



GOES DOWN *Easy*

Recipes To Help You Cope with
The Challenge of Eating During Cancer Treatment



Loss of appetite is a common concern for cancer patients. Nibbling on small amounts every 1-2 hours may be a lot easier than eating a regular size meal. Make every mouthful count – go for high-calorie and high-protein foods first.

These recipes are designed as quick and easy mini-meals that provide good nutrition at any time of day.



Nausea can occur for many different reasons during cancer treatment. Getting enough fluids is important to prevent dehydration. If eating and drinking makes you feel more nauseated, separate your liquids and solids at meals.

These recipes are designed to focus on more easily tolerated foods, usually bland, low in odour, and lower in fat and fibre.



Taste changes during cancer treatment may persist after your treatment has finished. It may take some time before your ability to taste returns. Keep experimenting – what is unpleasant today may be appealing again tomorrow.

These recipes are designed for people who are experiencing changing taste palettes, from bitter or metallic tastes in the mouth or that food has no flavour at all.



Radiation to the head and neck area and some medications can cause sore mouth and throat which can affect your ability to chew and swallow. Treatment can change your saliva, becoming thick and ropy.

These recipes are designed to require little chewing and to have a smooth texture.



Diarrhea is a common side effect of treatment for many types of cancer. Focus on staying hydrated with fluids that are low in caffeine like chamomile tea, diluted juice, and water.

These recipes are designed to be easier for your body to digest and absorb. They are low in fibre, lactose, caffeine, fat and spices.

MUSHROOM TORTILLA PIZZA

Ingredients

- 1 6-inch (15 cm) flour tortilla
- 1/4 cup (50 mL) prepared mild salsa or pizza sauce
- 1/4 cup (50 mL) sliced mushrooms
- 1/4 cup (50 mL) shredded mozzarella or Cheddar cheese

Instructions

1. Place tortilla on baking sheet. Spread salsa evenly over tortilla leaving 1/4-inch (1 cm) bare around edges (sauce will spread during cooking). Top with mushrooms and sprinkle with cheese.
2. Bake in preheated 450°F (230°C) oven for 10 minutes or until cheese melts.

Makes 1 serving.

Per serving:

