



Cancer

# side effect management tool kit

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# cancer side effect introduction

**This side effect management tool-kit has been designed to focus on the common side effects associated with cancer drugs and ways you can better manage them by taking charge of your health and nutrition.**

Cancer drugs work in a variety of different ways, with the main goal being to slow or stop the growth of unhealthy cancer cells. However, these drugs can also affect healthy cells, causing a variety of side effects.

Some of the most common side effects include mouth sores, nausea and vomiting, dry mouth, lactose intolerance, diarrhea and constipation. Depending on the drug being administered, length of treatment, and the type of cancer, side effects can vary from person to person.

Understanding the side effects can help you take charge of your health and wellness. Refer to this tool-kit to learn more about the side effects you may face, and ways to manage them. This tool-kit will help you to:

- Understand the side effects commonly associated with cancer drugs.
- Discover ways to manage side effects with nutrition.
- Discover the best foods recommended based on each side effect.
- Learn new cooking tips to apply in the kitchen.

## for a healthier you

Remember, this tool-kit is to be used as a resource only. **For individualized nutrition or food-safety questions, check with your health care provider or medical team.**



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## altered taste

**Changes in taste are common during cancer treatment. Foods that once tasted delicious may no longer be appetizing.**

Certain foods may have less taste, or other foods, like meat, may be bitter or taste like metal. Smell can also be affected during cancer treatments. Foods that used to smell good may no longer be tolerable. Taste and smell changes often resolve once treatment has ended, but below are suggestions for staying well-nourished when foods don't taste or smell like normal.

### Managing with Nutrition:

- Choose foods that currently appeal to you. Avoid foods that do not appeal to you.
- Try tart foods and drinks. Foods containing lime, lemon, orange, or vinegar may be more appealing. Do not eat these foods if you have mouth sores.
- Moist or naturally sweet foods often work well. Try frozen or fresh melon pieces or grapes.
- Try eating cool-temperature foods instead of hot-temperature foods. Cool-temperature foods have less aroma and typically less taste.
- Use various spices or marinades to add flavor to dishes.
- If foods taste too salty or bitter, try adding a small amount of sugar.
- Red meat can often have a metallic or bitter taste. Replace red meat-based protein sources with chicken, fish, eggs, nut butters or beans.
- Brush your teeth and tongue and rinse your mouth regularly, especially before eating.
- Replace metal forks and spoons with plastic versions. If you have a metallic taste in your mouth, eating with plastic forks and spoons can help. Eating with chopsticks may also help.
- Try using a cup with a lid to limit aromas.
- When cooking, use a kitchen fan. If someone else is doing the cooking, try to sit in a different room/area.
- When cooking, lift lids away from you to avoid smells.

## dry mouth

**Certain cancer treatments can cause dry mouth, or “cotton mouth”. Dry mouth occurs when your body makes less spit, or saliva, than it should.**

When you have dry mouth, it can be more difficult to talk, chew and swallow food. The taste of foods may also change with dry mouth. See below for ways you can manage this side effect with nutrition.

### Managing with Nutrition:

- Moisten foods with sauces, gravies, or dressings to make them easier to swallow.
- Season foods with citrus juices and herbs instead of salt.
- Choose foods that are easy to swallow. Try pureed foods, puddings, sorbets or soups.
- Suck on hard candies, frozen fruit or popsicles. These help your mouth make more saliva.
- Chew gum. Choose a sugar-free gum to prevent cavities. Some ingredients in sugar-free products, like the sugar alcohols xylitol, sorbitol, mannitol and erythritol, may cause gas, bloating or diarrhea. Check with your dietitian about better options.
- Eat tart foods or drinks (ex: lemonade). Tart foods and beverages encourage your mouth to make more saliva. Avoid if you have a sore mouth or throat.
- Sip water often to moisten mouth.
- Eat papaya or pineapple. Certain enzymes in papaya (papain) and pineapple (amylase) may help break up “ropy” or thick saliva.

### Avoid:

- Alcohol-containing mouthwashes
- Tobacco products
- Alcohol
- Dry, coarse or rough foods

### Additional Tips:

- Cut food into small pieces.
- Use lip balm to keep lips moist.
- Always carry a bottle of water for easy access.
- Rinse mouth every 1-2 hours with a warm water rinse, such as  $\frac{1}{4}$  tsp baking soda and  $\frac{1}{8}$  tsp salt mixed into 1 cup warm water. Follow with a plain water rinse.

## difficulty swallowing

**Dysphagia (pronounced dis-fay-juh) is the medical term that describes difficulty swallowing. Swallowing involves the coordinated activity of the mouth, pharynx, larynx and esophagus.**

Any changes in one of these body parts can make it difficult to swallow. Below are possible causes of swallowing problems.

### **Esophagitis** (pronounced i-sa-fe-ji-tes)

Esophagitis is the medical term that describes a sore and inflamed throat. A sore and inflamed throat can make it challenging and painful to swallow food and beverages.

### **Mucositis** (pronounced mu-co-si-tis)

Mucositis is the medical term to describe inflammation in the mouth, esophagus, and other areas of the GI tract. If any of these areas are inflamed it can become painful and challenging to swallow.

### **Xerostomia** (pronounced zir-e-sto-mia)

Xerostomia is the medical term for a dry mouth. Too dry of a mouth can make it difficult to pass food from the mouth down the esophagus.

### **Pain, inflammation, sores or lack of saliva in the mouth can all lead to swallowing challenges.**

To stay well-nourished, it's best to work with your health care provider and dietitian to create an individualized nutritional plan.

