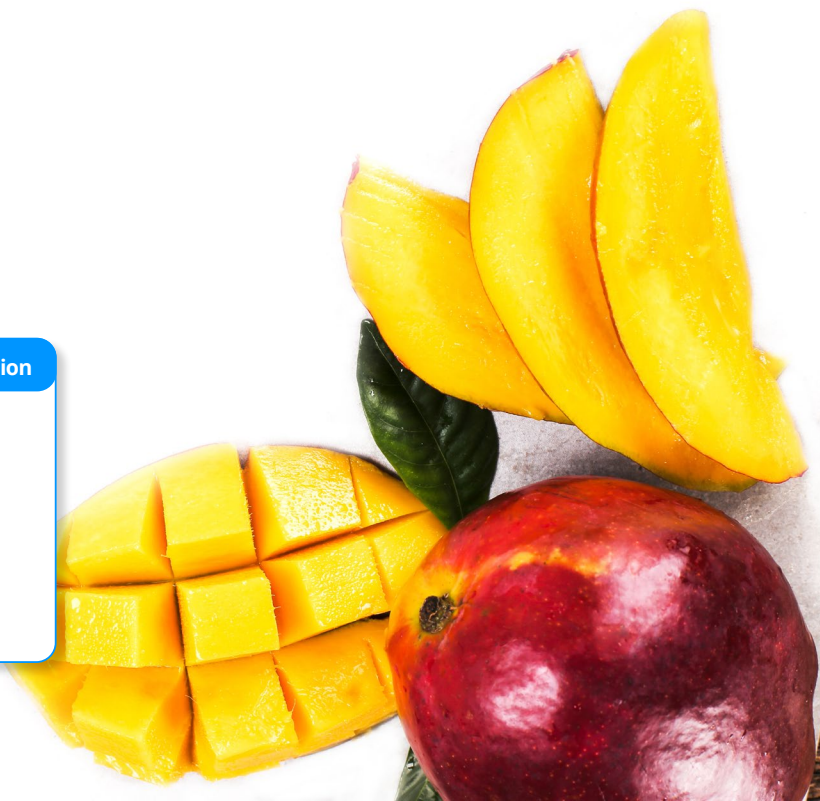
<b>Prep Time</b>	<b>Total Time:</b>	<b>Yield</b>
10 minutes	10 minutes	Serves 2

### Ingredients

2 cups chopped mango  
½ cup whole-milk yoghurt  
½ cup coconut milk or whole milk  
1 teaspoon lime juice  
1 teaspoon honey  
Pinch of cardamom  
6 ice cubes

### Instructions

1. Combine all ingredients in a blender. Pulse until smooth.



## Nutritional Information

**Calories:** 120 calories  
**Carbohydrates:** 13g  
**Cholesterol:** 0mg  
**Fat:** 7g  
**Fibre:** 2g  
**Protein:** 2g  
**Saturated Fat:** 2g  
**Sodium:** 10mg  
**Sugar:** 9g

## WATERMELON AND MINT GAZPACHO

It can be difficult to drink enough fluids when you're feeling nauseous. Try this gazpacho to hydrate with just enough flavour.

### Yield

Serves 4

### Ingredients

2 pounds watermelon, seeded and chopped  
¼ cup fresh cilantro, chopped, plus more for garnish  
3 tablespoons fresh lime juice  
2 tablespoons fresh mint leaves, chopped, plus more for garnish  
2 tablespoons olive oil  
1 large tomato, chopped  
1 large cucumber, peeled and chopped  
Salt and pepper to taste

### Instructions

1. In a blender, combine watermelon, cilantro, lime juice, mint leaves, olive oil, tomato, and cucumber and puree until smooth. Add salt and pepper to taste.
2. Pour the gazpacho into a bowl or glass and refrigerate.
3. When ready to serve, garnish with cilantro and mint leaves.