cal	pro	fat	carb	fibre
203	9 g	9 g	22 g	2 g

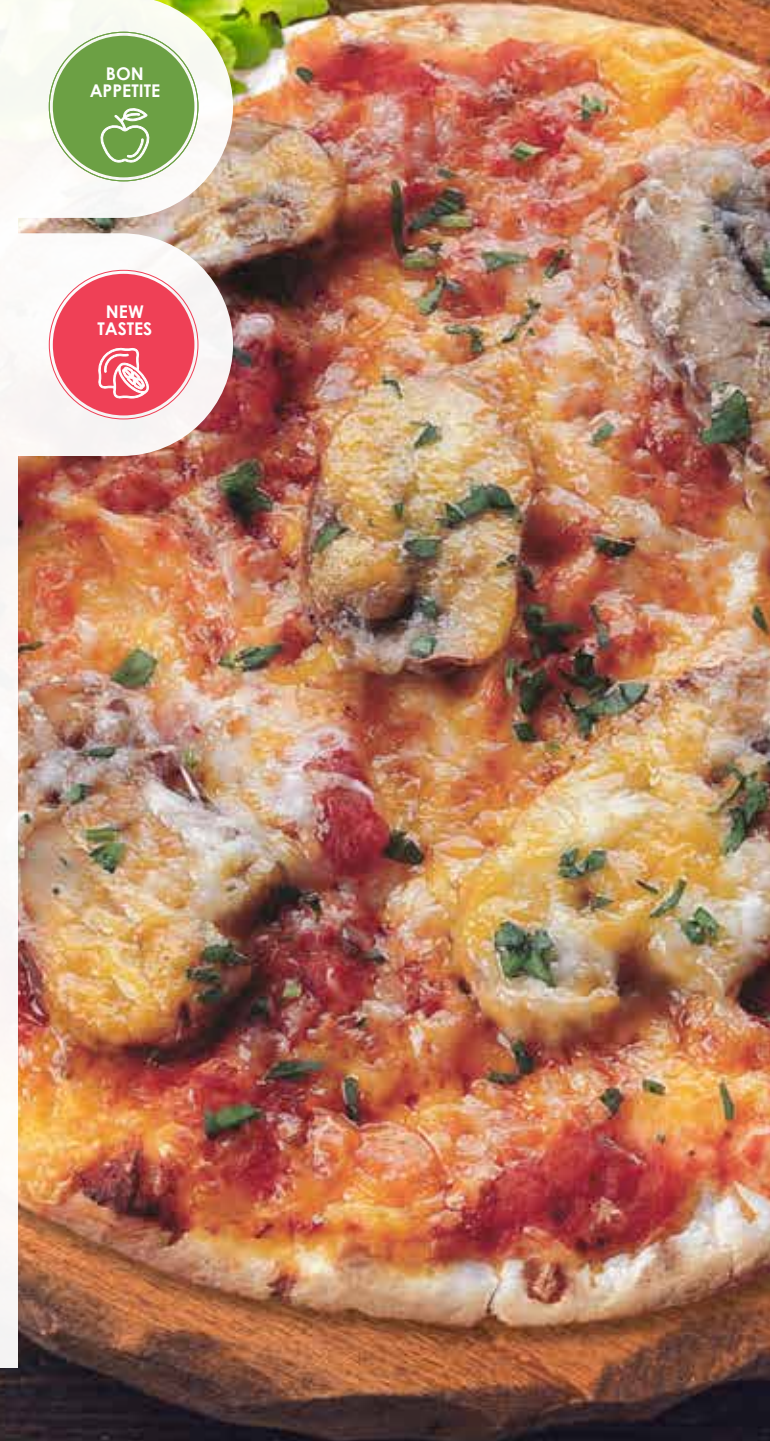
Tasty Tidbit

Are you always using white button mushrooms in recipes? Try experimenting with a variety of mushrooms to discover rich flavours and meaty textures. Tantalize your taste buds with Shiitake or Portobello varieties in sauces and stir-frys.

Tips

If desired, substitute 1/4 cup (50 mL) chopped peppers or cooked spinach for the mushrooms. Sauté the vegetables in a little butter or vegetable oil to make them even tastier.

OLÉ: For a Mexican variation, spread 2 tbsp (25 mL) refried beans evenly over tortilla, then top with salsa, mushrooms, and cheese and bake as above.



PEANUT BUTTER CRISPY SQUARES

A treat the whole family will enjoy.

Ingredients

- 1/2 cup (125 mL) semi-sweet chocolate chips
- 1/2 cup (125 mL) brown sugar
- 1/2 cup (125 mL) peanut butter
- 1/2 cup (125 mL) corn syrup
- 1 tbsp (15 mL) butter
- 3 cups (750 mL) crispy rice cereal

Tasty Tidbit

If you have a peanut allergy, you can substitute almond butter. This will still provide a good source of protein and great flavour.

Instructions

1. In large microwavable bowl, combine chocolate chips, sugar, peanut butter, corn syrup, and butter. Microwave uncovered on high for 2 to 3 minutes or until mixture melts. Stir partway through cooking.
2. Stir in cereal with a wooden spoon until well blended. Press evenly into a lightly buttered 8-inch square (2 L) baking dish.
3. Refrigerate until firm, about 1 hour. Cut into squares.

Makes 16 squares.

Per serving (square):

cal	pro	fat	carb	fibre
154	3 g	6 g	24 g	1 g

Tips

Replace the combined 1 cup quantity of brown sugar and corn syrup with 3/4 cup maple syrup.





SIMPLE SKILLET SUPPER

Serve with rice, pasta, or potatoes, as desired.

Ingredients

- 4 boneless skinless chicken breasts
- 1/2 tsp (2 mL) dried thyme, oregano or Italian seasoning
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 3 tbsp (45 mL) butter
- 4 green onions, chopped
- 1/4 lb (125 g) mushrooms, sliced
- 1 tsp (5 mL) sugar
- 1 tsp (5 mL) salt
- 2 tbsp (25 mL) lemon juice
- 1/2 cup (125 mL) apple juice
- 2 tomatoes, diced
- 3 tbsp (45 mL) chopped fresh parsley

Tasty Tidbit

Did you know that the white meat of chicken is easier to digest than the dark meat? It has a little less connective tissue and a little less fat.

Instructions

1. Season chicken with thyme, salt, and pepper.
2. In large skillet, melt butter over medium heat and lightly brown chicken on both sides.
3. Add mushrooms around chicken and sauté for 1 to 2 minutes. Add remaining ingredients except parsley and stir lightly to mix.
4. Cover and cook on low heat for 25 to 30 minutes or until chicken is tender. Sprinkle with parsley.

Makes 4 servings.

Per serving:

cal	pro	fat	carb	fibre
279	34 g	11 g	11 g	2 g

Tips

Chopped green or red pepper can also be added with the mushrooms.

SIMPLE SAUTÉED FISH FILLET

BON
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NEW
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DIGESTIVE
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Ingredients

- 1/4 cup (50 mL) all-purpose flour
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) dried herbs - basil, dill, thyme, oregano or tarragon leaves
- pepper to taste
- 1 lb (500 g) sole, tilapia, haddock, catfish or other white fish fillets, in 4 portions
- 1 tbsp (15 mL) vegetable oil
- lemon wedges
- melted butter

Instructions

1. Combine flour, salt, herbs and pepper in shallow dish. Thoroughly dredge fish fillets in flour mixture (discard any leftover mixture).
2. Heat oil in large skillet over medium-high heat. Add fish, working in batches, if necessary, and cook until lightly browned and fish is tender, about 3 to 4 minutes per side. Serve with lemon wedges and/or drizzle with a little melted butter.