### **Managing with Nutrition:**

- Eat 5 or 6 smaller meals throughout the day instead of 3 large meals. Small quantities of food may be easier to swallow.
- Include soft, easy-to-swallow foods like scrambled eggs, cooked cereal or milkshakes.
- Cook foods until they are soft and tender.
- Cut foods into small pieces or use a food processor or blender to puree food to desired consistency.
- Add sauces, gravies, broth, or yogurt to help soften foods.
- Try sipping drinks through a straw, it may help make swallowing easier.
- Avoid foods that can bother or irritate your throat:
  - Hot (Temperature) Foods and Drinks
  - Highly Acidic Foods – tomatoes, oranges, lemonade
  - Sharp, Crunchy Foods- potato and tortilla chips
  - Alcoholic Beverages
  - Spicy Foods

# difficulty swallowing

## Easy to Swallow Foods & Drinks

Nutrition is a key component to overall health, but swallowing challenges can make it difficult to nourish your body. Below are suggestions for easy to swallow foods and drinks to help you stay nourished. Always consult with your health care provider about any new changes you notice in swallowing, or pain in the throat and mouth. Some people may need to work with a speech pathologist and registered dietitian for specific swallowing and dietary requirements.

Proteins (Meats, Nuts, Seeds)
Scrambled Eggs
Creamy Peanut Butter
Pureed, Cooked Foods
Creamy Seed Butter (Sun Butter®)

Dairy
Cottage Cheese
Ice Cream
Milkshakes
Yogurt: smooth, without fruit chunks

Desserts & Snacks	
Flan	Sherbet
Fruit: pureed or baby food	Smoothies
Gelatin	Soft Fruits: bananas, applesauce
Puddings	Sorbet

Meals and Meal Replacement
Baby Food
Casseroles
Chicken Salad
Clear Nutritional Supplements: Resource Breeze®, Ensure Clear®
Egg Salad
Ensure®
Instant Breakfast Drinks: Carnation Instant Breakfast®
Macaroni and Cheese
Soups
Stews
Tuna Salad

Grains & Starches
Cooked Cereals: Cream of Wheat®, instant oatmeal, grits
Mashed Potatoes

# constipation

**Constipation occurs when bowels do not move regularly, and stools become challenging to pass.**

It can cause bloating, nausea, or painful bowel movements. Constipation can occur because of medication side effects, low activity levels, a low-fiber diet, or inadequate consumption of liquids.

## Managing with Nutrition:

- Stay hydrated to keep your digestive system running smoothly. It's recommended to consume a minimum of 8 cups of liquid (64 ounces) each day. Always speak with your health care provider or cancer care team about specific hydration recommendations.
- Try warm or hot beverages. Many people find that drinking a warm or hot beverage, such as tea, coffee, or soup, can help relieve constipation.
- Add more fiber to your diet. Fiber is important in helping the digestive system work properly, and insoluble fiber is a specific type of fiber that helps relieve constipation. If your current diet is low in fiber, it's best to introduce fiber foods in small amounts over time while increasing water intake. See the list of *Foods to Help with Constipation* to learn more. Talk with your medical care provider or dietitian for specific recommendations, as certain types of cancer and cancer treatments may require a lower fiber diet.

## Additional Tips:

- Try to incorporate daily physical activity. Movement can help relieve constipation. Always speak with your medical care provider before adding more activity or starting a new exercise plan.
- Keep a log of your bowel movements. Use the *Side Effects Tracker* to help. Bring it to medical appointments and share with your nurse or doctor to help create a more personalized bowel regimen, if necessary.
- Tell your doctor or nurse if you haven't had a bowel movement in more than 2 days.
- Never use fiber supplements, laxatives, stool softeners, or enemas without first talking to your doctor.

# constipation

## Foods that Help with Constipation

There are two types of fiber, soluble and insoluble fiber. Insoluble fiber is found in a variety of healthy foods and is important to relieving constipation. During digestion, insoluble fiber works to add “bulk” to stool. This bulk is what helps push the stool through the digestive system and out of the body. Below are foods with a high insoluble fiber content. Always introduce fiber-rich foods slowly over time and increase water intake to help minimize stomach upset.

Nuts	
Almonds	
Brazil Nuts	
Cashews	

Seeds	
Chia Seeds	
Ground Flax Seeds	
Pumpkin Seeds	
Sunflower Seeds	

Raw Vegetables	
Broccoli	Cucumber
Carrots	Peppers
Cauliflower	Radishes
Celery	Squash

Whole Grain Products	
Bread	
Brown Rice	
Crackers	
Pasta	
Popcorn	
Wheat Bran	

Beans and Legumes	
Black Beans	
Chickpeas	
Kidney Beans	
Lentils	

## diarrhea

**Diarrhea (frequent, loose bowel movements) is a common side effect of both cancer and cancer treatments. Diarrhea can also be caused by infections, food sensitivities, antibiotics or emotional upset.**

Diarrhea occurs when foods and liquids pass through the gut so quickly that the body cannot absorb and digest it. This can also cause dehydration. Diarrhea symptoms can vary from mild to severe and last a short or long time.

### Managing with Nutrition:

- To prevent dehydration, drink plenty of fluids to replace those you lose. Clear liquids are best, including water, sports drinks, clear flat soft drinks, chicken broth, or weak caffeine-free tea.
- Choose soft, bland foods. Good choices include noodles, hard-boiled eggs, white bread, pureed vegetables, lean turkey and chicken, fish and mashed potatoes.
- Try the BRAT diet. BRAT stands for bananas, rice, applesauce, and toast. These foods are higher in water-absorbing soluble fiber.
- Include foods that are higher in potassium and sodium. Try potatoes, broth, apricots and bananas.
- Eat small meals, more often. Eating 5-6 small meals per day may be easier on the gut than 3 large meals.
- Consume food and drinks at room temperature.

