

FRANKLY SPEAKING ABOUT CANCER

Eating Well for Cancer Survivors



A healthy diet is an important part of taking care of yourself and taking control of your health. Nutrition is important for cancer survivors – people who have been in or are going through cancer treatment.

This booklet talks about healthy eating and nutrition for cancer survivors, including tips for eating healthy if you have fatigue or changes in appetite. We also provide recipes for healthy meals and snacks.

If you are having eating problems, see our *Eating Well During Cancer Treatment* booklet, at www.CancerSupportCommunity.org/TreatmentNutrition or our *Eating Well with Head and Neck Cancer* booklet, at www.CancerSupportCommunity.org/HNCEating.



Why is Nutrition Important for Cancer Survivors?



People often finish cancer treatment and ask themselves the question – now what? After many months of different treatments and appointments it is time to take charge of the next phase of your journey. You may also feel different now that you have more time to focus on your well-being. While exciting, this can also cause a mix of emotions. The good news is nutrition can help you to take control of your health. Good nutrition is an important part of your care beyond cancer treatment. This booklet will help you learn the many ways that nutrition can help.

NUTRITION HELPS WITH RECOVERY AND HEALING

Some cancer treatment, especially radiation treatment, can cause skin wounds or fatigue. You may also need healing after surgery. Eating a well-balanced diet rich in calories, protein, vitamins, and minerals gives your body the energy and nutrients to recover from your treatments.

NUTRITION HELPS REGAIN STRENGTH AND WEIGHT

Certain cancer treatments can cause weight loss and muscle loss. Eating more protein from sources like meat, poultry, fish, eggs, dairy, beans, and nuts provides the building blocks for healing and rebuilding muscle. Calories from nutrient-dense foods like avocado, nuts, nut butters, and cheeses can help you increase weight toward your normal weight.

NUTRITION CAN HELP MANAGE ONGOING SIDE EFFECTS

It is normal for certain side effects, especially fatigue, appetite changes, and taste changes, to take a while to go away. Eating the right foods can help give you more energy and calories and help food taste better.

TALKING ABOUT NUTRITION

- **ANTIOXIDANTS:** substances found in food (such as Vitamin C or Beta carotene) that prevent or delay damage to cells.
- **PHYTONUTRIENTS:** nutrients found in plants, such as flavonoids and polyphenols, that can protect against cancer in various ways.

NUTRITION CAN HELP REDUCE RISK OF A FUTURE CANCER DIAGNOSIS AND KEEP YOU HEALTHY

A healthy diet after cancer treatment is completed can have many benefits. One of the most important benefits is that good nutrition can keep your body healthy. A diet rich in colorful plant foods like fruits, vegetables, whole grains, beans, and nuts contains many cancer-fighting ingredients. These foods provide antioxidants and phytonutrients (plant nutrients) that can help prevent cancer. They help by protecting your cells from damage, keeping your immune system strong, and reducing inflammation.

NUTRITION CAN HELP MAINTAIN A HEALTHY WEIGHT

Some cancers and their treatments can cause unwanted weight gain. A healthy diet after treatment, free from processed, high calorie foods and beverages, can help control calories and manage weight. Along with exercise, healthy foods in the right portion can help you keep your weight at a healthy level. Having weight at overweight or obese levels can contribute to cancer risk and risk of recurrence.

HOW DO I DETERMINE IF MY WEIGHT IS HEALTHY?



One helpful tool is to look at your BMI or Body Mass Index. This is a ratio of your weight and height. Take your weight (in pounds) and divide twice by your height (in inches). Multiply the result by 703 to get your BMI. A BMI of <18.5 is underweight, 18.5-24.9 is a normal weight, 25-29.9 is overweight, and over 30 is obese.

BMI	CLASSIFICATION
Under 18.5	Underweight
18.5-24.9	Normal Weight
25-29.9	Overweight
Over 30	Obese

Essentials of a Healthy Lifestyle After Cancer

Eating healthy after cancer treatment does not have to be overwhelming. You can start by making small changes. As you build small changes to how you eat into your routine, they will become part of your lifestyle. One useful starting point is to learn and follow nutrition guidelines. The American Institute for Cancer Research (AICR) has created simple, clear recommendations for cancer prevention. These recommendations are based on what scientific research has shown us about how nutrition and a healthy lifestyle can help prevent cancer and cancer recurrence.

AICR'S RECOMMENDATIONS FOR CANCER PREVENTION

1. Keep Your Weight Within A Healthy Range. Avoid Weight Gain In Adult Life.

A good guide is to keep your weight within a healthy range (BMI between 18.5 and 25). Achieving and maintaining a healthy weight is one of the most important things that you can do. Twelve cancers studied by AICR are linked to having weight above normal levels and obesity. Too much body weight typically indicates a higher amount of body fat. Higher amounts of body fat can create a more cancer friendly environment. It can release chemicals that can make cancer cells grow more easily.

2. Be physically active in your everyday life. Walk more and sit less.

It is important to include more movement in your daily routine. It is recommended that you do at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week. Even simple exercises like walking, gardening, yoga, or housework can help you achieve your goals. Exercise helps you manage weight and reduces hormone levels that may promote cancer growth.

3. Eat a diet rich in whole grains, vegetables, fruits, and beans.

Plant foods like whole grains, vegetables, fruits, and beans have many healthy ingredients that can help prevent cancer. They are rich in dietary fiber, vitamins, minerals, and phytonutrients. These foods are also naturally low in calories to help you maintain a healthy weight. It is helpful to eat a variety of colorful plant foods. Nuts and seeds are also part of a healthy plant-filled diet.