Makes 4 servings.

Per serving:

cal	pro	fat	carb	fibre
143	20 g	5 g	5 g	0 g

Tasty Tidbit

If using frozen fish, check packages for signs of thawing and refreezing. Frozen fish should be solidly frozen, have a mild aroma and be free of ice crystals and freezer burn.

MINT ORANGE ICED TEA

Keep this tea in a large pitcher in the refrigerator and drink as desired.

Ingredients

- 1/2 cup (125 mL) water
- 1 cup (250 mL) granulated sugar
- 1/2 cup (125 mL) fresh mint leaves, chopped
- 4 cups (1 L) freshly brewed tea
- 2 cups (500 mL) orange juice

Instructions

1. In small saucepan, stir water and sugar together. Bring to a boil over medium heat; add mint leaves and simmer 2 minutes. Remove from heat and stir to blend. Cool to room temperature. When cool, strain and reserve mint syrup, discard mint leaves.
2. Make tea by steeping 4 tea bags in 4 cups (1 L) of boiling water in teapot or heatproof bowl for 4 minutes.
3. In large pitcher, combine tea, orange juice, and mint syrup. Cover and refrigerate. Use within 3 days.

Makes 6 cups (1.5 L).

Per serving (1 cup/250 mL):

cal	pro	fat	carb	fibre
168	1 g	0 g	43 g	0 g

Tips

Skip the mint syrup for a simpler recipe that is also less sweet. Add fresh mint leaves directly to orange iced tea just before serving.

Chop leftover fresh mint and freeze as individual portions in an ice cube tray. Add to soups, drinks, or desserts for a flavour boost.

Tasty Tidbit

The refreshing taste of mint may help settle an upset stomach. It might be helpful to take a few mint candies with you when you are away from home.



BERRY ICE

Cold foods that are soft in texture and sweet in taste are easily tolerated.
Take the berries out of the freezer 20 minutes before making the ice.

Ingredients

- 2 cup (500 mL) frozen unsweetened berries
- 1 1/2 cups (375 mL) water
- 1/2 cup (125 mL) honey
- 2 tbsp (25 mL) lemon juice

Tasty Tidbit

Frozen mixed berries are available all year round. They can be thawed and added to cereal or used as a topping for yogurt or ice cream. If your mouth is sore, frozen blueberries are a softer choice.

Instructions

1. In blender or food processor, purée berries, water, honey and lemon juice until smooth. Pour into plastic or glass bowl or container and freeze for 6 hours or until firm.
2. Remove from freezer about 15 minutes before serving. Scoop with an ice cream scoop. Use within 5 days.

Makes 4 cups (1 L).

Per serving (1/2 cup/125 mL):

cal	pro	fat	carb	fibre
84	0 g	0 g	23 g	1 g

Tips

Fruit Ice: Try with any frozen fruit such as sliced peaches or mangoes.



NAUSEA
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SMOOTHDIGESTIVE
HEALTH

BROTH BASED SOUP IDEAS

Ever increasing ranges of broth — vegetable, chicken, and beef — are available, making it simple to make a nourishing bowl of soup. Tetra Pak broths are particularly convenient; just use straight from the carton. Canned broths generally require diluting with an equal amount of water. Dry cube or sachet broths are reconstituted with boiling water.

Just be aware that many of these can be quite salty.

STRACCIATELLA SOUP

Ingredients

- 1 egg
- 1 tsp (5 mL) minced parsley
- salt and pepper to taste
- 1 cup (250 mL) broth

Instructions

1. In small bowl, beat egg with parsley, salt, and pepper. Set aside.
2. In small saucepan, bring broth to a boil.
3. Slowly pour egg mixture into boiling broth and gently stir so that egg mixture breaks up into pieces.
4. Once egg mixture is completely cooked, remove from heat.

Makes about 1 1/2 cups (375 mL).

Per serving (3/4 cup/175 mL):

cal	pro	fat	carb	fibre
48	3 g	3 g	0 g	0 g

Tips

Try these tasty variations:

Add small size pasta such as pastina or orzo to simmering broth. Cook until pasta is tender.

Add cooked rice or cooked quinoa to simmering broth. Quinoa is a high-protein grain that is also gluten-free.

Egg-Drop Soup: Add 1/2 tsp (2 mL) minced fresh ginger and 1 sliced green onion to broth and bring to a boil. Add egg as above, and season with a few drops of soy sauce, if desired.

