

# The Importance of Nutrition During Treatment



Good nutrition is an important part of a healthy life, but it's even more important when you're going through cancer treatment. Your body needs food to rebuild tissues and help you stay strong. Sometimes, you may experience changes in appetite or may not feel well during your treatment. If that's the case, this list of foods may help.

**You may want to discuss your meal plan and any changes to your diet with your healthcare team.**

Your healthcare team may have some foods they recommend. Remember, your healthcare team is there to help you!

## This is a list of foods that may help if you have diarrhea:

### Clear Liquids

#### Soups

- Bouillon
- Clear, fat-free broth
- Consommé

#### Drinks

- Clear apple juice
- Clear carbonated beverages
- Fruit-flavored drinks
- Fruit juice, such as cranberry or grape
- Fruit punch
- Sports drinks
- Water
- Weak tea with no caffeine

#### Sweets

- Fruit ices made without fruit pieces or milk
- Gelatin
- Honey
- Jelly
- Popsicles

### Low-Fiber Foods

#### Main meals and other foods

- Chicken or turkey (skinless)
- Cooked refined cereals
- Cottage cheese
- Eggs
- Fish
- Noodles
- Potatoes (baked or mashed without the skin)
- White bread
- White rice

#### Fruits and vegetables

- Asparagus
- Bananas
- Canned fruit, such as peaches, pears, and applesauce
- Clear fruit juice
- Vegetable juice

#### Snacks

- Angel food cake
- Gelatin
- Saltine crackers
- Sherbet or sorbet
- Yogurt (plain or vanilla)

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## This is a list of foods that may help if you have changes in appetite:

### Liquid Foods

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#### Soups

- Bouillon
- Broth
- Cheese soup
- Soup that has been strained or put through a blender
- Soup with pureed potatoes
- Tomato soup

#### Drinks

- Carbonated beverages
- Coffee
- Eggnog (pasteurized and alcohol-free)
- Fruit drinks
- Fruit juices
- Fruit punch
- Milk (all types)
- Milk shakes
- Smoothies
- Sports drinks
- Tea
- Tomato juice
- Vegetable juice
- Water

#### Fats

- Butter
- Cream
- Margarine
- Oil
- Sour cream

#### Sweets

- Custard (soft or baked)
- Frozen yogurt
- Fruit purees that are watered down
- Gelatin
- Honey
- Ice cream with no chunks (such as nuts or cookie pieces)
- Ice milk
- Jelly
- Pudding
- Syrup
- Yogurt (plain or vanilla)

#### Replacements and supplements

- Instant breakfast drinks
- Liquid meal replacements

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# The Importance of Nutrition During Treatment



## This is a list of foods that may help if you have changes in appetite: (continued)

### Foods and Drinks That Are High in Calories or Protein

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#### Soups

- Cream soups
- Soups with lentils, dried peas, or beans (such as pinto, black, red, or kidney)

#### Drinks

- Instant breakfast drinks
- Milk shakes
- Smoothies
- Whole milk

#### Main meals and other foods

- Beef
- Butter, margarine, or oil added to your food
- Cheese
- Chicken
- Cooked dried peas and beans (such as pinto, black, red, or kidney)
- Cottage cheese
- Cream cheese
- Croissants
- Deviled ham
- Eggs
- Fish
- Nuts, seeds, and wheat germ
- Peanut butter
- Sour cream

#### Sweets

- Custards (soft or baked)
- Frozen yogurt
- Ice cream
- Muffins
- Pudding
- Yogurt (plain or vanilla)

#### Replacements and supplements

- Liquid meal replacements
- Powdered milk added to foods, such as pudding, milk shakes, and scrambled eggs

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## This is a list of foods that may help if you have constipation:

### High-Fiber Foods

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#### Main meals and other foods

- Bran muffins
- Bran or whole-grain cereals
- Brown or wild rice
- Cooked dried peas and beans (such as pinto, black, red, or kidney)
- Whole-wheat breads
- Whole-wheat pastas

#### Fruits and vegetables

- Dried fruit, such as apricots, dates, prunes, and raisins

- Fresh fruit, such as apples, blueberries, and grapes
- Raw or cooked vegetables, such as broccoli, corn, green beans, peas, and spinach

#### Snacks

- Granola
- Nuts
- Popcorn
- Seeds, such as sunflower
- Trail mix

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## This is a list of foods that may help if your mouth or throat is sore:

### Soft Foods

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#### Main meals and other foods

- Baby food
- Cooked refined cereals
- Cottage cheese
- Eggs (soft boiled or scrambled)
- Macaroni and cheese
- Mashed potatoes
- Pureed cooked foods
- Soups

#### Sweets

- Custards
- Fruit (pureed or baby food)
- Gelatin
- Ice cream
- Milk shakes
- Puddings
- Smoothies
- Soft fruits (bananas and applesauce)
- Yogurt (plain or vanilla)

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## This is a list of foods that may help if you have nausea and vomiting:

### Foods and Drinks That Are Easy on the Stomach

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#### Soups

- Clear broth, such as chicken, vegetable, or beef

#### Drinks

- Clear carbonated beverages that have lost their fizz
- Cranberry or grape juice
- Fruit-flavored drinks
- Fruit punch
- Sports drinks
- Tea
- Water

#### Sweets

- Angel food cake
- Canned fruit, such as applesauce, peaches, and pears
- Gelatin
- Popsicles
- Sherbet or sorbet
- Yogurt (plain or vanilla)

#### Main meals and other foods

- Chicken (broiled or baked without its skin)
- Cream of rice
- Instant oatmeal
- Noodles
- Potatoes (boiled without skins)
- Pretzels
- Saltine crackers
- White rice
- White toast

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1. A guide to chemotherapy. American Cancer Society website. <http://www.cancer.org/treatment/treatmentsandsideeffects/treatmenttypes/chemotherapy/understandingchemotherapyaguideforpatientsandfamilies/understanding-chemotherapy-intro>. Accessed November 2, 2014.

2. National Cancer Institute at the National Institutes of Health. Chemotherapy and you: support for people with cancer. <http://www.cancer.gov/publications/patient-education/chemo-and-you>. Revised May 2007. Accessed March 11, 2015.