4. Limit consumption of “fast foods” and other processed foods high in fat, starches, or sugars.

Limiting these foods helps control calorie intake and maintain a healthy weight. These processed foods are typically high in calories. Eating too many of these foods can lead to weight gain, overweight, and obesity.

5. Limit consumption of red and processed meats.

Red meats include beef, pork, and lamb. It is recommended you eat no more than 12 to 18 ounces per week for the prevention of colon cancer. Processed meats include ham, sausage, bacon, salami, and hot dogs. It is best to avoid these since even small amounts can increase cancer risk.

6. Limit consumption of sugar-sweetened drinks.

Drink mostly water and unsweetened drinks. Sugar sweetened drinks are not healthy and usually provide unneeded calories without added nutrition. Drinking too many unneeded calories from sugar-sweetened beverages can cause weight gain.

7. Limit alcohol consumption.

For cancer prevention, it's best not to drink alcohol. Alcohol in any form – beer, wine, or liquor – has been linked to 6 different cancers. Those who choose to consume alcohol should limit these beverages to no more than 1 drink per day for a woman and 2 drinks per day for a man.

8. Do not use supplements for cancer prevention.

A healthy diet rich in colorful fruits, vegetables, grains, beans, and lean protein is the best way to get nutrition. If you think that you are unable to meet your nutritional needs with diet alone, talk with your health care team before trying any new over-the-counter supplement.



Colorful Fruits and Vegetables Provide Phytonutrients







Think of your body like a nice, clean, white shirt. You would use the right detergent to clean and protect the shirt from damage. Just like the white shirt, we should keep our bodies clean with the right kind of food. You can do this by eating plenty of foods rich in antioxidants and phytonutrients, which help clean and protect the cells in your body from damage. An easy way to include phytonutrients in your diet is to look for colorful plant foods like fruits and vegetables.

The helpful chart on the next page will show you some common foods that provide a variety of phytonutrients. There are many foods of different colors that can help you to “eat the rainbow.”

“We look for quick, easy recipes with lots of colorful vegetables and beans that we can make for dinner.”

— Martha and Tony



COLOR		EXAMPLE OF FOODS	HELPFUL PHYTONUTRIENTS	RECIPES
RED		Cherries and citrus fruit peel	Terpenes (such as perillyl alcohol, limonene, carnosol) help strengthen the immune system and fight off viruses.	Fruit and Nut Bars (cherries), Page 24
		Tomatoes and watermelon	Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin) help boost your immune system.	Quinoa Tabbouleh (tomato), Page 19
BLUE AND PURPLE		Grapes and berries	Polyphenols (such as ellagic acid and resveratrol) can help prevent inflammation.	Pear and Blueberry Crumble (berries), Page 26 Mixed Berry and Yogurt Crepes (berries), Page 15
GREEN		Cruciferous vegetables (such as broccoli, cabbage, collard greens, kale, and Brussels sprouts)	Isothiocyanates, indoles, and glucosinolates (sulforaphane) help reduce heart risk and protect against certain cancers.	Lemon Parmesan Chicken with Broccoli Rice (broccoli), Page 21 Kiwi Green Smoothie (kale), Page 18
ORANGE		Carrots, apricots, cantaloupe, mangos, and oranges	Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin) may reduce heart disease risk and boost your immune system.	Shrimp Bento Bowl (carrots), Page 22 Whitefish Tacos with Strawberry Mango Salsa (mangos), Page 20
WHITE		Onions, soybeans, and soy products (tofu, soy milk, edamame, etc.)	Flavonoids (such as anthocyanins and quercetin) help prevent inflammation and reduce blood pressure.	Swiss and Spinach Strata (onion), Page 16
		Bran from grains like oats or rice	Inositol (phytic acid) may promote healthy cell growth.	Chocolate Mint Smoothie (oats), Page 17
BLACK/ BROWN		Cocoa and dates	Flavonoids (procyanidin) help reduce blood pressure	Chocolate Hummus (cocoa and dates), Page 23 Homemade Nutella (chocolate/cocoa), Page 25

ARE YOU AT RISK FOR OSTEOPOROSIS?

You may be at high risk for osteoporosis (thinning of your bones) if:

- You have had hormone therapy to treat your cancer (most common with breast and prostate cancer)
- Your cancer treatment put you into early menopause (women)
- Your cancer treatment caused you to have low testosterone (men)

Other cancer treatments that can cause bone loss include:

- Radiation to weight bearing bones (spine, hips, legs)
- Allogeneic (receiving a donor's) stem cell or bone marrow transplant
- Surgical removal of the stomach (gastrectomy)

To help keep your bones healthy, eat a diet rich in calcium and vitamin D. Good sources include:

- Low-fat dairy products, like yogurt
- Kale and other dark green, leafy vegetables
- Broccoli
- Canned salmon or sardines with bones
- Calcium-fortified foods and drinks (orange juice is often fortified with calcium and vitamin D)

For more information on *Bone Health after Cancer Treatment*, visit www.CancerSupportCommunity.org/bone-health.

CREATING A HEALTHY MEAL PLAN

Now that you've learned some ways you can change your diet and lifestyle, you can start to put it together into a plan that is right for you. A good place to start is with a healthy meal plan. Below is a sample of an 1800 calorie cancer survivor's daily meal plan.

- **BREAKFAST:** 1 cup oatmeal with ½ cup blueberries and 1 hardboiled egg
- **LUNCH:** Spinach salad with 2 cups spinach, 1 chopped tomato, 1 chopped carrot, and ½ chopped cucumbers topped with 3 oz grilled salmon and 1 tbsp salad dressing
- **DINNER:** Tacos made with 3 oz ground turkey breast and ½ cup pinto beans and topped with ½ cup romaine lettuce and ¼ avocado in 2 small flour tortillas
- **SNACKS:** ¼ cup plain unsalted nuts, 1 apple, 6 oz non-fat Greek yogurt



Managing Long Term Side Effects of Cancer Treatment

Cancer treatment may cause eating problems that continue after treatment is complete. Side effects like being too tired or not wanting to eat are normal and often pass with time. The good news is that a healthy diet can help to manage these side effects. Below, you will find tips to help with common eating problems that can continue after cancer treatment.

