



QUESTIONS QUESTIONS & ANSWERS ANSWERS

WHAT IS A HEALTHY DIET FOR CANCER PATIENTS?

It is important to eat a healthy **diet** during your treatment. By diet we mean **all the food** you eat. We do not mean a weight loss program. It can be hard sometimes to eat a healthy diet. Your treatment may make you lose interest in food.. You may have trouble keeping some foods down.

Dietitians know about healthy eating. We can contact a dietitian to talk with you if you have questions.

These pages have tips on which foods to eat:

- ◆ to help prevent weight loss
- ◆ to give you more energy
- ◆ to help when you do not feel like eating

A healthy diet plan shows you the **kinds** of foods you should eat. It also shows you **how much** of each foods you should eat. It is based on a daily 2,000 calorie diet.

Tips for Healthy Eating:

- ◆ Choose whole grain foods. Whole grains are foods made from white, rice, oats, barley and corn. They provide fiber and vitamins.
- ◆ Include fruits and vegetables ~try to eat five servings a day.
- ◆ Avoid frying foods since they will add extra unhealthy fat to your diet.

Instead, bake, grill or broil your food.

◆ Dairy foods are a good source of calcium, calories and protein. Good choices

Include milk, yogurt, cottage cheese and cheese. Lactose free milk or soy milk

are good for people who are cannot tolerate milk.

◆ Eat regular meals though out the day, including breakfast. If you get full easily,

try eating 5-6 small meals during the day.

SPECIAL DIETS

You may need to change your diet during your illness or treatment. Here are some food tips that may help you.

TO ADD CALORIES TO YOUR DIET

Add butter or margarine to:

- ◆ cooked vegetables
- ◆ baked or mashed potatoes
- ◆ hot cereals, grits, rice, noodles
- ◆ gravies and sauces

Add whole milk or cream to:

- ◆ cereal and scrambled eggs
- ◆ hot chocolate and puddings
- ◆ meatloaf, or hamburgers
- ◆ soups, sauces

Add whipped cream to:

- ◆ desserts and fruit
- ◆ Jello, puddings, hot chocolate and pancakes

Spread cream cheese on:

- ◆ breads, crackers and muffins
- ◆ fruits and vegetables like celery

Add hard cooked eggs to:

- ◆ casseroles
- ◆ salads and vegetables

Add honey, jam or sugar to:

- ◆ breads and cereal
- ◆ fruits, shakes and yogurt

Add granola to:

- ◆ bread you bake and muffin mixes
- ◆ cookies and fruit
- ◆ ice cream, pudding and yogurt

Add dried fruit to:

- ◆ bread you bake and muffin mixes
- ◆ cookies and fruit
- ◆ grain dishes, stuffing and vegetables like carrots, squash and yams

To Add Protein to Your Diet:

Add cheese to:

- ◆ bread, muffins and tortillas
- ◆ casseroles, chili and soups
- ◆ hamburgers, hot dogs and sandwiches
- ◆ rice and pasta dishes
- ◆ mashed potatoes and vegetables

Use milk instead of water when making:

- ◆ hot cereals, cocoa,
- ◆ cream soups and pudding

Add powdered milk or powdered egg whites to:

- ◆ breads, muffins and hot cereals
- ◆ scrambled eggs and casseroles
- ◆ mashed potatoes, meatloaf , soup and sauces
- ◆ milk shakes and puddings

Add extra egg whites to:

- ◆ casseroles, scrambled eggs and French toast batter

Add ice cream, yogurt or frozen yogurt to:

- ◆ cereals, fruit, Jello, pie and shakes
- ◆ orange pop to make an “orange cow” and root beer to make a “brown cow”
- ◆ spread it between cake layers, cookies and graham crackers

Add nuts or seed to:

- ◆ bread you bake, cookies, muffins and pancakes
- ◆ casseroles and vegetables
- ◆ ice cream or eat plain, as a snack

Spread peanut butter on:

- ◆ crackers, muffins, pancakes and waffles
- ◆ sandwiches and toast
- ◆ fruits and vegetables
- ◆ blend it into shakes or ice cream

Use beans and dried peas in:

- ◆ casseroles, grains, pasta
- ◆ soups and as side dishes

Keep These Snacks Handy to Help With a Poor Appetite

Applesauce	juice
buttered popcorn	nuts
cereal, granola, trail mix	peanut butter
cheese, cottage cheese	pizza
chocolate milk	popsicles
cookies, crackers, pretzels	quesadillas
fruit (fresh, dried, canned)	soups
Jello and puddings	yogurt
Ice cream, frozen yogurt	instant breakfast drink mix
Store bought supplements such as Boost, Ensure	

Food Safety Tips to Stay Healthy

- ◆ Wash your hands before and after touching food.
- ◆ Wash raw fruits and vegetables before eating.
- ◆ Clean surfaces touched by food.
- ◆ Keep raw, cooked and ready-to-eat food separate when you are shopping.
- ◆ Keep cold foods cold and hot foods hot. Do not let them sit outside to thaw.
- ◆ Cook eggs, meat, fish and chicken all the way through.
Cooking kills any germs in these foods.
 - ❖ Wash knives and cutting boards between use on different foods products

Our doctors serve with a deep respect for all. Their goal is to give the best care and education whether or not a person can pay.

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