Tasty Tidbit

Stracciatella means "little rags or shreds." This is due to the thread-like look of the egg once it is stirred into the soup. This Italian egg-drop soup makes a wonderful comfort food.



VANILLA CUPCAKES

Once baked and cooled, cupcakes can be easily frozen (without icing) for a later use.

Ingredients

- 1 1/2 cups (375 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) butter or margarine, softened
- 3/4 cup (175 mL) granulated sugar
- 3 eggs
- 2 tsp (10 mL) vanilla
- 1/2 cup (125 mL) milk, lukewarm

Instructions

1. Lightly grease muffin cups or line with fluted paper baking cups. In a bowl, stir together flour, baking powder, and salt. Set aside.
2. In another bowl, beat butter and sugar with an electric mixer on high until light and fluffy. Reduce speed to medium and beat in eggs and vanilla. On low speed, add dry ingredients alternately with milk just until blended.
3. Spoon batter into prepared muffin cups until 3/4 full. Bake in preheated 350°F(180°C) oven for 20 to 22 minutes, until cake tester inserted in centre comes out clean. Let cool in pan on rack for 5 minutes. Transfer to rack to cool completely.

Makes 12 cupcakes.

Per cupcake:

cal	pro	fat	carb	fibre
199	4 g	9 g	25 g	0 g

Tips

For easier portioning into muffin cups, use a spring-loaded ice cream scoop.

Additions, if desired:

- Stir 1/2 cup (125 mL) chocolate chips or chopped chocolate into dough.
- Dust before baking, with cinnamon or sugar.
- Dust after baking, with sifted icing sugar or cocoa.
- Cupcakes may be left plain, or spread with a thin layer of icing.

Tasty Tidbit

Did you know that the vanilla plant is a member of the orchid family? The extract is expensive because the vanilla flowers have to be hand-pollinated, and the pods have to be cured for months!

COUSCOUS SALAD

This is a versatile recipe. Instead of chickpeas, you can use kidney beans, steamed vegetables, olives, pine nuts, crumbled feta or goat cheese, or a combination of ingredients.

Ingredients

Lemon Garlic Dressing:

- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) minced fresh garlic
- 1/4 tsp (1 mL) ground cumin
- 1/4 tsp (1 mL) hot pepper sauce
- 1/4 cup (50 mL) olive oil
- salt and pepper

Salad:

- 1 1/4 cups (300 mL) vegetable, beef, or chicken broth
- 1 cup (250 mL) couscous
- 1 cup (250 mL) cooked chickpeas

Tasty Tidbit

Couscous is made from durum wheat, the same wheat used to produce semolina pasta. It is widely available in supermarkets in the pasta/rice aisle.

Instructions

1. In bowl, combine lemon juice, garlic, cumin, and hot pepper sauce. Gradually whisk in olive oil until blended. Season to taste with salt and pepper.
2. In saucepan or microwave, bring broth to a boil. Stir in couscous, remove from heat and let stand, covered, for 5 minutes or until tender. Fluff with a fork and transfer to a serving bowl. Add chickpeas and dressing, toss gently. Serve at room temperature.

Makes 4 servings.

Per serving:

cal	pro	fat	carb	fibre
370	10 g	15 g	49 g	4 g

Tips

You can use bottled minced garlic instead of chopped fresh garlic, or use 1/4 tsp (1 mL) garlic powder. Look for jars of garlic in the produce section.

The dressing can also be used as a marinade for chicken, fish, or tofu. Add 1 to 2 tbsp (15 to 25 mL) chopped fresh parsley for a kick of colour.

Make it a 'quinoa salad' by using cooked quinoa instead of couscous. Quinoa is a high-protein grain that is also gluten-free.



HOISIN AND ORANGE GLAZED CHICKEN

Serve with rice and stir-fried vegetables.

Ingredients

- 1/2 cup (125 mL) hoisin sauce
- 1/4 cup (50 mL) orange juice
- 1 tbsp (15 mL) soy sauce
- 1 tbsp (15 mL) grated fresh ginger
- 8 skinless chicken pieces (thighs, breasts or legs)

Instructions

1. In bowl, combine hoisin sauce, orange juice, soy sauce, and ginger.
2. Place chicken in lightly greased or foil-lined 13- x 9-inch (3 L) baking dish. Spoon sauce over chicken. Bake in preheated 375°F (190°C) oven for 30 to 40 minutes or until chicken is no longer pink in the centre.

Makes 6 to 8 servings.

Per serving (1 chicken piece):

cal	pro	fat	carb	fibre
113	12 g	3 g	8 g	0 g

Tasty Tidbit

Chicken and turkey breasts should be checked for doneness using a meat thermometer. Insert the thermometer into the thickest part of the breast and when the thermometer reads 185°F (85°C) it is done.