FATIGUE (Feeling Tired)

Ask for Help

- Ask family and friends to help make meals and assist with other daily tasks.

Stay positive

- Take it one day at a time and look at each day as a fresh start.
- Try something you did not do yesterday.
- If you are getting discouraged by your lack of energy, talk to your health care team about what can be done to help.
- Break your day down into smaller chunks of time. Try staying in the moment for 15 minutes at a time.
- Be mindful of this present moment, leave the past behind, and leave worries of tomorrow for tomorrow. Focus on THIS moment you are living in.

Take breaks

- Take breaks and rest throughout the day.
- Try not to overdo it on higher energy days, so you can conserve your energy.
- Take five deep breaths, all the way down through your diaphragm. It helps increase the circulation of oxygen in your body.
- Take time to meditate. Meditation is proven to benefit cardiovascular and immune health.

Take advantage of good days

- On days that you have more energy, make soup or stews in bulk to have meals on hand.
- Increase your physical activity as best you can to help fight fatigue.
- Spend time with your support network doing things you enjoy.

LACK OF APPETITE (Not Feeling Hungry)

Eat regularly

- Eat 5-6 small meals throughout the day, instead of 3 big meals.
- Keep an eating and drinking schedule and set an alarm to remind you to eat.

HAVE EASY-TO-EAT, EASY-TO-PREPARE FOODS IN THE HOUSE OR NEXT TO YOU WHILE RESTING

- Yogurt, pudding, or applesauce
- Cottage cheese with canned fruit
- Whole grain cereals
- Low sodium canned soups
- Oatmeal packets
- Pre-made smoothies
- Peanut butter crackers
- Trail mix or nuts (if you can chew and swallow well)
- Mashed or baked potatoes
- Pre-made nutritional drinks
- Hard boiled eggs
- Hummus dip
- Pasta salad, tuna salad, egg salad

Make mealtime pleasant

- Eat with friends or family or watch television while eating to take your mind off your lack of appetite.
- Set the table, use nice plates, and have flowers as a centerpiece.

Leave room for foods

- Drink fluids in between meals instead of with meals so that you do not fill up on fluids.

CHANGES IN TASTE AND SMELL

Foods may continue to taste or smell different after treatment. You may find it helpful to continue trying different foods to find what appeals to you.

If everything tastes bland or has no taste:

- Add stronger flavors onto foods. If you don't have mouth or throat sores, pickles, condiments, sauces, dressings, vinegar, or citrus juices may help.
- Add spices and seasonings to enhance the flavor of your food.
- Marinate meats for a stronger flavor.
- Suck on sugar-free tart candies before or after a meal.



BAKING SODA MOUTH RINSE

Clean your mouth with homemade baking soda rinse (1 quart water, 1 tsp baking soda, ½ tsp salt. Swish and spit, **do not swallow**)

If everything tastes metallic or bitter:

- Choose other protein sources (such as fish, chicken, or beans) if red meat tastes metallic.
- Use plastic utensils instead of silverware.
- Add sweeteners such as honey or pure maple syrup onto foods to offset the bitter taste.

If the smell of food makes you not want to eat:

- Avoid being in the kitchen when food is being made.
- Open a window or turn on a fan to minimize the smells.
- Choose cold or room-temperature foods instead of hot foods, which can smell stronger.
- Light a pleasant, non-offensive scented candle or essential oil diffuser to remove unpleasant or offensive odors.

WEIGHT LOSS

It is important to manage weight loss that occurred during cancer treatment. To promote weight gain and add calories to your diet:

Eat smaller, more frequent meals

- Aim to eat 5-6 small meals throughout the day, instead of 3 big meals.
- Set an alarm or reminder to eat.

Include more physical activity

- Aim for a total of 150 minutes of physical activity per week.
- Talk to your health care team about physical therapy if you feel weak or unable to maintain your daily routine.

Add **HEALTHFUL HIGH-FAT** and other **HIGH-CALORIE FOOD PRODUCTS** to the foods you eat regularly:

- Avocado
- Olive oil or butter
- Nuts and seeds
- Cheese
- Sauces and gravies
- Peanut butter, almond butter, or other nut butters
- Dried fruit
- Add high-calorie smoothies or nutritional drinks to your daily routine

Include **HIGH-PROTEIN FOODS** to help your body heal and prevent further muscle mass loss:

- Nuts and nut butters
- Beans and seeds
- Meat
- Fish
- Poultry
- Eggs
- Dairy products

WEIGHT GAIN

Some patients experience weight gain during or after cancer treatment. It can be related to many factors. These can include appetite changes, decreased activity, hormonal treatment, steroids, and for women whether or not they've reached menopause. Managing weight gain is all about choosing a healthier lifestyle by eating healthy foods and exercising within your ability.

Choose healthier foods

- Avoid higher calorie foods made with rich creamy sauces, cheese, oils, and fried foods.
- Fill up more of your plate with lower calorie fruits, non-starchy vegetables, and high-fiber whole grains.
- Choose baked or broiled fish and lean meats like skinless chicken and turkey breast over high fat meats like hamburgers, steak, pork, and roasts.

Keep a food journal and meal plan

- Planning ahead and tracking what you eat can help you to stick with your goals. Food journals and meal planning help can be found at: www.eathealthy.org.
- Identify parts of your diet that can be improved and set goals to work on them.