# nutrition & CANCER RECIPES

## Nutritional Information

**Calories:** 180 calories

**Carbohydrates:** 35g

**Fat:** 1g

**Fibre:** 4g

**Protein:** 9g

**Sodium:** 105mg

**Sugar:** 15g

## BANANA CRUMPETS

Enjoy these banana crumpets as an alternative to traditional crumpets. They are great for people who are following a low-calorie diet or experiencing digestive problems.

### Yield

Serves 1

### Ingredients

2 large egg whites or ¼ cup liquid egg whites

1 ripe medium banana, mashed

2 tablespoons instant oats

¼ teaspoon cinnamon (optional)

Cooking spray

Sugar-free maple syrup, plain yoghurt, or creamy nut butter (optional)



### Instructions

1. In a medium bowl, whisk egg whites until frothy. Add banana, oats, and cinnamon, if using, and stir until combined.
2. Heat large non-stick skillet over medium heat. Lightly coat pan with cooking spray. Spoon batter onto a hot skillet to form three small crumpets. Cook until golden brown, about 2 to 3 minutes per side.
3. Add any desired toppings.



## Nutritional Information

**Calories:** 210 calories

**Carbohydrates:** 29g

**Fat:** 9g

**Fibre:** 1g

**Protein:** 4g

**Sodium:** 180mg

**Sugar:** 14g

## BANANA BREAD MUFFINS

Enjoy the moist goodness of fresh banana bread in the convenient shape of a muffin. If you like your muffins sweeter, try adding chocolate chips.

<b>Prep Time</b>	<b>Cook Time:</b>	<b>Total Time:</b>	<b>Yield</b>
10 minutes	25 minutes	35 minutes	12 Muffins

### Ingredients

- 8 tablespoons (1 stick) butter, softened
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{2}$  cup plain Greek yoghurt
- 2 eggs
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup mashed overripe banana



### Instructions

1. Preheat oven to 180 degrees. Line a 12-cup muffin tin with muffin cups or parchment paper.
2. In a large bowl, cream butter with brown sugar, yoghurt, eggs, and vanilla. Whisk in banana.
3. In a separate bowl, whisk flour, baking powder, baking soda, cinnamon, ginger, and salt.
4. Mix together the wet and dry ingredients in a large bowl until combined.
5. Divide batter evenly into prepared muffin tin.
6. Bake until golden and a toothpick inserted in the centre of a muffin comes out clean, 20 to 25 minutes.



## WALNUT PUMPKIN BREAD

This bread has just enough sweetness and spice — to be quite nice as the perfect snack or dessert.

<b>Prep Time</b>	<b>Cook Time:</b>	<b>Total Time:</b>	<b>Yield</b>
10 minutes	75 minutes	85 minutes	16 Muffins

### Ingredients

- ⅔ cup all-purpose flour
- 1½ cups sugar
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¾ teaspoon salt
- 2 large eggs, beaten
- 1 cup pumpkin puree
- ½ cup canola oil
- ½ cup water
- ½ cup chopped walnuts



### Instructions

1. Preheat oven to 180 degrees. Grease a 9-by-5-inch loaf pan.
2. In a large bowl, combine flour, sugar, baking soda, baking powder, cinnamon, nutmeg, cloves, and salt.
3. In a separate bowl, add eggs, pumpkin, oil, and water, and mix until well combined.
4. Add wet ingredients to dry ingredients and stir until moistened. Fold in walnuts. Pour batter into prepared pan.
5. Bake until a toothpick inserted in the centre comes out clean, 65 to 70 minutes. Cool bread in pan for 10 minutes before serving.

### Nutritional Information

**Calories:** 190 calories  
**Carbohydrates:** 25g  
**Fat:** 10g  
**Fibre:** 1g  
**Protein:** 3g  
**Sodium:** 190mg  
**Sugar:** 15g



This booklet has been brought to you by Pfizer Oncology in the interests of furthering knowledge of cancer and nutritional support, but is not intended to provide medical or dietary treatment advice and you should always consult your healthcare practitioner for advice on your health matters.

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