

# Oncology Nutrition



## Managing Other Side Effects



# Nutrition tips for Taste Change

When foods have an "Off" taste

- Blend fresh or frozen fruits into shakes, ice cream, or yogurt
- Eat **frozen fruits** (such as whole grapes, blueberries, or mandarin orange pieces)
- Select **fresh vegetables** over canned
- Choose foods with **tart flavors** like lemon, lime and other citrus fruits
- Use **marinades** for meats
- Add herbs, spices, lemon, vinegar, pickles, or strongly flavored sauces and condiments to **season** foods.



# Nutrition tips for Taste Change

When foods have a **bitter, acidic, or metallic taste**

- Try eating **sweet fruits** like cantaloupe or watermelon with meals
- Drink **sweet or sour beverages** or add lemon to your beverages
- Use strongly flavored **herbs** and spices like onion, garlic, basil, oregano, ketchup, mustard, or mint
- Use **plastic or bamboo utensils** and avoid metal utensils.
- Choose chicken, eggs, tofu, dairy, and beans as **protein** sources
- Try sucking on sugar free **lemon drops**



# Nutrition tips for Taste Change

## When foods are **salty**

- Choose foods that are **naturally sweet** like fruit, tomato, carrots, sweet potatoes
- Choose **low sodium** products and avoid adding salt when cooking

## When foods are **extremely sweet**

- Choose **bland** or **sour** foods
- Choose **vegetables** over fruits
- Try adding a squeeze of **lemon** to foods.



# Nutrition Tips for Decreased Appetite

- Eat smaller, more frequent meals
- Try smaller portion sizes on your plate, or use a smaller plate
- Set a timer to remind you to eat around the same time every day
- Eat higher calorie and higher protein foods
- Keep easy to prepare snacks and meals around
- If possible, try some physical activity
- Try nutrition shakes like Boost, Ensure, or make your own!

# Nutrition tips for Fatigue and Weakness

Fatigue is the most common side effect of cancer and cancer treatments.

- Ask friends and family to help with **grocery shopping and food preparation**
- Try grocery or **meal delivery** services
- Keep **ready-to-eat** and **easy-to-prepare** foods on hand to make meals easier.
- Prepare large amounts of food when you feel your best and **freeze individual portions**
- Choose foods and drinks that are good sources of **calories and protein**
- Drink at least **8 cups of fluid** per day to stay hydrated
- Try not to go for more than 4 or 5 hours without eating
- Try high-calorie, high-protein **nutritional drinks**
- Stay as **active** as you can
- Schedule activities at times when you have the **most energy** during the day



# Nutrition Tips for Sore Mouth or Throat



- Eat foods that are **soft and moist**:  
puddings, gelatin, yogurt, soups, mashed potatoes, Ice cream, milkshakes, eggs, oatmeal, cottage cheese, canned fruit, and soups.
- Limit foods:
  - dry or rough such as crackers, chips, and toast
  - spicy or acidic such as pepper, hot sauces, ketchup, oranges, and lemons
- Cut foods into **small pieces**
- Suck on **ice chips or popsicles**
- **Avoid alcohol and tobacco** products
- Avoid mouth rinses that have alcohol in it
- Use a **straw** to help avoid the mouth sores
- **Rinse several times per day**
  - Make a solution using 1 teaspoon baking soda, 1 teaspoon salt, and 1 quart of warm water. Rinse but do not swallow.

# Practical Tips for Coping

- Everyone is different when it comes to side effects of cancer treatment
- The best way to manage side effects is to do what works best for you
- If it begins to significantly impact the way you eat or how much you eat, consult your healthcare team for help or more resources



# Test your knowledge:

## Question 1

What are foods high in protein and calories?

- a. Ice Cream
- b. Trail Mix
- c. Cottage Cheese
- d. Peanut butter
- e. All of the above

# Test your knowledge:

## Question 2

What foods are low in protein and calories?

- a. Chips
- b. Cookies
- c. Apples
- d. Carrots
- e. All of the above

# Test your knowledge: Question 3

What is one way to help with a metallic taste?

- a. Eat more red meat
- b. Avoid using metal utensils
- c. Add more spices

# Thank You!



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