Avoid empty calories

- Avoid high-calorie sugar-sweetened beverages, baked goods, and processed foods which offer little or no nutrition benefit.
- Choose beverages like water, seltzer, and plain tea. Flavor them with your favorite fruits.

Include more physical activity

- Aim for at least 150 minutes of moderate physical activity per week.
- Find a friend to stay active with you.
- If you are able, consider including cardio, stretching, and resistance training to help maintain or increase your muscle mass.



AVOID LARGE PORTIONS. When dining out aim to eat half and take half home.

USE VISUAL CUES TO HELP YOU EAT RIGHT.

Here are some examples:

- | | |
|---|---|
| ■ Deck of cards:
3 oz of meat | ■ Computer mouse:
½ cup chopped fruit or vegetables |
| ■ Baseball:
1 medium fruit | ■ Palm: 2 oz. nuts |
| | ■ Thumb: 1 Tbsp oil |

For other ongoing side effects, refer to the “Frankly Speaking About Cancer: Eating Well During Cancer Treatment” booklet, at www.CancerSupportCommunity/TreatmentNutrition. Always discuss any ongoing side effects that do not get better with your health care team.

Creating a Survivorship Plan

Being a cancer survivor can be overwhelming because for the first time in a long time, you can take charge of your health. It is time for you to take back control. A healthy lifestyle that includes nutritious foods and physical activity is a great way to take control of your health. Work with your healthcare team to make a plan that is right for you.

MAKE SMALL CHANGES

Start with small changes and set a goal to keep yourself on track. A good rule of thumb to remember is to make your goals **S.M.A.R.T.**



SPECIFIC: General goals are much harder to achieve. For example, instead of “I will go to the gym” try “I will go to the gym 2 days during the week and one day on the weekend.”



MEASURABLE: Goals are easier to work on when you have something to work toward. Instead of saying “I will eat more fruits and vegetables” try “I will eat **5 different** fruits and vegetables each day.”



ATTAINABLE: Choose goals that make sense for you and your current lifestyle. Don't be afraid to be bold and try something new. For example, “try one new recipe each week” might be an attainable goal for you since you have the energy and enjoy cooking. If you don't like to cook, try a new smoothie instead. Smoothies can be made easily in a blender.



REALISTIC: You need to set a goal that is doable for you at this stage in your cancer journey. If you've just completed treatment and are still dealing with some ongoing side effects like fatigue, cooking a healthy dinner from scratch every night might not be a realistic goal. Instead make one recipe, like marinated grilled chicken breast, that can be repurposed in meals throughout the week.



TIMELY: A goal should have a time frame to help you stay on track. For example, for those who often skip meals, it might be helpful to set certain times of the day to eat breakfast, lunch, and dinner. Eating regular meals will help you avoid excess hunger and overeating.

Sample Cancer Survivor's Checklist

Use the checklist below to set your own goals and apply what you've learned in this booklet. Follow up with your health care team and registered dietitian regularly to help you meet your goals.

 CHECK OFF YOUR GOALS AS YOU COMPLETE THEM.	MY NOTES
<div data-bbox="167 550 236 615"><input type="checkbox"/></div> <div data-bbox="280 493 454 668">  </div> <div data-bbox="488 488 987 678"> INCLUDE MORE PHYSICAL ACTIVITY Aim for at least 150 minutes of moderate physical activity (75 minutes of vigorous physical activity) per week </div>	
<div data-bbox="167 776 236 840"><input type="checkbox"/></div> <div data-bbox="280 717 454 891">  </div> <div data-bbox="488 727 952 880"> INCREASE YOUR INTAKE OF FRUITS AND VEGETABLES Aim to consume 5 different kinds of fruits and vegetables each day </div>	
<div data-bbox="167 991 236 1056"><input type="checkbox"/></div> <div data-bbox="280 934 454 1109">  </div> <div data-bbox="488 962 952 1079"> ACHIEVING AND MAINTAINING A HEALTHY WEIGHT Aim for a healthier diet and lifestyle </div>	
<div data-bbox="167 1207 236 1272"><input type="checkbox"/></div> <div data-bbox="280 1150 454 1324">  </div> <div data-bbox="488 1177 987 1295"> LIMIT PROCESSED FOODS This includes high-sugar, high-sodium, and high-fat foods </div>	
<div data-bbox="167 1422 236 1487"><input type="checkbox"/></div> <div data-bbox="280 1366 454 1540">  </div> <div data-bbox="488 1393 975 1511"> LIMIT RED MEAT The AICR recommends no more than 12-18 oz. per week </div>	
<div data-bbox="167 1638 236 1703"><input type="checkbox"/></div> <div data-bbox="280 1581 454 1756">  </div> <div data-bbox="488 1589 924 1752"> AVOID ALCOHOL If consumed at all have no more than 1 drink per day for a woman and 2 drinks per day for a man </div>	

Mixed Berry and Yogurt Crepes



BREAKFAST RECIPE

Prep time: 50 minutes (includes 30 minutes for batter to rest) | **Cook time:** 25 minutes |

Serves: 6 (2 crepes per serving)

This is an easy and delicious breakfast recipe that is sure to please. The crepes are made with whole wheat flour for added fiber and yogurt as a good source of protein. If you have never made crepes from scratch, be patient. Your first crepe or two may not turn out the way you like, but it will get easier. You can also substitute store bought crepes to save time. Any seasonal fresh fruit can be used instead of berries in the crepes.

