

VOLUME 1, ISSUE 1

Nourish

Canada's Nutrition Companion
for Oncology Patients
and Caregivers

What should
I eat?

Managing
weight changes

Juicing and
organic foods

Nourish

Advice from registered dietitians
and recipes from our wellness chef

Our magazine

Nourish offers information relating to nutrition and cancer.

You will find:

- Answers to common questions about diet and nutrition during treatment
- Suggestions to manage common cancer treatment-related symptoms
- Advice on how to manage eating-related difficulties
- Easy recipes for nutritious foods

We want to help you and your family and friends who care for you to make informed decisions, together with your healthcare team.

Each patient is unique, each cancer is different and so is each treatment plan.

Please note that this information cannot replace the advice provided by your healthcare team.

Endorsed by:



Our recipes

They are designed to help you eat better and get the nutrients you need.

Our recipes:

- Are high in protein
- Are easy to prepare, with few ingredients
- Have nutrient-rich ingredients*
- Are moderate in calories
- Promote healthy eating habits that pave the way to better health in survivorship

All baking times are based on conventional ovens.

If you have food allergies, special food requirements or other health issues, please read the ingredient list for each recipe to determine whether it is suitable for you.

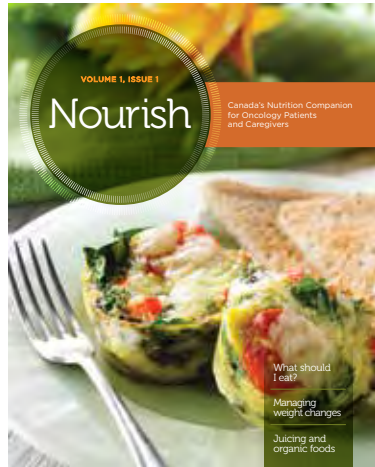
The nutritional values were calculated using Food Processor. ESHA Research: Professional Nutrition Analysis Software & Databases Genesis R&D SQL, Program Version 9.11.0.0

*Optional ingredients or "modifiers" are not part of the analysis, neither are additional food items shown in the pictures.

Healthcare professionals can order copies through our website at www.nourishonline.ca
Nourish is a series published by Communication ebmed Inc., Cowansville, QC. www.ebmed.ca
This publication is made possible through an educational grant provided by Amgen Canada Inc., Mississauga, ON.
Cette publication est disponible en français : [Savourer santé \(savouersante.ca\)](http://Savourer_santé(savouersante.ca))

AMGEN[®]

Welcome to the first issue of **Nourish**



This magazine, the first of its kind in Canada, is designed to help you play a more active role in your cancer treatment.

Nourish wants to help you take care of yourself by eating well, and by managing some of the common side effects of cancer and its treatment.

Taking control

When so many things seem out of control, your nutritional choices can play a key role in your treatment and recovery. Whether or not you have side effects, eating well is essential when dealing with cancer.

Research shows that patients who are able to maintain a healthy weight during cancer treatment respond better to therapy, recover faster and have a better quality of life.

What can I eat when I don't feel like eating?

Are there certain foods that will help me deal with cancer? You likely have many questions about nutrition. We have the answers. All the information in *Nourish* is gathered from Registered Dietitians (RD) working in cancer care across Canada.

Managing weight changes

This first issue focuses on weight loss and weight gain, which can occur as a result of cancer or its treatment. We also provide tips for managing your weight.

We've included simple and delicious recipes that can be enjoyed at any meal. These high-protein, moderate-calorie recipes can be adapted to meet your needs. If you are too tired to try them yourself, don't be shy to ask your family members and friends who make up your personal support team to prepare them for you. Be adventurous and experiment with healthy ingredients you've never used before... these may become your new comfort foods!

The information we've gathered for this magazine is based on the best research available and input from dedicated registered dietitians with more than 40 years of combined oncology experience. We'd like to thank Amgen Canada Inc. for making it possible to offer you this magazine. The educational grant enables us to give you the most up-to-date information based on scientific evidence.