### Tips For When You Experience Diarrhea:

- Take anti-diarrheal medications as prescribed.
- Rest your gut for 12-14 hours after having diarrhea and only drink clear liquids during this time. Use the *Clear Liquids* handout for a list of suggested foods and beverages.
- For nutrition recommendations, review the *Foods to Help with Diarrhea* found on the next page.

### Avoid:

- Foods high in insoluble fiber. These foods may make diarrhea worse. Avoid raw fruits and vegetables, nuts, seeds, whole grain products, and high-fiber produce (broccoli, corn, beans, cabbage, cauliflower and peas).
- Caffeine-containing products (coffee, tea, chocolate, some soda).
- High-sugar beverages, such as regular soda and fruit punch.
- Lactose-containing dairy products (milk, cheese, yogurt).
- Sugar-free products sweetened with xylitol or sorbitol. These sweeteners are mostly found in sugar-free candy and gum.
- Spicy foods (hot peppers, curries, buffalo wings, salsa, black pepper, hot sauce).
- Greasy, fatty or fried foods (fatty cuts of meat, French fries, potato chips, fast food).
- Alcohol

### Call your doctor immediately if you experience any of the following signs or symptoms with diarrhea:

- Six or more loose bowel movements a day for more than two days
- Blood in your stool or rectal area
- Weight loss due to diarrhea
- Fever of 100.5° F or higher
- Inability to control bowel movements
- Diarrhea or abdominal cramps that last more than a day
- Diarrhea accompanied by dizziness

# diarrhea

## Foods to Help with Diarrhea

When dealing with the unpleasant side effect of diarrhea, there are certain foods that may help provide relief. See the table below for more details.

Food Group	Recommended Foods	Other Considerations
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Buttermilk</li> <li>• Evaporated milk</li> <li>• Powdered milk</li> <li>• Soy milk</li> <li>• Yogurt with live, active cultures</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid yogurts with added nuts or dried fruit</li> <li>• Try lactose-free products, if lactose intolerant</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Bread, bagels, rolls, crackers, and pasta made from white or refined flour</li> <li>• Cereals made with refined grains (Corn Flakes®, puffed rice)</li> <li>• Cream of Wheat®</li> <li>• White rice</li> <li>• Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Choose foods with less than 2g of fiber per serving</li> </ul>
<b>Fruits &amp; Vegetables</b>	<ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Canned, soft fruit</li> <li>• Ripe bananas</li> <li>• Melons</li> <li>• Fruit juice without pulp</li> <li>• Strained vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid canned fruit in heavy syrup</li> <li>• Avoid cruciferous vegetables, like broccoli, cauliflower, and Brussels sprouts</li> <li>• Avoid dried fruits</li> <li>• Avoid fruit juice with pulp and prune juice</li> <li>• Avoid most raw produce, unless listed to the left</li> </ul>
<b>Proteins</b>	<ul style="list-style-type: none"> <li>• Smooth nut butters</li> <li>• Tender, well-cooked meat, pork, poultry, fish, eggs, or soy foods made without added fat</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid chunky nut butters</li> <li>• Avoid fatty cuts of meat, like pork ribs, chicken thighs, high-fat (55%) ground beef, ribeye steaks, etc.</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Caffeine-free teas</li> <li>• Decaffeinated coffee</li> <li>• Rehydration drinks</li> <li>• Sports drinks</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid sugary and alcoholic beverages</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Choose a low-fat diet</li> </ul>	<ul style="list-style-type: none"> <li>• A high-fat diet may make diarrhea worse</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Anti-diarrheal medications</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid sorbitol or sugar-alcohol containing products</li> </ul>

**\*These foods may be beneficial for most people, but not all.** If you find any of these foods make your diarrhea symptoms worse, stop eating them until symptoms go away. **Call your doctor right away if you experience any of the following signs or symptoms:**

- Six or more loose bowel movements a day for more than two days
- Blood in your stool or rectal area
- Weight loss due to diarrhea
- Fever of 100.5° or higher
- Inability to control bowel movements
- Diarrhea or abdominal cramps that last more than a day
- Diarrhea accompanied by dizziness

## nausea and vomiting

**Nausea happens when you feel “sick to your stomach” or queasy. You may also experience a watery mouth, dizziness, or fast heartbeat.**

When you don't feel your best, it can be difficult to get the nourishment that your body needs. A weak appetite can lead to weight loss and may affect your treatment. It's important to discuss with your doctor if you experience nausea after treatment ends.

### Managing with Nutrition:

- Eat small, frequent meals throughout the day. Often this looks like 5 to 6 meals instead of 3 large meals. Small, frequent meals are typically well-tolerated.
- Do not skip meals or snacks. Even if you don't feel hungry, you should still eat. An empty stomach can make nausea worse. Set an alarm as a reminder to eat every 2-3 hours.
- Room-temperature foods are often well-tolerated. Allow hot foods to cool down and cool foods to warm up before consuming.
- When you're not feeling well, avoid eating your favorite foods. This may cause you to link them to feeling sick.
- Don't eat when you feel queasy.
- Stay hydrated. Drink liquids throughout the day.
- If you have nausea in the morning, try keeping crackers next to the bed and eat a few before even getting out of bed.
- Try resting after eating.
- Wear loose and comfortable clothing.
- Use the symptom tracker to record when you feel nauseous.
- Avoid strong food and drink smells. Strong smelling foods include coffee, fish, onions, and garlic.