INGREDIENTS

3 eggs
1 cup milk
¼ cup water
½ cup all-purpose flour
½ cup whole wheat flour
¼ tsp salt
2 Tbsp canola oil
2 Tbsp pure maple syrup
2 cups frozen mixed berries, thawed
1 cup vanilla yogurt
1 tsp cinnamon

DIRECTIONS

1. Whisk together eggs, milk, and water. Add both flours and mix together gently.
2. Add salt, oil, and maple syrup. Mix to combine.
3. Let batter rest for 30 minutes.
4. After rest time, lightly grease skillet and heat over low heat. Add ¼ cup of batter into pan. Swirl it around to get batter to spread over the skillet.
5. Cook for 30 seconds to 1 minute and flip crepe to the other side. To do this, loosen crepe with a spatula and quickly flip.
6. Cook on the other side for an additional 30 seconds.
7. Repeat with remaining batter.
8. To serve, add a dollop of vanilla yogurt and fruit inside each crepe. Sprinkle lightly with cinnamon and roll crepe like a burrito to serve.

DID YOU KNOW? Berries have polyphenols, which are antioxidants that can help with inflammation.



NUTRITIONAL DATA: Per serving: 250 calories, 9 grams fat, 2.5 grams saturated fat, 100 mg cholesterol, 170 mg sodium, 31 grams carbohydrate, 3 grams dietary fiber, 11 grams protein



Swiss and Spinach Strata

BREAKFAST RECIPE

Prep time: 20 minutes (does not include time resting overnight) | **Cook time:** 45 minutes | **Serves:** 8

This breakfast is perfect for a weekend morning and can also feed a crowd for brunch. It is high in protein and a good source of fiber, which can help keep you feeling full until lunch. It is also adaptable because you can substitute any vegetable or cheese you may have on hand. Enjoy with a side of fruit and a cup of your favorite herbal tea for a delightful and filling breakfast.

INGREDIENTS

- 1 Tbsp olive oil
- 1 onion, diced
- 1 garlic clove, minced
- 10 oz frozen spinach, thawed and drained
- 8 slices whole wheat crusty bread, cubed
- 2 ½ cups milk
- 1 tsp salt
- ½ tsp black pepper
- 9 eggs
- ¾ cup grated Swiss cheese



DID YOU KNOW? The onion contains quercetin, which may help reduce blood pressure and inflammation.

DIRECTIONS

The day before serving:

1. Grease a ceramic dish with non-stick spray.
2. Heat olive oil in skillet over medium heat.
3. Add onion and cook for 5 minutes, until translucent. Add garlic and sauté for 1 minute. Add spinach and cook for 2-3 minutes. Set aside.
4. In ceramic baking dish, add bread cubes and spinach. Mix until combined.
5. In a separate bowl, combine milk, salt, pepper, eggs, and cheese. Pour egg mixture over bread and spinach.
6. Cover and place in the refrigerator overnight.

The next morning:

1. Preheat the oven to 375 degrees F. Remove strata from refrigerator while oven is preheating.
2. Uncover and bake in oven for 45-50 minutes, until top is slightly browned.

NUTRITIONAL DATA: Per serving: 320 calories, 13 grams fat, 5 grams saturated fat, 225 mg cholesterol, 680 mg sodium, 32 grams carbohydrate, 1 gram dietary fiber, 19 grams protein

Chocolate Mint Smoothie

SMOOTHIE RECIPE

Prep time: 5 minutes | **Serves:** 2

This smoothie tastes like an indulgent dessert in a glass but is packed with nutrition. The avocado adds healthy monounsaturated fats, which are healthy for cancer survivors. The oats provide fiber and bulk to keep you full and promote healthy bowel movements. The almond milk and peanut butter provide protein to promote healing after cancer treatments. Try this smoothie as a healthy dessert or afternoon snack and you won't be disappointed.



INGREDIENTS

- 2 cups chocolate almond milk
- 1 Tbsp peanut butter
- 1 Tbsp cocoa powder
- 5-8 mint leaves (depending on size and how minty you want the smoothie)
- 1 cup oats, uncooked
- 1 avocado
- 1 cup ice

DIRECTIONS

1. Place all ingredients in high-powered blender.
2. Blend until smooth.

NUTRITIONAL DATA: Per serving: 360 calories, 21 grams fat, 3 grams saturated fat, 0 mg cholesterol, 220 mg sodium, 40 grams carbohydrate, 6 grams dietary fiber, 11 grams protein

TIP: If you have leftover smoothie, pour into popsicle mold for a refreshing and delicious treat!





Kiwi Green Smoothie

SMOOTHIE RECIPE

Prep time: 5 minutes | **Serves:** 2

This kiwi green smoothie is a refreshing and healthy way to start the day. The Greek yogurt provides protein, an essential nutrient to help cancer patients heal after treatment. The kiwi and kale are good sources of Vitamin C to help support the immune system. Do not let the green color turn you away, this smoothie is a delicious treat!

INGREDIENTS

- 2 kiwi
- 1 banana
- ½ cup plain Greek yogurt
- 1 Tbsp honey
- 1 cup fresh kale
- 1 cup 2% milk

DIRECTIONS

1. Place all ingredients in high-powered blender.
2. Blend until smooth.

NUTRITIONAL DATA: Per serving:
230 calories, 3.5 grams fat, 1.5 grams saturated fat, 15 mg cholesterol, 85 mg sodium, 41 grams carbohydrate, 4 grams dietary fiber, 12 grams protein



TIP: Freeze leftover smoothie in a popsicle mold for a delicious frozen treat!

Quinoa Tabbouleh

LUNCH RECIPE

Prep time: 15 minutes | **Cook time:** 15 minutes | **Serves:** 6

Perfect for a lunch, light dinner, or side dish, this quinoa tabbouleh is nutritionally balanced and full of bright flavors. Unlike traditional tabbouleh, this version is high in protein and fiber with the use of whole grain quinoa. For a complete meal, add seasoned ground chicken or turkey breast for a fresh and hearty salad.