Tips

You can use bottled minced ginger in place of fresh ginger, or use 1 tsp (5 mL) ground ginger. Look for jars of ginger in the produce section.





INDIVIDUAL BAKED ALASKAS

Look in the bakery section or the produce section near the berries of your grocery store for sponge cake shells, about 3 inches (7.5 cm) in diameter.

Ingredients

- 2 sponge cake shells
- 1/4 cup (50 mL) seedless raspberry jam or jelly
- 3 egg whites
- 1/8 tsp (0.5 mL) salt
- 1/3 cup (75 mL) sugar
- 2 scoops ice cream, any flavour

Instructions

1. Place shells on double layer of brown paper or foil, shiny side down, on a wooden board or baking sheet. Spread inside of cake shells with jam or jelly.
2. Beat egg whites with salt until fluffy, then gradually add sugar, beating until egg whites are stiff.
3. Spoon one scoop of ice cream into the hollow of each cake shell. Spread meringue over entire surface of ice cream and cake sides.
4. Bake in preheated 500°F (250°C) oven until meringue is lightly browned, about 5 minutes; watch carefully. Slide a lifter under each cake to place on serving plate. Serve immediately.

Makes 2 servings.

Per serving:

cal	pro	fat	carb	fibre
422	8 g	6 g	86 g	1 g

Tips

Individual desserts can be made ahead and frozen. These may be baked directly from the frozen state.

Instead of jam or jelly, use a fruit compote. Place 3 cups fresh or frozen berries and 3 tbsp orange juice in a small sauce pan. Cook over medium heat and stir with a wooden spoon. After 15 minutes, remove from heat and transfer to a clean jar or container to cool thoroughly. Store in the refrigerator for up to 3 days.

If you cannot find sponge cake shells, use 2 slices of pound cake instead.

Tasty Tidbit

When beating the egg whites for the meringue, use a glass bowl instead of plastic, so that the egg whites fluff up to a greater volume.

VANILLA BERRY SMOOTHIE

For easier blending, let berries partially thaw before puréeing.

Ingredients

- 1/2 cup (125 mL) vanilla soy beverage or milk
- 1/2 cup (125 mL) peach or mango nectar
- 2 cups (500 mL) frozen strawberries or blueberries

Instructions

1. In blender, purée all ingredients until smooth.

Makes 2 servings.

Per serving (1 cup):

cal	pro	fat	carb	fibre
126	3 g	1 g	28 g	3 g

Tips

If using milk, add 1/4 tsp (1 mL) vanilla.

If using nut or rice beverages instead of milk or soy, add a tbsp of vegan protein powder to the smoothie. Nut and rice beverages are low in protein.

For a creamier texture: replace the 2 cups of frozen berries with 1 cup avocado, and increase the quantity of both the milk and nectar to 1 cup.

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SOFT &
SMOOTH



Tasty Tidbit

Soy beverage is an excellent alternative to milk in any recipe. It is a great choice for those who cannot tolerate lactose (the natural sugar in milk). For extra nutrition, choose varieties that are fortified with calcium and vitamin D.

MOROCCAN TOFU STEW

Ingredients

- 1 package (400 g) firm tofu
- 1/4 cup (50 mL) soy sauce
- 3 tbsp (45 mL) smooth peanut butter
- 2 cups (500 mL) vegetable broth
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) each, mild paprika & cinnamon
- 1/4 tsp (1 mL) turmeric
- 1 medium sweet potato, peeled & cubed, about 2 1/2 cups (625 mL)
- 2 medium zucchini, cubed, about 2 1/2 cups (625 mL)
- 1/2 cup (125 mL) chopped, bottled, or canned roasted red pepper
- 1/3 cup (75 mL) seedless raisins

Tasty Tidbit

Tofu, made from bean curd, is bland but highly absorbent. The magic of this is that it can take on the flavours of your favourite stews, casseroles or stir-frys. Use it for some extra protein in a vegetarian entrée.

Instructions

1. Rinse tofu, wrap in a clean dish towel and place under a plate for 10 minutes to squeeze out excess moisture. Cut into 1/2-inch (1 cm) cubes. Whisk soy sauce and peanut butter together. Add tofu to soy mixture in a zip closure bag or bowl and marinate for 1 hour or more in the refrigerator.
2. In a large saucepan over medium-high heat, heat vegetable broth. Add onion, garlic, and spices and cook for 2 minutes.
3. Add all remaining ingredients except for marinating tofu and mix. Bring to a boil, then reduce heat to simmer, covered for 15 minutes.
4. Stir in tofu and marinade, and simmer, uncovered over medium heat until heated through.

Makes 4 servings.

Per serving:

cal	pro	fat	carb	fibre
323	16 g	12 g	45 g	6 g

Tips

If your mouth is very sore or chewing is difficult, purée the stew using a blender, immersion blender, or food processor.