# clear liquids

## Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, constipation, or appetite loss. If experiencing vomiting, wait until it subsides before eating anything.

Soups
Fat-Free Bone Broth
Fat-Free Chicken Broth
Fat-Free Vegetable Broth

Drinks
Apple Juice
Caffeine-Free Tea
Clear, Carbonated Beverages
Fruit-Flavored Drinks
Fruit Punch
Water with Lemon
Water, Plain
Sports Beverages

Sweets
Fruit Ice, without milk or fruit pieces
Popsicles
Sorbet, without fruit pieces
Jello-O®

Meal Replacements
Clear Nutritional Supplements (Carnation Instant Breakfast Juice®)

# full liquids

## Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, appetite loss, or weight loss. If experiencing vomiting, wait until it subsides before consuming anything.

Hot Cereals
Cream of Wheat®
Cream of Rice®
Grits
Instant Oatmeal

Soups
Broth
Soup, strained or put through a blender

Sweets and Snacks
Custard (baked)
Frozen Yogurt
Fruit Puree
Ice Cream, with no chunks (cookie or nut pieces)
Ice Milk
Pudding
Sherbet
Sorbet
Yogurt, plain or vanilla (no fruit pieces)

Drinks
Carbonated Beverages
Decaffeinated Tea
Fruit Drinks
Fruit Punch
Milk
Milk Alternatives (soy milk or nut milk varieties)
Milkshakes
Smoothies
Sports Beverages
Tomato Juice
Vegetable Juice
Water

Meal Replacements
<b>Instant Breakfast Drinks:</b>
Carnation Instant Breakfast®
<b>Liquid Meal Replacements:</b>
Boost®
Ensure®
<b>Clear Nutritional Supplements:</b>
Ensure Clear®

# easy on the stomach

## Foods that Help with Nausea or Vomiting

When you're feeling nauseous it can be challenging to eat. Certain foods can help to calm nausea and some just feel easier sitting in the stomach. Below are foods to eat to stay nourished, even when your stomach is feeling queasy. If you're throwing up, it is best to wait until your vomiting has stopped before eating.

Beverages
Caffeine-Free Tea
Clear, Flat Carbonated Beverages
Cranberry Juice
Fruit Punch
Sports Drinks
Vegetable Juice
Water

Fruits and Vegetables
Bananas
Canned Fruit - applesauce, peaches, pears
Potatoes – baked or broiled, no skin

Meal Replacements
Instant Breakfasts – Carnation Instant Breakfast®
Liquid Meal Replacement - Ensure®
Clear Nutritional Supplements – Resource Breeze®, Carnation Instant Breakfast Juice®, Ensure Clear®

Other
Ginger and Ginger-Favored Foods – ginger chews, ground ginger, ginger gum, etc.

Proteins
Chicken or Turkey – baked without skin
Eggs
Fish – poached or broiled

Desserts and Sweets
Angel Food Cake
Jell-O®
Low-Fat Ice Cream
Lemon Drops
Popsicles
Sherbet
Sorbet

Grains
Crackers - plain
Noodles – plain
Pretzels
Refined, Cold Cereals – Corn Flakes®, Rice Krispies®, Rice Chex®
Rice
Toast – plain

# lactose intolerance

**Lactose intolerance is when your body can't digest the sugar in dairy products, called lactose. Lactose is found in foods like milk, yogurt, cheese, and ice cream.**

People with lactose intolerance may experience symptoms like gas, bloating, stomach pain, and diarrhea. Lactose intolerance can be the result of certain cancer treatments, as well as medications commonly prescribed during cancer treatments, like antibiotics.

## Managing with Nutrition:

- Look for lactose-free or reduced-lactose products. These products, like lactose-free milk and ice cream, should be clearly marked.
- Choose dairy-free milk substitutes. A variety of options exist, including almond, oat, soy and coconut milks. Check out dairy-free yogurt, ice cream and cheeses as well.
- Make substitutions. When cooking at home, substitute lactose-containing foods with dairy-free alternatives. Often, you won't be able to tell the difference!
- Choose dairy products that are naturally lower in lactose, like hard cheeses (cheddar) and yogurt.

## Additional Tips:

- Talk to your health care provider about medications that may help with lactose intolerance. Lactase tablets, like Lactaid®, may help your body break down lactose more effectively.

## Lactose-free food label reading tips

Check the food label for the following foods or ingredients that may contain lactose:

- Butter
- Buttermilk
- Cheese
- Chocolate milk
- Cream cheese
- Evaporated milk
- Goat's milk
- Ice cream
- Ice milk
- Low-fat milk
- Margarine
- Milk
- Milk chocolate
- Milk solids
- Nonfat or skim milk
- Powdered milk
- Sherbet
- Sweetened condensed milk
- Whey
- Yogurt

Lactose may be hidden in packaged foods as well. Carefully check the ingredient lists on the following foods for lactose-containing ingredients:

- Baked goods
- Beverage mixes
- Cake mixes
- Candies
- Hot dogs
- Instant potatoes
- Instant soups
- Lunchmeats
- Margarine
- Pancake mixes
- Salad dressings

**Some ingredients come from milk, but don't contain lactose. These include:**

- Casein
- Lactate
- Lactic acid
- Lactoalbumin

To replace a dairy product when cooking, try the following substitutions:

Original	Substitution
<b>1 Cup Whole Milk</b>	½ cup soy or rice milk and ½ cup water <b>or</b> ½ cup liquid non-dairy cream and ½ cup water
<b>1 Cup Skim Milk</b>	½ cup non-dairy cream and ¾ cup water <b>or</b> 1 cup lactose-free milk
<b>½ Cup Cottage Cheese</b>	½ cup soft tofu

## low appetite/weight loss

**Appetite loss is when you lose interest in eating or you don't want to eat very much. It can occur for a lot of reasons.**

Reasons include fatigue, pain, certain medications, emotional issues, cancer treatment side effects (nausea, vomiting, change in taste, etc.), or the cancer itself. Appetite loss is very common and can vary in length. Longer term appetite loss can result in weight loss and malnutrition.