INGREDIENTS

- 1 cup quinoa, uncooked
- 1 cup diced tomatoes
- 1 cup diced cucumbers
- ½ cup diced red bell peppers
- 1 cup fresh parsley, chopped
- ½ cup fresh mint
- 2 lemons, juiced
- 2 Tbsp olive oil
- ½ cup feta cheese (optional)

DIRECTIONS

1. Rinse and cook quinoa according to package instructions.
2. While quinoa is on the stove, combine the tomatoes, cucumbers, peppers, and herbs in a large bowl.
3. Once quinoa is cooked and cooled, add into the vegetable and herb bowl.
4. Add lemon juice and olive oil.
5. Top with feta cheese if desired.

DID YOU KNOW?

Tomatoes are a healthy source of lycopene, an antioxidant which may reduce heart disease risk.



NUTRITIONAL DATA: Per serving: 200 calories, 9 grams fat, 2.5 grams saturated fat, 10 mg cholesterol, 125 mg sodium, 23 grams carbohydrate, 3 grams dietary fiber, 7 grams protein





White Fish Tacos with Strawberry Mango Salsa

LUNCH RECIPE

Prep time: 10 minutes | **Cook time:** 15 minutes | **Serves:** 4

These fish tacos make a fresh and delicious lunch or dinner. They are nutritionally balanced because they are high in protein, fiber, and antioxidants. The tacos are also adaptable because you can use any fish or meat that you prefer and make the salsa out of ripe fruits you may have on hand. Serve with an avocado tomato salad for a summer-inspired complete meal!

INGREDIENTS

¼ cup orange juice
1 Tbsp honey
1 tsp cumin
1 tsp paprika
½ tsp salt
¼ tsp pepper
1 lb. cod or other white fish
1 Tbsp olive oil
½ cup strawberries, diced
1 mango, diced
½ jalapeno (optional)
¼ cup cilantro, chopped
¼ cup red cabbage, chopped
1 lime, juiced
8 corn tortillas

TIP:

Use leftover fruit salsa to top chicken, vegetables, or black beans for a quick lunch or dinner.

DIRECTIONS

1. Combine orange juice, honey, cumin, paprika, salt, and pepper in a large container. Add fish and marinate for 10 minutes.
2. Heat olive oil in large skillet. Add fish and cook for 4-5 minutes on each side, brushing marinade onto the fish as it cooks.
3. While the fish is marinating, make the fruit salsa. Combine strawberries, mango, optional jalapeno, cilantro, cabbage, and lime juice. Store in the refrigerator until ready to use.

4. Once fish is cooked, heat corn tortillas in microwave for 15 seconds, wrapped in a paper towel or clean dish towel.
5. When you are ready to eat, make your taco. Add fish to the corn tortilla and top with fruit salsa.



NUTRITIONAL DATA: Per serving: 310 calories, 6 grams fat, 1 grams saturated fat, 50 mg cholesterol, 380 mg sodium, 43 grams carbohydrate, 5 grams dietary fiber, 24 grams protein

Lemon Parmesan Chicken with Broccoli Rice



DINNER RECIPE

Prep time: 30 minutes | **Cook time:** 15 minutes | **Serves:** 4

This dinner entrée is light, flavorful, and perfect for an easy weekday dinner. Broccoli rice is simple to make and complements the lemon and parmesan chicken well. Broccoli, a member of the cruciferous vegetable family, is high in fiber and antioxidants, making it an ideal dish for cancer survivors.

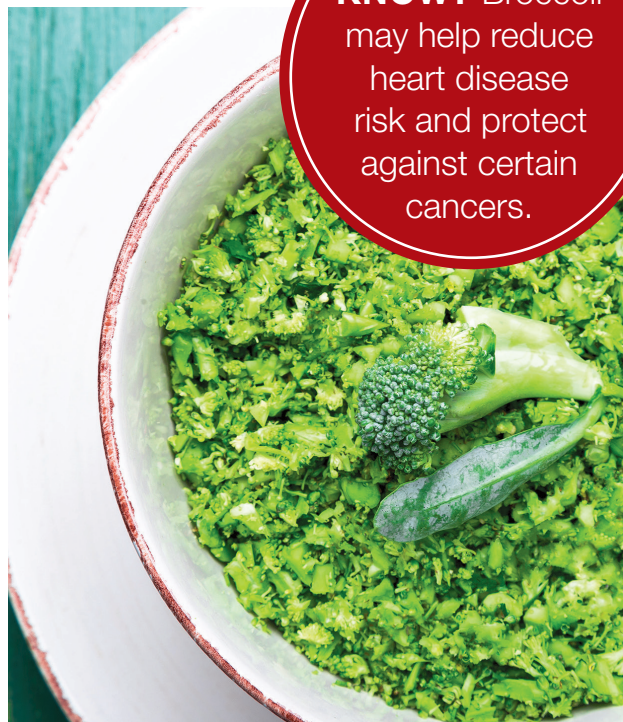
INGREDIENTS

2 Tbsp olive oil, divided
2 garlic cloves, minced, divided
2 ½ lemons, zested and juiced
1 tsp honey
1 ½ lb chicken breast
Salt and pepper
½ cup Parmesan cheese, divided
1 bunch broccoli

DIRECTIONS

1. Combine 1 Tbsp olive oil, 1 minced garlic clove, lemon juice and zest, and honey.
2. Marinate chicken in mixture for 1-2 hours.
3. Heat remaining olive oil over medium heat. Add chicken and season with salt and pepper. Reserve marinade.
4. Cook for 3-4 minutes on each side. Add reserved marinade and deglaze pan with sauce. Cook for 1 minute and add ¼ cup parmesan.
5. While the chicken is cooking, make the broccoli rice. Roughly chop broccoli and add to a food processor. Process until broccoli is in small pieces, similar to rice.
6. Heat pan and remaining minced clove of garlic. Add riced broccoli, salt, and pepper and cook for 5 minutes. Add 2 Tbsp Parmesan and a squirt of remaining ½ lemon. Stir to combine.
7. Place broccoli rice in a bowl and top with cooked chicken and remaining Parmesan cheese.