For more information, we invite you to visit www.nourishonline.ca where you'll find resources such as a Body Mass Index (BMI) calculator and links to other websites that have reliable nutritional information for both patients and caregivers.

Discover the joy of eating and sharing meals. We encourage you to try some less-known ingredients and hope that you will be inspired to try new ways to prepare them.

Enjoy!

Your Nourish Team

What Should I Eat?

BY ANGELA MARTENS, RD

Ginger Pumpkin Soup

Creamy soup that can be easily prepared in advance and reheated in portions

Nutrition Facts

Serving Size: 1 cup

Amount	% Daily Value
Calories 150	
Fat 6 g	9%
Saturated 1 g + Trans 0 g	5%
Cholesterol 0 mg	
Sodium 320 mg	13%
Carbohydrate 19 g	6%
Fibre 3 g	12%
Sugars 10 g	
Protein 6 g	
Vitamin A	100%
Vitamin C	25%
Calcium	15%
Iron	10%

What Should I Eat?

People with cancer often think they have to avoid certain foods such as animal products, acidic foods and sugar, or eat only organic foods.

The truth is, the best “diet” for people with cancer is actually to follow the healthy eating guidelines that dietitians have been promoting for years.

TIPS for Healthy Eating:

- Eat a variety of foods
- Include protein in every meal
- Drink plenty of fluids
- Consume more plant-based foods
- Eat more vegetables and fruits
- Choose healthier fats: leaner meats and dairy products with low milk fat (MF)
- Make whole grains your preferred carbohydrates
- Limit high-calorie, high-fat snacks
- Limit processed foods, which are high in sodium

TIPS for Healthy Lifestyle:

- Limit alcohol
- Maintain a healthy body weight
- Exercise a minimum of 150 minutes per week

How to Eat Well During Treatment

Nutritional needs can be higher during cancer treatment. You’re going to need a good supply of protein, nutrients and fluids, but not necessarily extra calories. Good nutrition will promote healing, maintain your muscle tissue and support your immune system.

No single food or nutrient can accomplish this on its own. The best strategy for meeting one’s specific nutritional needs during this time is to focus on consuming a wholesome, varied diet.

But eating well during treatment can be a challenge. Some patients may experience side effects that prevent them from eating all the healthy foods they want.

Talk to a dietitian who specializes in cancer care. Together, you can determine if you are eating well and choosing foods that are appropriate for you.

I Can’t Control My Weight

In this issue, we are focusing on weight management during cancer treatment. Cancer or its treatment may cause unplanned changes in your body weight. You may want to discuss any weight concerns with your healthcare team. No matter what your goal is, start with healthy eating.

Preparation Time: **10** minutes Total Time: **50** minutes Servings: **6**

GINGER PUMPKIN SOUP

Ingredients

- 2 tbsp Olive oil
- 1 Large red onion, diced
- 4 cloves Garlic, smashed
- 1 tsp each Ground cumin, coriander seed and cinnamon
- 3 cups Pumpkin (or butternut squash), diced, or canned pumpkin puree
- 1 tbsp Fresh ginger, grated
- 4 cups Vegetable or chicken stock (low sodium)
- 1 tbsp Lime juice
- ½ cup Powdered skim milk or low-fat plain Greek-style yogurt

Garnish

- ½ cup Fresh cilantro or Italian parsley
- 2 tbsp Pumpkin seeds, toasted
- To taste Salt and pepper

Directions

1. Add the olive oil to a large pot over medium heat. Add onions and cook until softened, about 5 minutes.
2. Add garlic and spices, stir and continue to cook for another 5 minutes.
3. Add pumpkin and ginger, stir well and cook for another 5 minutes.
4. Add stock, bring to a boil, reduce heat to medium low and simmer for 25 to 30 minutes.
5. Add lime juice and powdered milk. Puree with a hand blender or carefully transfer to stand blender and puree until smooth. Season to taste.
6. Serve with fresh herbs and some toasted pumpkin seeds.



