

Common Cancer Treatments

Surgery, Radiation Therapy, Chemotherapy, Hormone Therapy, Biologic Immunotherapy

Common Side Effects

Most side effects will go away after the cancer treatment ends.

1. Loss of appetite
2. Weight changes
3. Sore mouth/throat
4. Dry mouth
5. Dental and gum problems
6. Changes in sense of taste or smell
7. Nausea/vomiting
8. Diarrhea
9. Lactose intolerance
10. Constipation
11. Fatigue and/or depression

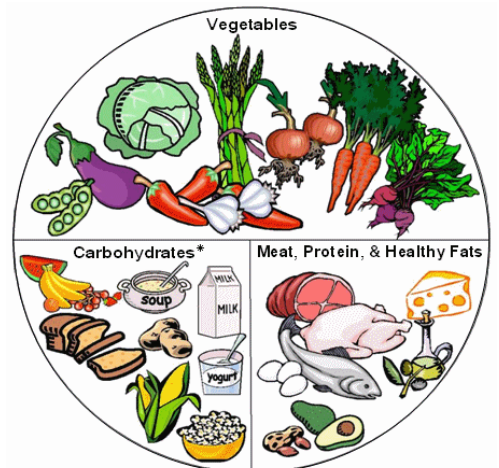
Goals For Recovery

1. Build body reserves before treatment
2. Prevent body tissue from breaking down
3. Maintain body strength
4. Rebuild tissue
5. Maintain defenses against infection

Overall Nutritional Recommendations

Your goal is to build strength and withstand the side effects of the cancer treatment

- Small Frequent Meals
- Higher calorie foods, with more protein as tolerated
 - Milk, cream, cheese, cooked eggs
 - Use of sauce, gravies
 - Cooking with more butter, margarine, or oil
 - Eat low-fiber food if you experience diarrhea or a sore mouth



- Handy snacks as tolerated:
 - Pudding
 - Peanut butter with crackers or toast
 - Canned Tuna
 - Cooked eggs
 - Cheese
 - Crackers
 - Muffins
 - Ice-cream
 - Fruit
 - Dried fruits
- Beverages
 - Juice
 - Soup
 - Yogurt
 - Milk-based product
 - Milkshakes
- Have liquid meal replacement if you are not interested in eating, e.g. Ensure Plus or Boost Plus
 - Drink plenty of fluids
 - 6-8 cups for adults

Coping With Side Effects

Loss of appetite

- Drink liquid or liquid meal replacements, e.g. Boost Plus or Ensure Plus

Weight gain may occur with edema or from increased appetite

- Eat more fruit and veggie, lean protein

Sore mouth/throat

- Select soft food that is easy to chew and swallow:
 - Shakes
 - Bananas, applesauce, other soft fruits
 - Peach, pear, and apricot nectars
 - Watermelon
 - Cottage cheese, yogurt
 - Mashed potatoes, noodles
 - Macaroni and cheese
 - Custards, puddings, and gelatins
 - Scrambled eggs
 - Oatmeal or other cooked cereals
 - Pureed or mashed vegetables, e.g. peas and carrots
 - Pureed meats
- Avoid citrusy/spicy/rough food

Dry mouth

- Sip of water every few minutes
- Suck on popsicles or chew gum
- Moisten food with sauces, gravies, Mayonnaise and salad dressings

Changes in sense of taste or smell (common when eating meat or high protein foods)

- Try white meat
- Meat seasoned/marinated in sweet fruit juices, sweet wine, Italian dressing, or sweet-and-sour sauce
- Try small amount of flavorful seasonings, *e.g. basil, oregano, or rosemary*
- Try tart foods, *e.g. lemon custard tart*

Nausea/vomiting

- Try food that is easy on stomach:
 - Toast, crackers, and pretzels
 - Yogurt
 - Sherbet
 - Angel food cake
 - Cream of wheat, rice, or oatmeal
 - Boiled potatoes, rice, or noodles
 - Carbonated drinks
 - Eggs
 - Skinned chicken that is baked or broiled, not fried
 - Canned peaches or other soft, bland fruits and vegetables
 - Clear liquids
 - Ice chips
- Avoid too much liquid to avoid feeling bloated
- Once vomiting is under control, try small amounts of clear liquids or water

