

Oncology Nutrition



Grocery Shopping Tips for Nutrient-rich Meals



Planning Ahead

- Focus on simple, nutritious meals which are appetizing and easy to prepare
- Aim to do food shopping and preparation on days in which you are feeling your best
- Soups and casseroles can be made in larger batches and stored in the freezer for future use
- Keep your pantry stocked with basics



Grocery Shopping Tips

- **Keep your pantry stocked with basics**
 - **Extra virgin olive oil**
 - Adds fats and calories to foods
 - **Dried herbs and spices**
 - Adds flavor
 - **Basic baking supplies**
 - WW flour, baking soda, baking powder
 - Can make muffins or pancakes



Grocery Shopping Tips

- **Keep your pantry stocked with basics**
 - Nuts, nut butters, seeds
 - Adds protein and fats to meals
 - Grains and complex carbs
 - Brown rice, whole grain pasta, oats, quinoa
 - Legumes (canned beans or lentils)
 - Great source of protein and fiber



Grocery Shopping Tips

- **Freezer items to keep on hand**
 - Frozen fruits
 - Berries, mangoes, peaches
 - Frozen vegetables
 - Peas, lima beans, spinach, vegetable medleys
- **Fridge items to keep on hand**
 - Tofu, Greek yogurt, cottage cheese
 - Great sources of protein
 - Lemons and fresh herbs to flavor food
 - Ginger to soothe stomach



Grocery Shopping Tips

Check nutrition fact labels on the back of food packages.
Choose items that are higher in calories and protein.

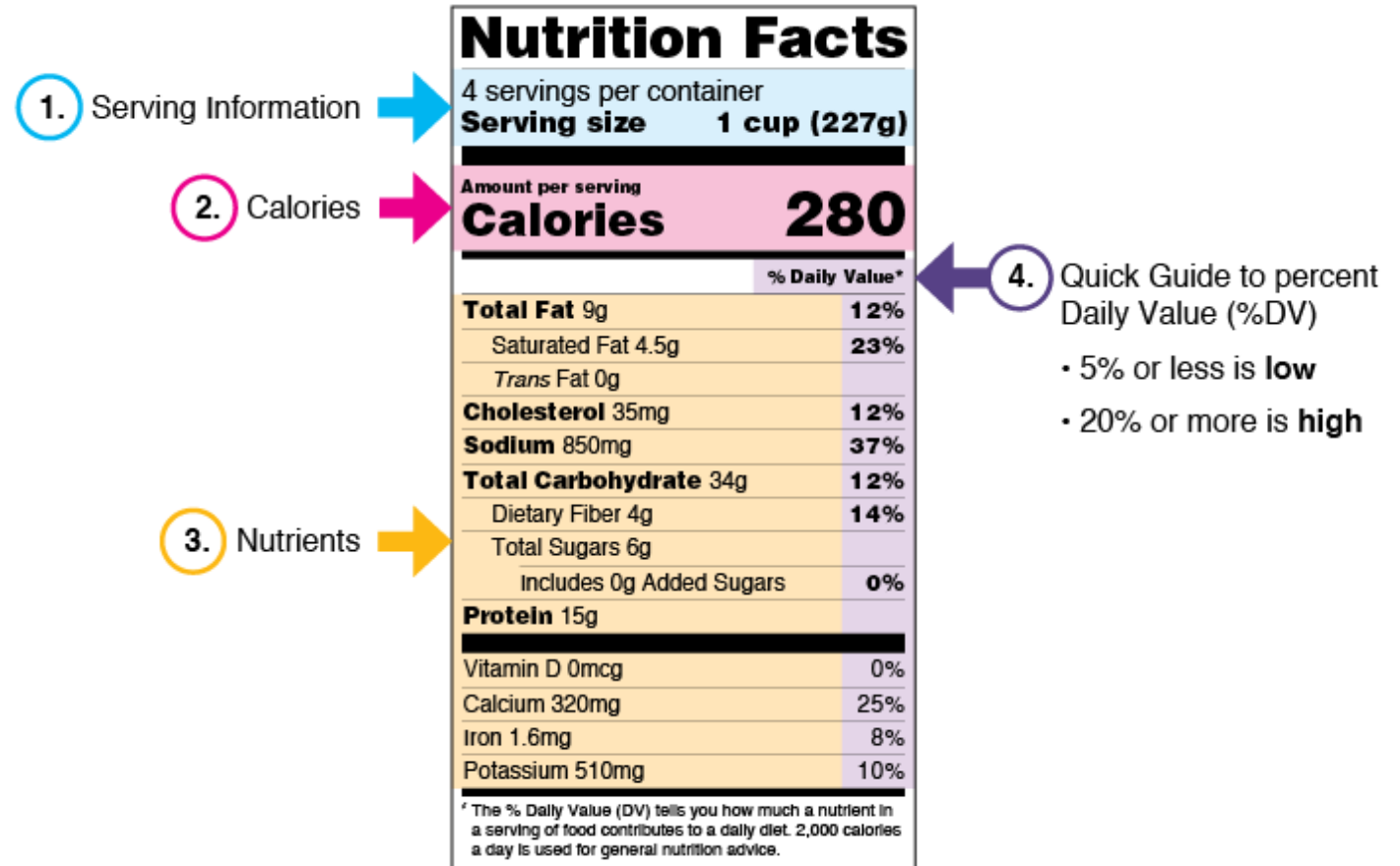


Image source: [How to Understand and Use the Nutrition Facts Label | FDA](#)

Tips for Cooking at Home

- Cook homemade meals as often as possible
- Choose a variety of colored foods
 - Provides antioxidants and nutrients
- Have plant-based meals at least 1-2x per week
 - Plant-based protein sources include legumes, tofu, tempeh, edamame, nuts, and seeds
 - Fill at least 2/3 of your plate with plant-based foods
- Make at least half your grains whole

Tips for Cooking at Home

Recommended websites for recipe ideas:

- **Memorial Sloan Kettering Cancer Center ([mskcc.org](https://www.mskcc.org))**
- **[Cookforyourlife.org](https://www.cookforyourlife.org)**
- **[Cancersupportcommunity.org](https://www.cancersupportcommunity.org)**




Pre-made Meal Options

- **Meals and grocery delivery services**
 - HelloFresh, Blue Apron, Plated, Terra's Kitchen, Chef'd
- **Nutrition supplements**
 - Good option when you aren't up to preparing food, or if you'd like to add extra calories and protein to your day
 - Pre-made or in powder form
 - Includes Boost, Ensure, Premier, or any other supplement which you tolerate best



Which of the following would be a good choice for adding more plant-based protein to your diet?

- A. Beans and lentils
- B. Nuts and seeds
- C. Tofu and edamame
-  D. All of the above

Thank You!



References

Cook for Your Life. (2020). *A Quick Guide to Setting Up Your Pantry*. Retrieved from <https://www.cookforyourlife.org/blog/a-quick-guide-to-setting-up-your-pantry/>

Cook for Your Life. (2019). *What does a "Healthy Diet" Mean?* Retrieved from <https://www.cookforyourlife.org/blog/what-is-a-healthy-diet/>

FDA. (2024). *How to Understand and Use the Nutrition Facts Label*. Retrieved from <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>