For a simpler stew, use 2 cups red lentils instead of tofu. Red lentils cook quickly and can be added at the same time as the other vegetables. Stir in soy sauce/peanut butter marinade before serving.



TOFU TIRAMISÙ

Silken tofu and meringue powder replace mascarpone and raw egg whites in this take on tiramisù. No one will guess tofu is in this creamy Italian classic.

Ingredients

- 2 eggs
- 1/4 cup (50 mL) granulated sugar
- 4 tsp (20 mL) meringue powder (or equivalent to 2 egg whites)
- 1/4 cup (50 mL) water
- 1 package (300 g) silken soft tofu
- 1/4 cup (50 mL) hot water
- 1 tsp (5 mL) instant coffee granules
- 1 tsp (5 mL) rum extract (optional)
- 18-20 ladyfingers (Savoardi biscuits)
- 1 tsp (5 mL) unsweetened cocoa

Tasty Tidbit

Tiramisù means "pick-me-up" in Italian. Letting this recipe sit overnight gives the flavours a chance to blend and achieve their optimal balance. *Nothing beats this great smooth taste!*

Instructions

1. In mixing bowl with electric mixer, beat eggs and sugar until thickened and pale yellow, 3 to 4 minutes.
2. In heavy saucepan over low heat, cook egg mixture, whisking to prevent curdling, until slightly thickened. Do not boil. Set aside to cool to room temperature.
3. Using clean beaters, beat meringue powder with 1/4 cup (50 mL) water until stiff peaks form. Set aside.
4. In large bowl, mash and whisk drained tofu until smooth. Whisk in egg custard. Fold in meringue.
5. In small bowl, mix 1/4 cup (50 mL) hot water and instant coffee granules, stirring to dissolve. Stir in rum extract. Pour into a shallow dish.
6. Dip both sides of ladyfingers into coffee mixture and arrange 9 to 10 ladyfingers in one layer in bottom of an 8-inch (2 L) glass square dish, cutting to fit as necessary. Spoon half of custard mixture over ladyfingers. Repeat with a second layer of ladyfingers and custard.
7. Place cocoa in small sieve and shake evenly over top. Cover and refrigerate a few hours or overnight.

Makes 6 servings.

Per serving:

cal	pro	fat	carb	fibre
213	9 g	6 g	30 g	0 g



HERE ARE SOME FOODS THAT MAY BE BETTER TOLERATED IF YOU HAVE DIARRHEA:

Meats and Alternatives:

All lean meats and fish prepared with small amount of fat
Tuna or salmon packed in water,
Smooth peanut butter (in small amounts)

Milk:

Lactose-free milk or soy beverage
Low-fat yogurt without seeds (<2% MF)
Low-fat cheese (<20% MF)

Grains:

Breads and crackers made with white flour
Cereals made with refined grains such as puffed rice, Corn
Flakes®, and Cream of Wheat®, white rice, and pasta noodles
Arrowroot, social tea and oatmeal cookies

*Fruits:**

Melons, peeled apples and applesauce, bananas, and oranges
without the membranes

*Vegetables:**

Cooked carrots, green or yellow beans, asparagus tips,
mushrooms, and peeled white potatoes

**Limit serving size to 1/2 cup (125 ml) or 1 small fruit.*



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CHICKEN, RICE AND MUSHROOM SAUTÉ

This can also be made with leftover cooked chicken or turkey. Just add it near the end with the asparagus to heat through. Green or yellow beans can be used in place of the asparagus.

Ingredients

- 1 tbsp (15 mL) vegetable oil
- 1/2 lb (250 g) boneless, skinless chicken thighs or breasts, cut into 1-inch (2.5 cm) pieces
- 1 cup (250 mL) sliced mushrooms
- 1 cup (250 mL) long grain rice
- 2 cups (500 mL) chicken broth
- 1/2 tsp (2 mL) dried thyme
- 4 asparagus spears, cut into 1-inch (2.5 cm) pieces
- salt and pepper

Instructions

1. In large saucepan, heat oil over medium heat. Add chicken and cook a few minutes to lightly brown meat.
2. Add mushrooms and rice and cook 1 minute, stirring constantly. Stir in broth and thyme and bring to a boil. Reduce heat and simmer, covered for 15 minutes, stirring occasionally.
3. Stir in asparagus and cook until rice is tender, liquid is absorbed, and asparagus is cooked, about 5 minutes. Season to taste with salt and pepper.

Makes 4 servings.

Per serving:

cal	pro	fat	carb	fibre
293	17 g	7 g	38 g	1 g

Tasty Tidbit

In North America, asparagus is freshest and most affordable during the spring. When buying asparagus, look for thicker stems as they are more flavourful.