DID YOU KNOW? Broccoli may help reduce heart disease risk and protect against certain cancers.



NUTRITIONAL DATA: Per serving: 370 calories, 15 grams fat, 3.5 grams saturated fat, 130 mg cholesterol, 300 mg sodium, 15 grams carbohydrate, 4 grams dietary fiber, 47 grams protein



Shrimp Bento Bowl

DINNER RECIPE

Prep time: 20 minutes | **Serves:** 4

These shrimp bento bowls have delightful flavor and are quick and easy to put together. The brown rice and vegetables provide healthful fiber and the shrimp is an excellent source of protein. These bento bowls are also adaptable because you can use chicken in place of shrimp and any vegetables you may have on hand. Save time and make a pot of brown rice ahead of time to quickly assemble the bowl when you are ready to eat.

INGREDIENTS

¼ cup low sodium soy sauce*
1 Tbsp rice vinegar
1 inch fresh ginger, grated
1 Tbsp honey
1 lb small cooked shrimp, peeled and tails removed
2 cups cooked brown rice
1 cup diced cucumber
1 avocado, diced
1 cup carrot, cut into matchsticks
Sriracha sauce (optional)

DIRECTIONS

1. To make dressing, mix soy sauce, vinegar, ginger, and honey together in a small bowl.
2. To assemble your bento bowl, place brown rice in a bowl and top with vegetables and shrimp.
3. Toss with dressing and top with optional sriracha sauce.

*May reduce soy sauce or replace with liquid aminos or homemade soy sauce as needed for less sodium content



DID YOU KNOW? Carrots have beta-carotene, which can help boost your immune system.

NUTRITIONAL DATA: Per serving:
330 calories, 10 grams fat, 1.5 grams saturated fat, 145 mg cholesterol, 1170 mg sodium, 42 grams carbohydrate, 6 grams dietary fiber, 21 grams protein

Chocolate Hummus

SNACK RECIPE

Prep time: 10 minutes | **Serves:** 8

This delicious snack is not your traditional hummus. It is packed with healthy and tasty ingredients. Chickpeas, peanut butter, and dates give this hummus fiber and protein, two essential nutrients to keep you feeling full in between meals. Pair this chocolate treat with fruit slices or whole grain crackers for a balanced snack.

INGREDIENTS

- 1 can chickpeas, drained
- 3 Medjool dates
- ¼ cup cocoa powder
- 3 Tbsp honey
- 1 Tbsp pure maple syrup
- ⅓ cup peanut butter
- ½ tsp salt
- ¼ tsp vanilla
- ¼-½ cup water

DIRECTIONS

1. Combine all ingredients in a food processor or blender. Start with ¼ cup of water and increase based on consistency.
2. Serve with apples, strawberries, grapes or cracker of your choice.

NUTRITIONAL DATA: Per serving:
90 calories, 7 grams fat, 1.5 grams saturated fat, 0 mg cholesterol, 270 mg sodium, 30 grams carbohydrate, 5 grams dietary fiber, 5 grams protein



DID YOU KNOW? The cocoa and dates have procyanidin, which may boost the immune system.



Fruit and Nut Bars

SNACK RECIPE

Prep time: 15 minutes | **Cook time:** 15 minutes | **Serves:** 10

This easy on-the-go treat contains dried fruit, almonds, and cashews which are ideal for a mid-morning snack. This is because the almonds and cashews provide healthy fiber, healthy fats, and protein. You can also substitute in your favorite nuts, dried fruit, and nut butter to make them your own!

INGREDIENTS

- 1 cup chopped almonds
- 1/3 cup chopped cashews
- 1/4 cup dried cherries
- 1/4 cup dried apricots
- 1/2 cup unsweetened coconut flakes
- 2 Tbsp ground flaxseeds
- 2 Tbsp nut butter
- 1/4 cup honey
- 1 Tbsp coconut oil

DIRECTIONS

1. Preheat oven to 325 degrees F. Line 8x8 dish with parchment paper.
2. Combine nuts, dried fruit, coconut, and flaxseeds in a medium-sized bowl.
3. In a microwave safe bowl, combine nut butter, coconut oil, and honey. Place in microwave to melt ingredients, 30 seconds to 1 minute. Add nut and seed mixture and stir together.
4. Place batter in prepared dish and spread out until smooth.
5. Bake in preheated oven for 15 minutes. Remove and let cool completely.
6. Cut into bars and store in refrigerator.

NUTRITIONAL DATA: Per serving: 170 calories, 10 grams fat, 2.5 grams saturated fat, 0 mg cholesterol, 20 mg sodium, 17 grams carbohydrate, 2 grams dietary fiber, 4 grams protein



DID YOU KNOW?

Cherries have terpenes, which help strengthen the immune system and fight off viruses.

Homemade Nutella

DESSERT RECIPE

Prep time: 5 minutes | **Cook time:** 25 minutes | **Serves:** 6

This chocolate hazelnut spread is a delicious and simple dessert or snack. Hazelnuts are a good source of healthy fats, fiber, and protein. They make this recipe a satisfying snack because the protein and fiber help keep you feeling full. Dark chocolate has been shown to contain antioxidant compounds, which can act to help reduce the risk of cancer. Look for at least 65% cacao when choosing dark chocolate to get the healthiest results.

