

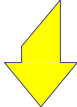



Nutrition for the Person with Cancer

Healthy eating guidelines have been developed for the general public. However, your needs are different during cancer treatment. This handout provides information on how to meet your changing nutritional needs.

Maintain Current Weight

Weigh yourself **at least** once a week and keep a record of your weight. **Do not** wait until you have lost weight to begin adjusting your eating habits. **Start now.** This chart will help you.

<p>Weight loss?</p> <p> No</p> <p> Yes</p>	<ul style="list-style-type: none"> • Add small frequent "power-packed" foods • Add between-meal snacks
<p>Maintain weight?</p> <p></p> <p>Congratulations! Continue your current eating plan</p>	<p>Continued weight loss?</p> <p></p> <p>No Yes</p> <p>Continue your current eating plan Ask your doctor to see the dietitian</p>

Your Daily Needs

Your dietitian can write your nutritional needs below.

_____ calories per day

_____ grams of protein per day

_____ cups of fluid per day

If you need help, call your dietitian at 904-202-7300.

Increase Protein

Protein builds and repairs tissues. Try to include one or more of these foods with each snack and meal:

- Milk
- Yogurt, especially Greek yogurt
- Fish, chicken, turkey, red meat (beef, goat, lamb, pork, venison). Limit red meat to less than 18 ounces per week.
- Cheese, cottage cheese, ricotta cheese
- Eggs or egg substitute

- Nuts, nut butters (almond, peanut)
- Seeds (chia, flax, hemp, sesame)
- Protein powder, nonfat dry milk powder
- Soy foods (soy milk, soybeans, soy, nuts, tofu)
- Grains (couscous, quinoa, tortilla, whole grain rice)
- Legumes (dry beans, lentils, peas)

Increase Fluids

Fluids keep your body working. It is important to drink about 64 ounces or 2 quarts of fluids each day. If you have problems keeping your weight stable, choose fluids that have calories.

Fluids include:

- Water
- Caffeine-free tea or coffee
- Caffeine-free carbonated beverages
- Sports drinks, vitamin waters
- Fruit juices
- Milk, milkshakes, smoothies
- Supplement drinks (Boost®, Ensure®, Orgain™, Enu®,)
- Soups
- Sherbet, popsicles, gelatin, puddings
- Ice cream, frozen yogurt
- Yogurt and yogurt drinks

"Power Packing" Foods

Below are a few examples of how to power pack the foods you eat. This makes them higher in protein and calories. To make your own, include a protein, carbohydrate and fat.

- Baked beans **plus** cheese on top
- Scrambled eggs **plus** milk **plus** butter **plus** cheese
- Bread **plus** peanut butter **plus** honey or fruit preserves
- Whole milk, Greek yogurt **plus** chia seeds **plus** granola

High Calorie, High Protein Snacks for Between Meals

- Apple slices with peanut butter
- Bagel and cream cheese
- Buttermilk and cornbread
- Cheese on crackers or toast
- Custard or pudding made with whole milk
- Yogurt (plain or with fruit, chilled or frozen) with fruit and/or granola
- Fruit smoothie made with Greek yogurt
- Personal pizza (English muffin broiled with tomato sauce and cheese topping)
- Sandwich made with turkey, cheese and avocado slices
- Instant breakfast drink made with whole milk

- Milkshake made with whole milk and ice cream
- Nachos with beans and cheese
- Peanut butter and banana on crackers or toast
- Supplement drinks (Boost, Ensure, Orgain, Enu)
- Tuna salad on crackers or toast
- Trail mix
- Vegetables with hummus
- French toast with butter, honey or fruit preserve
- Wheat tortilla with guacamole, cheese, beans and olives
- Whole milk cottage cheese with fruit

When trying to maintain your weight, it is important for you to eat high-calorie foods to help keep you healthy and strong. However, some foods that are very high in saturated fats should be eaten in moderation. For a 2,000 calorie diet, we recommend limiting saturated fat intake to less than 15 to 22 grams per day.

Other Helpful Tips

- Eat every 2 to 3 hours, even if you take only a few bites.
- Use alarms or reminders on your phone to make sure you do not go too long without eating.
- Prepare meals and snacks ahead of time.
- Pack a snack if you will be in one place for a while such as waiting rooms, planes, cars, etc. Good snack choices to pack include trail mix, peanut butter and crackers, protein bars and nutrition drinks like Boost, Ensure, Orgain and Enu.
- If your appetite is poor, shop when you are most hungry.
- Look for easy, convenient and ready-to-eat items. These include microwave meals and canned soups.
- Try cooking with double-strength milk. Mix 1/3 cup of powdered milk with 1 cup whole milk.
- Ask family and friends to help with grocery shopping and food prep.
- Check if your grocery store offers grocery delivery or curbside pick-up.

Resources

The American Dietetic Association
800-843-8114
<https://www.eatright.org/>

American Cancer Society
800-227-2345
<https://www.cancer.org/>

Patient Education



American Institute for Cancer Research
800-843-8114
<http://www.aicr.org/>

National Cancer Institute
800-422-6237
<https://www.cancer.gov/>