Tips

It's a snap to prepare asparagus. Clean well, then snap off ends - they will snap naturally where the tough part begins.



TURKEY AND VEGETABLE LOAF

This can also be made with half lean ground beef and half turkey or chicken.

Ingredients

- 1 tsp (5 mL) vegetable oil
- 1/2 cup (125 mL) diced mushrooms
- 1/2 cup (125 mL) diced green pepper
- 1 lb (500 g) lean ground turkey or chicken
- 1 small potato, peeled and grated
- 1 small carrot, grated
- 1/4 cup (50 mL) chicken broth
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) dried thyme
- 1/4 tsp (1 mL) dried basil
- 1/4 cup (50 mL) oatmeal (rolled or quick-cooking, not instant)
- 1/4 cup (50 mL) tomato sauce

Tasty Tidbit

Turkey is a delicious, nutritious alternative to chicken or red meat. Ground turkey can be used to replace ground beef in many recipes and is available in most supermarkets.

Instructions

1. Heat oil in small skillet over medium-high heat and sauté mushrooms and pepper until lightly softened (or microwave in a bowl for 3 minutes on high).
2. Combine turkey with vegetables, broth, salt, thyme, basil, and oatmeal. Place in a lightly greased 9- x 5-inch (2 L) loaf pan. Spread tomato sauce evenly over top.
3. Bake in preheated 375°F (190°C) for 45 minutes or until well done (no longer pink in centre).

Makes 6 servings.

Per serving:

cal	pro	fat	carb	fibre
153	17 g	5 g	10 g	1 g

Tips

If you prefer fish, use 4 5-oz cans of flaked light tuna or flaked salmon instead of the 1 lb of ground turkey or chicken. Switch the chicken broth to a fish or vegetable broth.

BANANA YOGURT COOKIE DELIGHT

This is a very easy make-ahead dessert.

Ingredients

- 36 vanilla flavoured wafers
- 2 bananas, cut in 1/2-inch (1 cm) slices
- 2 containers (175 g) of low-fat vanilla, peach or plain yogurt
- 1/4 tsp (1 mL) cinnamon or nutmeg

Instructions

1. Line bottom of 8-inch (2 L) square baking dish with crumbled wafers. Arrange bananas evenly over crumbs.
2. Spoon yogurt evenly over bananas. Sprinkle with cinnamon or nutmeg. Cover with plastic wrap and refrigerate overnight.

Makes 8 servings.

Per serving:

cal	pro	fat	carb	fibre
133	3 g	4 g	23 g	1 g

Tips

If using a fruit-bottom yogurt, stir well before using. Substitute lactose-free yogurt if you are unable to tolerate regular yogurt.

Arrowroot cookies, social tea cookies, or lemon wafers can also be used for the crumb crust.



Tasty Tidbit

To double the amount of protein in this recipe, use Greek yogurt.



BANANA OATMEAL

Ingredients

- 2 cups (500 mL) peach or apricot nectar
- 1 cup (250 mL) water
- pinch cinnamon
- 1 1/2 cups (375 mL) quick-cooking (not instant) rolled oats
- 1 ripe banana, mashed

Instructions

1. In saucepan, bring nectar, water and cinnamon to a boil over medium heat. Stir in oats. Return to a boil.
2. Reduce heat to medium-low and cook for 1 minute. Stir in banana until smooth.

Makes 4 servings.

Per serving:

cal	pro	fat	carb	fibre
236	6 g	3 g	49 g	5 g

Tasty Tidbit

Did you know that both oatmeal and banana contain soluble fibre? This fibre may help control diarrhea, as well as blood sugar levels and cholesterol.





HELPFUL HINTS For

The Cancer Patient

- Take snacks with you when you are away from home for periods of time.
- Use dessert plates instead of dinner plates. Smaller portions are easier to tackle.
- If you feel too tired to eat, take a few minutes to rest before mealtime.
- Listen to your body. Do you seem to have a better appetite in the morning or later in the day?
- Distract yourself while you eat. Watch TV, listen to the radio, read a book, call a friend, or play a game.
- Mix it up ... have breakfast for dinner or dinner for breakfast — whatever works for you.
- Satisfy cravings – it can wake up your appetite.

The Caregiver

- Spend a little time attractively arranging the food on the plate.
- Examine the environment. Soft lighting, a new tablecloth, pretty plates, and relaxing music may make it more enjoyable to dine.
- As concerned as you may be, try not to force your loved one to eat. This can make a small appetite disappear very quickly.
- Make food easily available - a tin of nuts on the coffee table, a few cookies at the bedside, a portable refrigerator filled with favourites next to a couch.
- Pleasant aromas may stimulate the appetite. Make sure the aromas are not overpowering.