INGREDIENTS

2 cups raw hazelnuts
½ cup dark chocolate chips
¼-½ tsp sea salt, depending
on taste preference
½ tsp almond extract

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Spread raw hazelnuts on a baking sheet and roast for 12 minutes.
3. Once slightly cooled, rub roasted hazelnuts in a clean dish towel to loosen the skins (some skin on the hazelnuts is okay).
4. While hazelnuts are roasting, melt dark chocolate in microwave in 30 second time increments, stirring after each increment.
5. Blend hazelnuts in high powdered blender or food processor until it forms a nut butter, about 8 minutes.
6. Add melted chocolate, almond extract, and salt. Process until smooth.
7. Serve with whole grain toast, fruit, or spooned on top of yogurt or ice cream.

DID YOU KNOW? The cocoa in dark chocolate contains flavonoids, which may help prevent inflammation.



NUTRITIONAL DATA: Per serving: 350 calories, 30 grams fat, 6 grams saturated fat, 0 mg cholesterol, 3 mg sodium, 17 grams carbohydrate, 4 grams dietary fiber, 7 grams protein





Pear and Blueberry Crumble

DESSERT RECIPE

Prep time: 15 minutes | **Cook time:** 25 minutes | **Serves:** 8

This crumble is made with healthy ingredients that are delicious and perfect for a seasonal cookout. Unlike most desserts, this crumble provides a good source of fiber. Use any fresh or frozen fruit you have to make this simple and delightful dessert.

INGREDIENTS

- 4 pears, thinly sliced
- 2 cup blueberries
- 1 Tbsp pure maple syrup
- 2 tsp lemon juice
- 2 Tbsp whole wheat flour
- 2 Tbsp ground flaxseeds
- ½ cup old fashioned oats
- ½ cup almonds, thinly chopped
- ¼ cup brown sugar
- ½ tsp cinnamon
- ¼ cup cold unsalted butter, cut into small cubes

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Mix fruit, maple syrup, and lemon juice in a bowl.
3. Grease an 8x8 dish and add fruit mixture.
4. In a separate bowl, combine flour, flaxseeds, oats, almonds, brown sugar, and cinnamon.
5. Add butter and mix with your hands or wooden spoon until butter is combined with dry ingredients.
6. Top fruit with oat mixture.
7. Bake uncovered for 20-25 minutes, until top is lightly browned.



DID YOU KNOW?

Berries have polyphenols, an antioxidant which can help with inflammation.

NUTRITIONAL DATA: Per serving: 220 calories, 10 grams fat, 4 grams saturated fat, 15 mg cholesterol, 4 mg sodium, 32 grams carbohydrate, 6 grams dietary fiber, 3 grams protein

Resources for Nutrition and Cancer

Cancer Support Community

www.CancerSupportCommunity.org
www.CancerSupportCommunity.org/SurvivorNutrition
www.CancerSupportCommunity.org/TreatmentNutrition
www.CancerSupportCommunity.org/Bone-Health
1-888-793-9355

American Cancer Society

www.cancer.org
www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html
1-800-227-2345

American Institute for Cancer Research

www.aicr.org
www.aicr.org/patients-survivors
Download Living With Cancer Guide: <http://bit.ly/2DUXo20>
1-800-843-8114

National Cancer Institute

www.cancer.gov
www.cancer.gov/publications/patient-education/eating-hints
www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq
1-800-422-6237

Find An Oncology Registered Dietitian

Academy of Nutrition and Dietetics

www.eatright.org/find-an-expert
(click “Search by expertise” and then “Cancer/Oncology Nutrition,” and then enter your zip code to locate an RD who works with cancer patients)



Cancer Support Community’s TOLL-FREE *Cancer Support Helpline*® (1-888-793-9355) is for anyone affected by cancer. The helpline is open Monday through Friday from 9:00 a.m. – 9:00 p.m. Eastern Time. You are welcome to call anytime and leave a message with your name and contact number, and one of our counselors will call you back. You can also CHAT ONLINE with one of our Helpline Counselors at www.CancerSupportCommunity.org/chat.

The Cancer Support Community and its partners provide this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

Cancer Support Community Resources

The Cancer Support Community's (CSC) resources and programs are available free of charge. To access any of these resources below, call 888-793-9355 or visit www.CancerSupportCommunity.org.

Cancer Support Helpline® — Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon - Fri 9am - 9pm ET.

Frankly Speaking about Cancer® — Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs.

MyLifeLine — CSC's private, online community platform allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Sign up at www.MyLifeLine.org.

Open to Options® — Need help making a cancer treatment decision? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

Services at Local CSCs and Gilda's Clubs — With the help of 170 locations, CSC and Gilda's Club affiliates provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you. www.CancerSupportCommunity.org/FindLocation

Cancer Experience Registry® — Help others by sharing your cancer patient or cancer caregiver experience via survey at www.CancerExperienceRegistry.org.

Grassroots Network — Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at www.CancerSupportCommunity.org/become-advocate.

FRANKLY SPEAKING ABOUT CANCER: EATING WELL PARTNER:



FRANKLY SPEAKING ABOUT CANCER: EATING WELL FOR CANCER SURVIVORS WAS MADE POSSIBLE WITH GENEROUS SUPPORT FROM:



Building quality cancer care together

Genentech
A Member of the Roche Group

This booklet is available to download and print yourself at www.CancerSupportCommunity.org/SurvivorNutrition. For print copies of this booklet or other information about coping with cancer, visit Orders.CancerSupportCommunity.org.

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