

Oncology Nutrition

A wide-angle photograph of a modern hospital complex. In the foreground, a large white building with multiple stories and glass windows is visible. A curved driveway leads up to the entrance, lined with several tall palm trees. In the lower right foreground, a white sign on a grassy area reads "MemorialCare Saddleback Medical Center" with the hospital's logo. The sky is clear and blue.

**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.

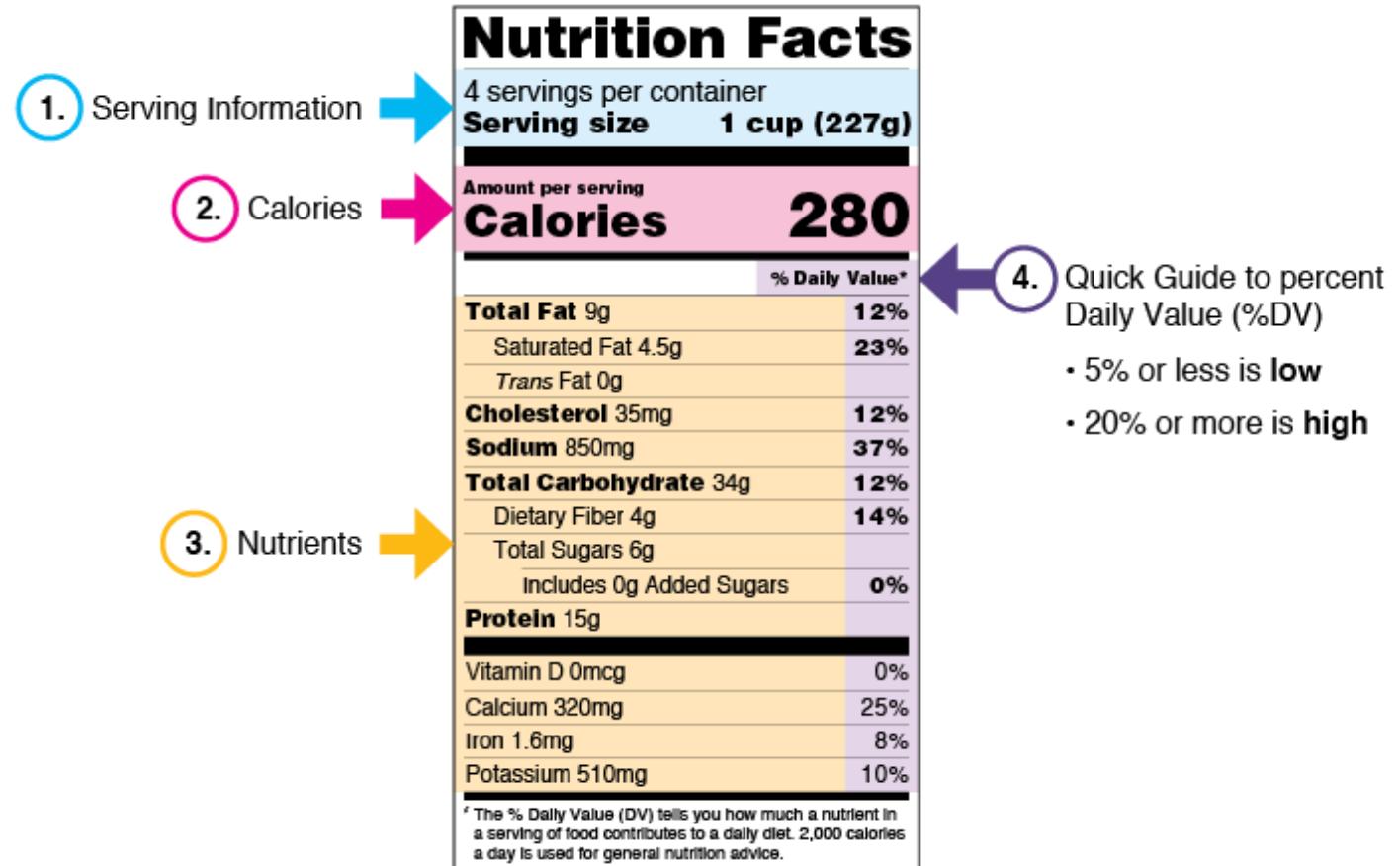


Image source: [How to Understand and Use the Nutrition Facts Label | FDA](#)

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



Quiz

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!



MemorialCare

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/>

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