Set aside the pumpkin or butternut squash seeds. Wash and dry them well. Roast them in a dry non-stick pan.

Helpful with the following side effects:

- Fatigue
- Nausea
- Difficulty swallowing (omit pumpkin seeds)
- Change of taste and smell
- Dry mouth
- Diarrhea

Recipe modifier to increase calories

- Use yogurt with a higher fat content
- Add a teaspoon of sour cream
- Replace 1 cup of stock with 1 cup of homogenized or evaporated milk (will make a creamy soup)
- Drizzle with oil
- Stir in grated cheese

What Should I Eat?

A Guide to Healthy Eating

Adjust what you eat
depending on your goal

Food group

Include food from at least three food groups at each meal

Daily servings*

Consume the recommended number of daily servings

Serving size

1 serving equals:

Food choices to gain weight

Follow our recipe modifiers to increase calories

Food choices to lose weight

Vegetables & fruits



7–10

1 medium fruit
½ cup of fresh, frozen or cut
canned vegetables or cut fruit
1 cup of leafy greens

- Raw vegetables (with hummus or yogurt-based dips)
- Cooked vegetables (with added vegetable oil, cheese sauce or roasted nuts)
- Fruits (added to yogurt, ice cream or milkshakes)
- Fruit or vegetable juices
- Dried fruits

- All fresh, frozen, canned vegetables (with salt-free seasonings or herbs)
- Fresh or frozen fruit
- Canned fruit packed in water or light syrup
- Vegetable juices or soups
- Fruit juices in moderation

Fibre-rich foods make you feel full faster.

Grain products



6–8

1 cup of cereal, cold
½ cup of cooked pasta, rice or other grains
¾ cup of hot cereal
½ bagel
½ hamburger bun

- Bread and crackers (spread with nut butters, hummus, butter, margarine or cream cheese)
- Pasta or rice dishes (with added oil or sauces)

- Whole grains such as brown or wild rice, quinoa or whole wheat couscous

Milk & alternatives



2–3

1 cup of milk
¾ cup of yogurt
1 ½ oz. of cheese
(2 thumb-sized pieces)

- Whole or chocolate milk
- Full-fat yogurt or ice cream
- Full-fat cheese and cottage cheese

- 1% or skim milk
- Soy beverage
- Light or part-skim cheeses (lower than 17% MF)
- Light cottage or ricotta cheese
- Plain or flavoured yogurt (lower than 2% MF)
- Replace cream with 2% milk in recipes

Meat & alternatives



2–3

¾ cup of beans, lentils, cooked
2 ½ oz. of meat, poultry or fish
(size of deck of cards)
2 eggs
1/4 cup of nuts
2 tbsp of nut butter

- Fish, poultry or meat with added sauces or gravy
- Nuts and nut butters
- Eggs, prepared with butter or margarine and cheese
- Legumes and lentils prepared with vegetable oil

- Fish, skinless poultry or lean meat
- Legumes and lentils prepared with minimal added fat
- Eggs or egg whites
- Nuts and nut butters in moderation

Fluid choices



6–8 cups

Choose fluids with nutritional value such as dairy or soy milk, juices, commercial nutritional supplements, smoothies or milkshakes

Choose fluids with zero calories such as plain or carbonated water, black coffee, tea, green or herbal tea

*Serving requirements will vary depending on age, activity level and gender.

References

Health Canada. (2007). Eating well with Canada's Food Guide (HC Pub.: 4651). Ottawa: Queen's Printer.
Tremblay et al., (2011). Canadian Society for Exercise Physiology: New Canadian physical activity guidelines. *Applied Physiology, Nutrition, and Metabolism*, 36(1), 36–46.



Should I go organic?

The term “organic” doesn’t necessarily mean healthy. Organic is simply a label for foods that are grown without synthetic pesticides, fertilizers or genetic modifications.