### Managing with Nutrition:

- Try a liquid or powdered meal replacement, like Boost®, Ensure® or Carnation Instant Breakfast®.
- Instead of eating 3 large meals a day, try to eat 5-6 smaller meals throughout the day.
- Eat your largest meal when you are hungriest. For many people, this is in the morning.
- Start your meal with high-protein foods, when appetite is the strongest. See *Tips for Adding Protein* for ways to incorporate more protein into your meals.
- Drink high-calorie beverages, like milkshakes, smoothies, juices, or soups.
- Keep snacks handy. See *Snack Ideas for Appetite Loss* for some tasty and easy snack suggestions.
- Drink liquids throughout the day, especially if you don't feel like eating. If it's difficult for you to remember, set a timer to remind you.
- Try to eat a bedtime snack. This will provide extra calories, but not affect your appetite for the next day.
- Eat soft, cool, or frozen foods like popsicles, sorbet, or yogurt.

### Avoid:

- Drinking large amounts of liquids at meals, as this could make you feel full very quickly and reduce the amount of food you are able to eat.

### Additional Tips:

- Keep a normal eating schedule, eating every 2 ½–3 hours.
- Set an alarm to remind you to eat snacks.
- Try to be physically active, this can help to stimulate appetite.
- Your doctor may be able to prescribe medications to help improve appetite.
- Recruit the help of friends or family members to help you purchase and/or prepare food.
- Try to keep mealtimes relaxed and pleasant.
- Talk with your doctor if emotional issues, like depression or anxiety, may be affecting your appetite.

## tips for adding calories

### It is common to lose weight when receiving cancer treatment.

To help maintain your weight, try to get enough calories in your diet. See the tips below for ideas to increase the number of calories you eat and prevent weight loss.

#### Tips for Adding Calories:

- Eat at least 3 meals and 3 snacks daily.
- Limit the amount of liquid you drink at meals to avoid filling up too fast. Drink more between meals instead.
- Add additional calories to at least one food item at each meal and snack.
- Always have favorite snack foods available.
- Set up an eating schedule and set reminders to eat.
- Eat your largest meal when appetite is the strongest.
- Add butter, oil, cheese, or cream to foods.
- Add nut butters to foods like fruit, yogurt, or ice cream.
- Add extra gravies, sauces, or salad dressings to foods.
- Add sweeteners like sugar, brown sugar, maple syrup, or honey to cereal, oatmeal, or hot beverages.
- Use 2% or whole dairy products, including milk, yogurt, cheese, and cottage cheese.
- Use higher calorie cooking methods, like sautéing or frying foods.

Foods	Serving / Calories	Suggestions
<b>Avocado</b>	1/3 = 80 calories	<ul style="list-style-type: none"> <li>• Slice for sandwiches or salads</li> <li>• Stir into dips</li> <li>• Make guacamole</li> <li>• Serve with eggs</li> </ul>
<b>Butter</b>	1 tsp = 45 calories	<ul style="list-style-type: none"> <li>• Add to soups, potato dishes, hot cereals, grits, rice, noodles, and cooked vegetables</li> <li>• Top muffins, crackers, rolls, or toast</li> <li>• Stir into cream soups, sauces, and gravies</li> <li>• Combine with spices and herbs and spread on cooked meats, fish, hamburgers, and egg dishes</li> <li>• Use melted butter on vegetables or seafood</li> </ul>

**Source:** Academy of Nutrition and Dietetics. Nutrition Care Manual. <http://nutritioncaremanual.org>. Accessed May 29, 2019.

## tips for adding calories

### Cancer

Foods	Serving / Calories	Suggestions
<b>Cream Cheese</b>	1 oz = 100 calories	<ul style="list-style-type: none"> <li>• Spread on breads, muffins, crackers, or fruit slices</li> <li>• Add to vegetables and casseroles</li> <li>• Roll into balls and coat with chopped nuts, shredded coconut, herbs, or granola</li> <li>• Soften and season as a fruit dip</li> </ul>
<b>Dried Fruits</b>	½ cup = 100-200 calories	<ul style="list-style-type: none"> <li>• Serve in breakfast dishes, as a dessert, or eat for a snack</li> <li>• Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings, and stuffing</li> <li>• Combine with sweeter vegetables, such as cooked carrots, sweet potatoes, yams, acorn squash, or butternut squash</li> <li>• Combine with nuts and/or granola for snacks</li> </ul>
<b>Dry Pudding Mix</b>	Calories vary per serving and variety	<ul style="list-style-type: none"> <li>• Add dry mixes when baking cakes, muffins, or sweet breads</li> <li>• Add to shakes and smoothies</li> </ul>
<b>Granola</b>	½ cup = 300 calories	<ul style="list-style-type: none"> <li>• Use in cookie, muffin, and sweet bread batters</li> <li>• Sprinkle on yogurt, ice cream, pudding, custard, frozen yogurt, or fruit</li> <li>• Layer with fruit and bake</li> <li>• Mix with dried fruits and nuts for a snack</li> <li>• Use instead of bread or rice in pudding recipes</li> </ul>
<b>Greek Yogurt</b>	5-6 oz = 150 calories	<ul style="list-style-type: none"> <li>• Use in place of regular yogurt in recipes</li> <li>• Serve with fruit for a snack</li> <li>• Add to shakes and smoothies</li> <li>• Freeze in popsicle molds for a cool treat</li> </ul>

**Source:** Academy of Nutrition and Dietetics. Nutrition Care Manual. <http://nutritioncaremanual.org>. Accessed May 29, 2019.

