

Prepared For:		Date:	
Prepared By:		Contact:	

Oncology: Cooking Tips

During cancer treatment, nutrition is very important. Making sure you get enough calories, protein, vitamins, and minerals is important in controlling symptoms of cancer and its treatment. The following tips will help you make sure you get the nutrients you need.

- Try small, frequent meals instead of 2 or 3 large meals.
- Keep ready-to-serve and easy-to-prepare foods available to take advantage of times when you may feel like eating. Examples include ready-to-serve puddings, peanut butter, tuna, cereal bars, trail mix, cheese and crackers, and eggs.
- Let family and friends help with meal preparation.
- Keep meal preparation simple by using prepared and frozen foods.
- Keep liquid supplements refrigerated so they are ready to drink.
- If you have lost weight and/or are trying to prevent further weight loss, increase the calorie content of what you are eating by:
 - Using milk instead of water for soups and cooked cereals.
 - Adding butter, salad dressing, and oils to vegetables.
 - Adding extra protein to soups by slicing cooked egg white into the soup.
- If the smell of food makes you nauseous, stay out of the room where food is being prepared.
- Take only small portions on the plate and go back for second helpings.
- Pain medication should be taken approximately one half-hour before mealtime to minimize interference with food intake.

Notes