Is it worth the extra money?

Organic foods are usually more expensive. But are they more nutritious? Some studies have shown that organic foods are better for you while others have shown them to be equally or less nutritious than conventional foods.

If you want to maintain good health, it is important to eat a variety of vegetables and fruits.

Should I avoid pesticides?

Although non-organic farmers use pesticides, the quantities are regulated. There is little evidence that these quantities are harmful.

Whether you choose to eat organic or not, following food safety guidelines is important.

This means washing your fruits and vegetables carefully and cooking your meat and eggs well. Choosing to eat organic food is a personal choice.

Rima Nasrah, MSc, RD

Is juicing the best way to get my fruits and vegetables?

When you put fruits, and vegetables in a juicer, you’re removing all the fibre.

Your digestive system needs that fibre to keep you healthy.

Fibre prevents constipation and may help reduce the incidence of colorectal cancer.

Eating your fruits and vegetables whole gives you all the fibre plus the natural sugars, vitamins, minerals and phytochemicals.

If you prefer a liquid meal, you can blend fruits or vegetables to make a smoothie while still benefitting from the fibre.

Try to eat at least five servings of whole fruits and vegetables and then you can add juicing as an extra if you like.

For a balanced snack, add protein to your smoothie with a handful of nuts or a cup of Greek yogurt. If you are juicing, juice mostly vegetables with a bit of fruit for sweetness. This will lower the sugar if you are watching calories or your sugar intake.

Christy Brissette, MSc, RD

Reference

Rock et al., (2012). American Cancer Society guidelines on nutrition and physical activity for cancer survivors. *CA: A Cancer Journal for Clinicians*, 62(4), 242–274.

Sweet Potato Turkey Sliders

Our family's favourite hamburger meal with a healthy spin and less fat! Plus, try a new way to enjoy Brussels sprouts!



Nutrition Facts

Serving Size: 2 sliders

Amount	% Daily Value
Calories 250	
Fat 10 g	15%
Saturated 3 g + Trans 0 g	15%
Cholesterol 80 mg	
Sodium 390 mg	16%
Carbohydrate 22 g	7%
Fibre 3 g	12%
Sugars 9 g	
Protein 19 g	
Vitamin A	35%
Vitamin C	45%
Calcium	6%
Iron	20%

Preparation Time: **15** minutes

Total Time: **30** minutes

Servings: **5–6**

SWEET POTATO TURKEY SLIDERS

Ingredients

1 lb	Lean ground turkey
½ cup	Sweet potato, grated
1	Egg
½ cup	Green onions, sliced
2 tsp	Fresh thyme, chopped (or 1 tsp dried)
12	Slices of white cheddar
12	Mini pitas or slider buns
To taste	Salt and pepper

BRUSSELS SPROUT SLAW

Ingredients

2 tsp	Dijon mustard
1 ½ tbsp	Maple syrup
3 tbsp	Apple cider vinegar
1 tbsp	Extra virgin olive oil
1 ½ cups	Brussels sprouts, bottom trimmed, thinly sliced
¼ cup	Dried cranberries
1	Carrot, grated
To taste	Salt and pepper

Helpful with the following side effects:

- Change of taste and smell
- Small appetites

Directions

1. In a large bowl, combine ground turkey, potato, egg, onions, thyme and about ½ tsp of salt and pepper.
2. Use your hands to mix the ingredients well. Use ¼ cup of meat at a time and roll into 10 to 12 balls. Place each meatball on a baking sheet lined with parchment paper and gently press each down into a small patty about ½-inch thick.
3. Either bake sliders in a 400 °F oven for 13 to 15 minutes or cook on a grill or in a sauté pan, over medium heat for about 3 to 4 minutes per side.
4. Place each slider on a bun and top with a small slice of cheddar cheese and a spoonful of slaw (see recipe below).

Directions

In a bowl, whisk together mustard, syrup, vinegar and oil. Add the Brussels sprouts, cranberries and carrots.