## tips for adding calories

### Cancer

Foods	Serving / Calories	Suggestions
<b>Half-and-Half or Cream</b>	1 Tbsp = 30-50 calories	<ul style="list-style-type: none"> <li>• Use on hot or cold cereals</li> <li>• Use in milkshakes or smoothies</li> <li>• Use in place of milk for cream soups and sauces</li> <li>• Mix with pasta, rice or mashed potatoes</li> <li>• Pour on chicken or fish while baking</li> <li>• Substitute for milk in recipes</li> <li>• Make hot chocolate with cream and add marshmallows</li> </ul>
<b>Honey, Jam, Sugar</b>	1 Tbsp = 60 calories	<ul style="list-style-type: none"> <li>• Add to bread, cereal, oatmeal, milk drinks, and fruit or yogurt desserts</li> <li>• Use as a glaze for meats, such as chicken or pork</li> </ul>
<b>Hot Fudge or Caramel</b>	1 Tbsp = 65 calories	<ul style="list-style-type: none"> <li>• Serve over dessert</li> <li>• Add to puddings, cheesecakes, and prepared items</li> <li>• Add to coffee</li> </ul>
<b>Nuts and Seeds</b>	¼ Cup = 200 calories	<ul style="list-style-type: none"> <li>• Serve as a snack</li> <li>• Use to make fudge, candy or special desserts</li> <li>• Crush and make a coating for fish or chicken</li> <li>• Add to salads or grain-based dishes</li> </ul>
<b>Nut Butters</b>	2 Tbsp = 190 calories	<ul style="list-style-type: none"> <li>• Add to shakes or smoothies</li> <li>• Stir in hot cereal</li> <li>• Spread on muffins, waffles, pancakes, English muffins, or French toast</li> <li>• Spread on bread or crackers for snacks</li> <li>• Use as a dip for fruit or veggies</li> <li>• Make a nut butter-based sauce</li> </ul>

**Source:** Academy of Nutrition and Dietetics. Nutrition Care Manual. <http://nutritioncaremanual.org>. Accessed May 29, 2019.

## tips for adding calories

### Cancer

Foods	Serving / Calories	Suggestions
<p><b>Oils</b> (olive oil, canola oil, grapeseed oil)</p>	<p>1 Tbsp = 120 calories</p>	<ul style="list-style-type: none"> <li>• Add to flavor most menu items and dressings</li> <li>• Use to pan fry meats, seafood, poultry or vegetables</li> <li>• Finish soups, pastas, &amp; salads with a drizzle of high-quality oil</li> <li>• Use as a dip for bread</li> <li>• Use to make a grain-based salad</li> </ul>
<p><b>Salad Dressings and Mayonnaise</b></p>	<p>1 Tbsp = 60-100 calories</p>	<ul style="list-style-type: none"> <li>• Spread on sandwiches and crackers</li> <li>• Combine with meat, fish, eggs or vegetables</li> <li>• Use in sauces</li> <li>• Use liberally for dipping vegetables</li> </ul>
<p><b>Sour Cream</b></p>	<p>1 Tbsp = 30 calories</p>	<ul style="list-style-type: none"> <li>• Add to cream soups, baked or mashed potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meats, and fish</li> <li>• Make a dip for vegetables</li> <li>• Scoop on fresh fruit with brown sugar</li> </ul>

**Source:** Academy of Nutrition and Dietetics. Nutrition Care Manual.  
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

## tips for adding protein

**During cancer treatment and recovery, protein needs may be higher than normal.**

To help stay nourished, try to get enough protein in your diet. See below for ideas on how to add more protein to your diet.

### Dairy - Melt Cheese On:

- Bagels
- Chicken
- Crackers
- Eggs
- English Muffins
- Hamburgers
- Pita Bread
- Sandwiches
- Tortilla Chips
- Tortillas
- Tuna
- Vegetables

### Dairy - Grate Cheese Over:

- Breadsticks
- Casseroles
- Mashed Potatoes
- Pastas
- Pizza
- Rice
- Salads
- Sauces
- Soups
- Vegetable Dishes

### Dairy - Cottage and Ricotta Cheese:

- Use as a dip for fruits and vegetables
- Add to:
  - Casseroles
  - Egg Dishes  
(omelets, frittatas, scrambled eggs)
  - Pancake/Muffin Batter
  - Pasta
  - Polenta
  - Smoothies

### Dairy - Milk:

- Use milk to replace water in cooking
- Use in hot soups, cereal, cocoa, and pudding

### Dairy - Nonfat Instant Dry Milk:

- Add to milk or milk drinks, such as milkshakes, protein shakes or eggnog
- Add to:
  - Breads
  - Cream-Based Soups
  - Custards
  - Macaroni and Cheese
  - Mashed Potatoes
  - Muffins
  - Puddings
  - Sauces

### Dairy - Meal Substitution and Protein Powders:

- Use “instant breakfast powder” in milk, milk drinks and desserts
- Mix with fruit, yogurt and ice for a high protein smoothie
- Add to:
  - Baked Goods
  - Coffee
  - Ice Cream
  - Oatmeal
  - Pudding

## tips for adding protein

### Cancer

#### Dairy - Greek Yogurt:

- Mix with fruit and granola
- Use to replace sour cream in dishes
- Add to smoothies
- Freeze to make popsicles
- Use in baked goods