HELPFUL HINTS For

The Cancer Patient

- Eat small meals frequently throughout the day. Nausea can be worse when your stomach is empty.
- Use dry, starchy foods such as crackers and toast to help settle your stomach.
- Choose foods that are cold or room temperature. They tend to have less odour than hot foods
- Remain in an upright position for an hour after eating. Lying down right after eating can make nausea worse.
- Sip liquids throughout the day to help maintain your hydration Drink through a straw if you are sensitive to smells.
- Avoid your favourite foods when you are nauseated to help prevent a permanent dislike for that food.
- Try sipping on peppermint tea or sucking on a peppermint candy.

The Caregiver

- Offer small amounts of food and beverages often.
- Allow your loved one to say “no” to food occasionally. During periods of severe nausea, it is more important that they sip fluids regularly.
- Try to keep track of how much fluid they are drinking in a day. Consult a doctor if it is low for more than 1 day, especially if they are also vomiting.
- Cook when your loved one is not home, so they are not exposed to cooking aromas. If this is not possible, make sure they are not in the kitchen, and open windows while cooking.
- Take out the kitchen garbage on a regular basis.





HELPFUL HINTS For

The Cancer Patient

- Try cold or room temperature drinks. They may be better tolerated than hot beverages.
- Season food with different herbs and sauces to enhance the food's flavour. For example: onion, garlic, ketchup, or mint.
- Keep tart foods and fluids handy. Orange, lime, or lemon juice can help cover a metallic taste.
- Experiment with sugar and salt. A sprinkle of sugar can tone down a salty or bitter taste and a dash of salt can tone down an overly sweet or acidic taste.
- If you find that meat has a bitter and metallic taste, try other high protein foods such as poultry, dairy foods, peanut butter, eggs, tofu, fish, and legumes.
- Try fruit sorbet, sherbet, and fruit smoothies for a refreshing drink.
- If you also have a sore mouth, do not use spicy or acidic foods and drinks.

The Caregiver

- Use glass pots for cooking and have plastic utensils on hand to lessen the metallic taste.
- Don't hesitate to use more herbs and spices in your cooking. The extra flavour will be appreciated.
- Make popsicles using their favourite juice. This will also help with improving fluid intake.
- If you find yourself running out of time, make food preparation easier by preparing things ahead. Spaghetti sauce can be made in large batches that can be frozen in individual meal portions and thawed to make a quick meal at a later date.
- There are no rules as to when certain foods need to be eaten. If breakfast foods are well tolerated, prepare those foods for dinner.
- Do not use spicy or acidic foods and drinks if they have sore mouth.



HELPFUL HINTS For

The Cancer Patient

- Use extra gravy and sauces with meat, potatoes, rice, or pasta. Try dipping your bread in soup or gravy.
- Try fruit nectar such as peach or pear instead of juice. Dilute the nectar with water, if you find it too sweet or thick.
- Let cold cereals soak in milk to soften them.
- Dip cookies in warm milk or hot drinks.
- Sip liquids with your meals to help you swallow if your mouth is very dry.
- Drink shakes made with milk and ice cream or soymilk and yogurt.
- Avoid acidic and spicy foods, as they may irritate your mouth and throat.
- Avoid commercial mouthwash, as it contains alcohol and can dry out your mouth.

The Caregiver

- Add milk, butter, or olive oil to mashed vegetables and potatoes.
- Cook pastas until soft and mix with cream sauce.
- Add tofu for extra protein.
- Cook hot cereal with milk instead of water and add butter or margarine and sugar.
- Mash, mince, or purée foods to make them easier to swallow.
- Keep a few jars of baby food meat on hand. It is a quick and easy way to add protein to soups and stews.





HELPFUL HINTS For

The Cancer Patient

- Avoid dried peas and beans such as lentils, kidney beans, and chickpeas.
- Limit use of hot spices such as chili powders, curry, and hot peppers.
- Cut back on drinks containing caffeine such as coffee, strong tea, and cola. Drink lots of fluids to prevent dehydration.
- Try drinking your liquids at room temperature as they are often easier to tolerate than when they are very hot or very cold.
- Limit intake of high-fat, greasy foods such as those that have been fried or contain creams.
- Eat fewer fruits and vegetables and choose juices instead. Dilute juices with water if they are too sweet.
- Try to drink an additional cup of fluid for every episode of diarrhea/loose bowel movement you have.
- Keep a diary of your diet and of your bowel movements. This may help identify problem foods for you.

The Caregiver

- Allow soups to cool down before serving.
- Keep track of how much fluid your loved one is drinking to make sure they don't get dehydrated.
- Peel fruits such as apples before serving to your loved one.
- Stock snack foods such as plain crackers, Jell-O™ white bread, and applesauce in your home for easy access.
- Use cooking methods such as baking, broiling, and steaming instead of deepfrying.
- Use broths to flavour and moisten foods instead of cream sauces.