Makes about 2 cups.



Freeze cooked leftover burgers and reheat in oven or microwave. The slaw is a great side dish for many other meals.

Recipe modifier to increase calories

- Top burgers with avocado, extra cheese, mayonnaise
- For the slaw, add mayonnaise to the vinegar

MANAGING

Weight Changes

BY ANGELA MARTENS, RD
AND CHERI VAN PATTEN, MSc, RD



Most people associate cancer or its treatment with weight loss but weight gain can also occur. There are ways to cope.

What is a healthy weight?

A healthy weight is based on your “Body Mass Index” or BMI. A BMI between 18.5 and 24.9 is considered in the healthy range and is associated with the lowest risk of developing health issues. A BMI over 24.9 (overweight) or 29.9 (obese) are both linked to increased health risk. See the table on page 11 to determine your BMI.

Your waist circumference can also be used to estimate your health risk. Too much weight around the waistline is linked to a higher risk of several chronic diseases including heart disease, diabetes and some cancers. A healthy waist size for women is a size below 35 inches (88 cm). A man’s waist should not exceed 40 inches (102 cm).

What causes unplanned weight loss?

Weight loss is a common side effect of cancers of the lung, head and neck and digestive tract (e.g. esophagus, stomach, pancreas, liver). Up to 40% of patients experience weight loss prior to their cancer diagnosis and 40% to 80% are expected to become malnourished at some point in their treatment.

Most of the time, weight loss occurs from eating less than usual. Loss of appetite or desire to eat is typically present at diagnosis in 15% to 25% of all people with cancer and may also be the result of treatment side effects.

When should I be concerned about my weight loss?

The amount of weight you lose and how fast you lose it is important, even if you have weight to spare at the start. Significant weight loss in a short period can be critical. Rapid weight loss can weaken the immune system, impair healing and limit your ability to perform daily activities.

Severe weight loss is often defined as a 10% decrease in your usual weight in less than 6 months or a 5% decrease in your usual weight in less than 1 month.

Winning a losing battle

You can prevent or slow down unplanned weight loss. The first step is to manage side effects caused by the cancer or its treatment. When nausea, constipation, taste changes, diarrhea, dry mouth and pain are well controlled, it will be easier to eat. Discuss these symptoms with your healthcare team. The second step

is to make “every bite and sip count” so that you are getting the most energy and nutrients from what you eat and drink.

Not all weight is created equal

Muscle mass often decreases with weight loss. Loss of muscle tissue is more common and occurs at a much faster rate in people with cancer who are receiving treatment than in healthy individuals who are on a “weight loss program.”

Muscle loss leads to increased fatigue, decreased strength and overall de-conditioning which can be very distressing. Recent research shows that loss of muscle tissue may also result in more toxic side effects from chemotherapy and worsen survival in some individuals.

to reduce muscle loss

- Eat a balanced diet (follow our Guide to Healthy Eating on page 6)
- Include good sources of protein
- Prevent rapid weight changes, if possible
- Exercise regularly – even 10 minutes of walking helps

Unwanted weight gain

Weight gain is a common side effect of breast, prostate, colon and rectum, uterus and brain cancers. The reason for this weight gain is unclear, but likely related to many factors including the cancer and/or its treatment. Being overweight and obese can impact your quality of life and can also increase the risk of cancer recurrence and reduce survival. If possible, preventing weight gain (especially if you are overweight) is the first step. Use the BMI ranges to determine if your current weight puts you at any health risk. If your weight has increased, but you are still within the healthy weight range, there is less reason for concern. Speak to your dietitian if you

have any questions or concerns about your weight.

If I am overweight, is it okay to try to lose weight during treatment?

If you are coping well with few side effects or these are well controlled, you may be able to make lifestyle changes that encourage weight loss while undergoing cancer treatment. For others, waiting until after treatment may be the right decision. Discuss options with your cancer doctor and/or dietitian.