#### Eggs:

- Add chopped hard-boiled eggs to salads
- Make a custard with milk, eggs and sugar
- Make egg salad
- Make eggs in a variety of ways:
  - Scrambled Eggs
  - Muffin Tin Eggs
  - Omelets
  - Quiches
  - Frittatas
  - Breakfast Burritos
  - Breakfast Sandwiches

#### Nuts and Seeds:

- Add to:
  - Breads
  - Cookies
  - Muffins
  - Pancakes
  - Smoothies
  - Trail Mix
  - Waffles
- Sprinkle on:
  - Cereal
  - Ice Cream
  - Salads
  - Vegetable Dishes
  - Yogurt

#### Nut Butters:

- Swirl through yogurt
- Add to smoothies
- Spread On:
  - Crackers
  - Fruit or Veggie Slices
  - Muffins
  - Pancakes
  - Sandwiches
  - Toast
  - Waffles

#### Meat, Poultry, and Fish:

- Add cooked, chopped meat, poultry, or fish to:
  - Casseroles
  - Omelets
  - Pasta
  - Quiches
  - Rice
  - Salads
  - Sandwiches
  - Soups
  - Vegetables

#### Beans, Legumes, and Tofu:

- Make hummus
- Add to:
  - Casseroles
  - Grain Dishes
  - Pasta
  - Salads
  - Soup
  - Stir-fries
  - Tacos

## snack ideas for appetite loss

When you don't have an appetite, it may be hard to think of easy snack ideas.

However, snacks are an important part of staying nourished when you may not feel like eating a large meal. For quick and easy snack ideas, check out the list below.

### Drinks

- Chocolate milk
- Hot chocolate
- Instant breakfast drinks
- Juice
- Kefir
- Milk
- Milkshakes
- Smoothies

### Grains

- Bagels
- Bread/Toast
- Cereals
- Crackers
- Granola
- Granola bars
- Muffins
- Oatmeal
- Pancakes
- Pita bread
- Popcorn
- Tortillas
- Waffles

### Fruits & Vegetables

- Applesauce
- Canned fruit
- Dried fruit
- Fresh fruit
- Fresh vegetables
- Fruit leathers

### Dips

- Guacamole
- Hummus
- Salad dressings
- Tzatziki

### Dairy

- Cheese
- Cottage cheese
- Frozen yogurt
- Ice cream
- Puddings
- Yogurt

### Protein

- Fruit and nut bars
- Hard-boiled eggs
- Nut butters
- Nuts and seeds
- Trail mix

### Other

- Sandwiches
- Soups
- Wraps

#### For more snack ideas:

Visit [meijerspecialtypharmacy.com/healthieryou](https://meijerspecialtypharmacy.com/healthieryou) and click on Cancer to view recipes designed for your condition. You can filter based on side effect or meal type, including snacks.

## unintended weight gain

**Though most people think they will lose weight after a cancer diagnosis, it is also possible to gain weight. This unintended weight gain can be due to a variety of reasons.**

Reasons including treatments, or certain medications, like hormone therapy, that can cause weight gain or make you feel hungrier. Fatigue, from both cancer and its treatment, can lead to a decrease in activity, which can also cause weight gain. Emotional side effects, such as depression or anxiety, may lead to weight gain as well.

### Managing with Nutrition:

- Eat plenty of fruits and vegetables – Fruits and vegetables are filled with nutrients and fiber, so they fill you up without a lot of calories.
- Choose lean protein – Top picks include white meat poultry, fish, shellfish, beans, eggs, and tofu.
- Make half your grains whole grains – Fiber-rich whole grain foods like whole grain breads, cereals and pastas, brown rice, and popcorn fill you up and provide valuable vitamins and minerals.
- Focus on low-fat dairy – Choose skim or 1% milk, yogurt and cheese.
- Cook using low-fat cooking methods, such as baking, broiling, grilling, steaming, or roasting.
- Choose foods with less fat and sugar – Look at the nutrition label and choose food items with a low %DV.
- Keep portion sizes in check.
- Try the American Institute for Cancer Research (AICR) New American Plate method – Aim for meals made up of 2/3 (or more) vegetables, fruits, whole grains, or beans and 1/3 (or less) animal protein.

### Avoid:

- Sugar-sweetened beverages
- Fried food, such as French fries and potato chips
- Enriched white flour products, like white bread, bagels, crackers, and white pasta
- Candy
- Fruit drinks
- Desserts, such as pastries, cookies, cakes and ice cream
- Alcohol
- High-calorie foods and drinks like pizza, nachos, and specialty coffee drinks

### Additional Tips:

- Keep a food journal – Track what you eat and drink to become more mindful of how much you're eating and drinking.
- Be physically active – Exercise not only burns calories but may help to improve your mood as well.
- Talk with a dietitian for more ideas to keep your weight in check while undergoing cancer treatment and beyond.

# fatigue

**Cancer-related fatigue (CRF) or feeling very tired, is the most common side effect for those diagnosed with cancer. It can be related to the cancer itself or a side effect from anti-cancer drugs.**

Fatigue can often be confused with tiredness. Everyone experiences tiredness, and typically a good night's sleep can help a person feel refreshed in the morning. However, CRF can cause excessive tiredness throughout the entire body. Patients often refer to CRF as “paralyzing”. Although fatigue may not be avoidable, below are suggestions for how nutrition may help to better manage your CRF.