Diarrhea

- Drink plenty of fluids
- Eat foods and drink liquids that contain sodium and potassium
 - Bananas, peaches, apricot nectar, and boiled or mashed potatoes, and sport drinks
- Also Try:
 - yogurt, cottage cheese as tolerated
 - rice, noodles, or potatoes
 - farina or cream of wheat
 - eggs (cooked until the whites are solid, not fried)
 - smooth peanut butter
 - white bread
 - canned, peeled fruits and well-cooked vegetables
 - skinned chicken or turkey, lean beef, or fish (broiled or baked, not fried)

Ways to Add Calories

- Eat on a schedule every two hours, even if only a couple of bites
- Ask your family and friends to help with grocery shopping and food preparation
- Prepare ahead
- Pack a snack or supplement drink if you know you are going to be in one place for long (such as waiting rooms, planes, cars, etc.)

Suggestions for Between Meal Snacks

- Avocado
- Applesauce
- Bread, muffins, and crackers
- Buttermilk with cornbread
- Caramel apple dip
- Carrot & celery sticks w/ranch dressing or peanut butter
- Cereal
- Cheese and crackers/toast
- Cheese and/or beef/bean nachos
- Cheesecake
- Chocolate milk
- Cream cheese with bagel or nut bread
- Cinnamon toast
- Cola/root beer float
- Corn chips with guacamole/bean dip
- Cottage cheese with fruit
- Cream soup/Oriental noodle soup
- Custard or pudding
- Dip made with cheese, beans, or sour cream
- Deviled egg
- Doughnut or pastry
- Dried fruits (raisins, apricots, etc.)
- Egg salad sandwich
- Fruit (fresh, canned, dried)
- Fruit with whipped cream or dip
- Gelatin
- Granola, granola bar
- Grilled cheese sandwich
- Hard-boiled eggs
- Hot chocolate
- Hot cereal with cream
- Hummus on a pita or bagel
- Ice cream
- Juices
- Macaroni and cheese
- Meat (chicken, tuna, etc.) sandwich
- Milk and cookies/cake
- Milkshakes
- Olives
- Peanut butter on crackers/toast/bread with jelly/honey/banana
- Pie
- Pimento cheese sandwich
- Pita bread and hummus
- Popsicle
- Pop tarts and milk
- Popcorn with butter, caramel, nuts, cheese

- Puddings, and custards
- Quiche
- Sandwiches
- Sherbet
- Smoothies, milkshakes
- Trail mix (dried fruit, raisins, nuts, M&Ms)
- Toaster Waffles or French toast with butter and syrup or jelly
- Tomato stuffed with egg salad
- Tortilla with cream cheese rollups
- Whole, or 2% milk
- Yogurt
- Yogurt with granola

Suggestions for Clear Liquids

- Bouillon
- Clear, fat-free broth
- Clear carbonated beverages
- Cranberry/grape juice
- Intermezzo ice
- Honey
- Healthwise
- Jelly
- Plain gelatin dessert
- Popsicles
- Resource Breeze
- Sports drinks
- Lemonade
- Strained vegetable broth
- Tea
- Water

Suggestions for Full-Liquids Diet

- All fruit juices
- Bouillon, broth
- Butter/cream/oil/margarine
- Carbonated beverages
- Coffee/Tea
- Fresh or frozen plain yogurt
- Honey/jelly/syrup
- Liquid supplements
- Milk, all types
- Milkshakes
- Plain gelatin desserts
- Cream soup/strained soup
- Refined/strained cooked cereal
- Sherbet
- Ice cream
- Pudding/Custard
- Strained lemonade
- Tomato juice
- Vegetable juice
- Water

More Ways To Learn

Eating Hints for Cancer Patients, Before, During & After Treatment; National Institutes of Health. <http://www.cancer.gov/cancertopics/coping/eatinghints.pdf>

Good Nutrition for the Patients with Cancer, The University of Texas, MD Anderson Center. <http://www.mdanderson.org>

- To find page on good nutrition for cancer patients. Type in the search box: *“good nutrition cancer patients”*
- To find page with recipes for high-calorie, high-protein milkshakes. Type in the search box: *milkshakes*

Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).

Developed by: Wing Y Lau (Whitney), MS, RD. Reviewed by: Bethany Parrett, RD, CNSC, Eric Hernandez, RD.

Produced by: The staff at California Pacific Medical Center in association with the Center for Patient and Community Education.

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