If you need to lose weight, a safe rate of weight loss is 1–2 lbs. (0.5–1 kg) per week. The most effective way to lose weight is to balance the number of calories you

consume with your physical activity level. Over time, eating fewer calories than you need, will result in weight loss. Despite the popularity of fad diets, the most important factor when it comes to weight loss is the number of calories consumed. Keeping physically active will help to spare muscle and maintain weight loss over the long term.

Balancing the scales

Keeping track of your weight during and after cancer treatment is important. Weigh yourself every week so that weight loss or gain can be caught early and addressed without delay.

Continued on page 14

Body Mass Index (BMI) = Weight (kg)/Height ² (m ²)							
Height		Healthy Weight Range (BMI of 18.5 to 24.9)		Overweight Range (BMI of 25 to 29.9)		Obese (BMI of 30 or over)	
ft. & in.	cm	lbs.	kg	lbs.	kg	lbs.	kg
5'0"	152	95–125	43–57	126–151	58–68	> 152	69
5'1"	155	97–132	44–60	133–158	61–71	> 159	72
5'2"	157	99–135	45–61	136–160	62–72	> 161	73
5'3"	160	105–143	48–65	144–169	66–76	> 170	77
5'4"	163	110–145	50–66	146–173	67–78	> 174	79
5'5"	165	112–150	51–68	151–180	69–81	> 181	82
5'6"	168	115–154	52–70	155–184	71–83	> 185	84
5'7"	170	117–159	53–72	160–191	73–86	> 192	87
5'8"	173	121–163	55–74	164–195	75–88	> 196	89
5'9"	175	126–168	57–76	169–202	77–91	> 203	92
5'10"	178	130–176	59–80	177–208	81–94	> 209	95
5'11"	180	132–179	60–81	180–213	82–96	> 214	97
6'0"	183	137–183	62–83	184–219	84–99	> 220	100
6'1"	185	139–187	63–85	188–226	86–102	> 227	103
6'2"	188	143–194	65–88	195–230	89–104	> 231	105
6'3"	190	148–198	67–90	199–237	91–107	> 238	108
6'4"	193	152–205	69–93	206–244	94–110	> 245	111

This table applies to people 18–65 years of age.
Adapted from Health Canada (2003). BMI quick reference tool for professionals, HC Pub.: H49–179.
Ottawa: Queen's Printer.

References

- Ollenschläger et al. (1991). Tumor anorexia: causes, assessment, treatment. In *Supportive Care in Cancer Patients II* (pp. 249–259). Berlin, Germany: Springer Heidelberg.
Lesser et al., (eds), (2013). *Oncology nutrition for clinical practice*. Chicago, IL: Oncology Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics.
Rock et al., (2012). American Cancer Society guidelines on nutrition and physical activity for cancer survivors. *CA: A Cancer Journal for Clinicians*, 62(4), 242–274.

Definition of severe weight loss

% Weight loss	Time frame
5	1 month
10	6 months

How to calculate your percentage of weight loss:

$$\frac{\text{Amount of weight lost}}{\text{Usual body weight}} \times 100 = \% \text{ weight loss}$$

Preparation Time: **5** minutes

Total Time: **20** minutes

Servings: **3**

Ingredients

- 4 Large eggs
- ¼ cup Red onion, finely chopped
- ¼ cup Fresh red pepper or jarred roasted red peppers, chopped
- ½ cup Spinach chopped (Swiss chard or kale will also work)
- 5 Cherry tomatoes, halved
- 1 tsp Fresh or ½ tsp dried rosemary
- 2 tbsp Cheddar cheese, grated
- ½ tsp Grape seed oil or light olive oil
- To taste Salt and pepper

Directions

1. Preheat the oven to 375 °F.
2. Crack eggs into one bowl, whisk until well combined.
3. Add the onion, peppers, spinach, tomatoes, herbs and cheese to the eggs and mix well. Season with a pinch of salt and pepper.
4. Evenly add the oil into 6 muffin cups and grease well. Or line the tray with muffin liners.
5. Pour the egg mixture into the 6 muffin cups until about ¾ of the way full. Bake for about 15 to 20 minutes or until golden on top.
6. Use a thin spatula or butter knife to gently remove the frittata muffins from the tray.