## Managing with Nutrition:

- CRF can be worse if you're not nourishing your body well. Good nutrition is an important part of keeping your energy levels up and minimizing fatigue.
- Work with a dietitian to determine your caloric needs. Generally, 15 calories per pound of body weight is recommended. If weight loss has occurred, add an additional 500 calories to your total calorie needs.
- Include lean protein or proteins with healthy fats at each meal and snack time. Protein suggestions – nuts, seeds, legumes/beans, Greek yogurt, cooked tofu, cooked chicken, cooked fish.
- Maintain hydration levels. Dehydration can increase feelings of fatigue. Good sources of fluid include juice, milk, broth, milkshakes, water, and other non-caffeinated beverages. Work with a dietitian to determine your fluid requirements. Eight cups, or 64 ounces, is the minimum requirement for most people.
- Talk with your health care provider, pharmacist, or dietitian about incorporating a multivitamin that meets 100% of the recommended daily allowances (RDA) for most nutrients.
- Ask a trusted friend or family member to help prepare meals and snacks. This includes asking them to help prepare freezer meals to easily nourish your body when energy levels are low.

## Additional Tips:

- Pace yourself – alternate standing with sitting, don't rush through activities
- Schedule in rest time throughout your day
- Use proper body techniques – when sitting, use a chair with good back support, adjust work height to prevent bending over, always bend at the knees and not the back
- Keep a diary to track the times of day you are low on energy or the most fatigued
- Avoid extreme temperature changes or long hot showers or baths
- Prioritize important tasks and what items can be delegated
- Store items in the home at low levels to prevent heavy lifting or strain
- Try yoga or relaxation techniques before going to sleep
- Implement stress management techniques

## side effects tracker

### Cancer

Many cancer treatments, including oral medications, have the potential for side effects. It's important to keep track of your side effects so your cancer care team can better help you manage them. Use the side effect tracker below for additional help.

#### Directions

- Fill in the date, as well as your medications, for each day of the week.
- For each date, fill out the corresponding column of side effects. If you're not experiencing a side effect, check "None".
- If you took a medication to treat a side effect, write that down in the space provided.
- **Call your doctor immediately if you have a symptom(s) that fit within the "severe" description.**

Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
<b>Cancer Medications:</b>							
<b>Loss of Appetite</b>	<input type="radio"/> None						
None	<input type="radio"/> Mild						
Mild: Slightly decreased appetite	<input type="radio"/> Moderate						
Moderate: Often not hungry	<input type="radio"/> Severe						
Severe: No appetite at all/unable to eat*							
<b>Side Effect Medication Taken/Dosage:</b>							
<b>Nausea</b>	<input type="radio"/> None						
None	<input type="radio"/> Mild						
Mild: Can eat	<input type="radio"/> Moderate						
Moderate: Eating or drinking less than normal	<input type="radio"/> Severe						
Severe: Unable to eat or drink*							
<b>Side Effect Medication Taken/Dosage:</b>							

\*Contact your doctor as soon as possible

# side effects tracker

## Cancer

Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
<b>Cancer Medications:</b>							
<b>Vomiting</b>	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Vomiting 1x/day	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Vomiting 2-5x/day*	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Vomiting ≥ 6x/day*	<b>Side Effect Medication Taken/Dosage:</b>						
<b>Sore Mouth</b>	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Ulcer present but no pain; or soreness but no ulcer	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Able to eat, but ulcer causes pain*	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Unable to eat due to ulcer pain*	<b>Side Effect Medication Taken/Dosage:</b>						
<b>Diarrhea</b>	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Loose stools	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Watery stools, many more than normal	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Continuous or bloody stools, weight loss, diarrhea with fever greater than 100.5 °F, or diarrhea accompanied by dizziness.*	<b>Side Effect Medication Taken/Dosage:</b>						

\*Contact your doctor as soon as possible

# side effects tracker

## Cancer

Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
<b>Cancer Medications:</b>							
<b>Constipation (BM=Bowel Movement)</b> None Mild: No BM for 2 days Moderate: No BM for 3 to 4 days* Severe: No BM for more than 4 days or swollen belly*	<input type="radio"/> None						
	<input type="radio"/> Mild						
	<input type="radio"/> Moderate						
	<input type="radio"/> Severe						
<b>Side Effect Medication Taken/Dosage:</b>							
<b>Trouble Swallowing</b> None Mild: Can swallow, but slightly difficult Moderate: Need soft or liquid diet due to swallowing difficulties* Severe: Unable to eat due to swallowing difficulties*	<input type="radio"/> None						
	<input type="radio"/> Mild						
	<input type="radio"/> Moderate						
	<input type="radio"/> Severe						
<b>Side Effect Medication Taken/Dosage:</b>							
<b>Side Effect:</b>	<input type="radio"/> None						
	<input type="radio"/> Mild						
	<input type="radio"/> Moderate						
	<input type="radio"/> Severe						
<b>Side Effect Medication Taken/Dosage:</b>							

\*Contact your doctor as soon as possible

# side effects tracker

## Cancer

Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
<b>Cancer Medications:</b>							
<b>Side Effect:</b>	<input type="radio"/> None						
	<input type="radio"/> Mild						
	<input type="radio"/> Moderate						
	<input type="radio"/> Severe						
<b>Side Effect Medication Taken/Dosage:</b>							
<b>Side Effect:</b>	<input type="radio"/> None						
	<input type="radio"/> Mild						
	<input type="radio"/> Moderate						
	<input type="radio"/> Severe						
<b>Side Effect Medication Taken/Dosage:</b>							
<b>Side Effect:</b>	<input type="radio"/> None						
	<input type="radio"/> Mild						
	<input type="radio"/> Moderate						
	<input type="radio"/> Severe						
<b>Side Effect Medication Taken/Dosage:</b>							

\*Contact your doctor as soon as possible