Store leftover muffins in the fridge and reheat in the oven or microwave.

Spinach Frittata Muffins

A wholesome egg dish that can be prepared in advance and reheated in portions.

Helpful with the following side effects:

- Fatigue
- Nausea
- Difficulty swallowing
- Sore throat

Recipe modifier to increase calories

- Add more cheese
- Add olive oil and cream to the egg mixture
- Combine with a toasted whole grain slice of bread

Nutrition Facts

Serving Size: 2 muffins

Amount	% Daily Value
Calories 140	
Fat 9 g	14%
Saturated 3 g + Trans 0 g	15%
Cholesterol 255 mg	
Sodium 290 mg	12%
Carbohydrate 4 g	1%
Fibre 1 g	4%
Sugars 2 g	
Protein 10 g	
Vitamin A	25%
Vitamin C	35%
Calcium	8%
Iron	10%

Berry Yogurt Parfait

with
Muesli or Granola

A delicious breakfast or snack packed with fibre, antioxidants and healthy fats.

Helpful with the following side effects:

- Fatigue
- Constipation
- Nausea

Recipe modifier to increase calories

- Use a higher-fat yogurt
- Add more maple syrup or brown sugar
- Bake granola with oil
- Add shaved coconut

Nutrition Facts

Serving Size: 1 cup

Amount	% Daily Value
Calories 340	
Fat 9 g	14%
Saturated 2 g + Trans 0 g	10%
Cholesterol 0 mg	
Sodium 35 mg	1%
Carbohydrate 53 g	18%
Fibre 7 g	28%
Sugars 30 g	
Protein 14 g	
Vitamin A	0%
Vitamin C	2%
Calcium	10%
Iron	15%

Preparation Time: **10** minutes Total Time: **30** minutes Servings: **4**

(20 minutes for granola, which can be done ahead of time)

Ingredients

- 1 cup Large flaked oats
- 1 tbsp Maple syrup
- ¼ cup Pecans or walnuts, chopped
- ¼ cup Dates, pitted, chopped
- 1 tsp Vanilla extract
- 1 tsp Ground cinnamon
- 2 cups Blueberries (or mixed berries), fresh or frozen
- 2 cups Plain low-fat Greek yogurt
- 2 tsp Dark chocolate (70% cocoa), shaved

Directions

1. For a crunchy topping, try this granola: Preheat the oven to 350 °F. Combine oats, syrup, pecans, dates, vanilla and cinnamon. Spread evenly over a baking sheet lined with parchment paper and bake for about 15 to 20 minutes.
2. For a softer topping, try this muesli: Combine oats, syrup, pecans, dates, vanilla and cinnamon. Cover and refrigerate for at least 1 hour.
3. To serve, add ½ cup of mixed berries into each glass. Top with about a ½ cup of yogurt and muesli (or granola).
4. Top with shaved dark chocolate.



**To prevent unwanted weight loss**

Try this...

- Eat at regular intervals throughout the day (every 2 to 3 hours). Don't wait until you feel hungry.
- Have five or six small meals or snacks each day instead of fewer, larger meals.
- If you're really hungry, eat as much as you can, regardless of the time of day.
- Avoid beverages during meals as this can make you feel full faster. Drink between meals instead.
- Keep your favourite foods within reach. This may inspire you to eat more.
- Ask your dietitian about liquid or powdered nutritional supplements.
- Let new recipes inspire you and set the table with nice china and cutlery.
- Read our Guide to Healthy Eating on page 6.
- Choose liquids with higher calories and more nutrients. Instead of drinking plain water, coffee, tea or broth, choose dairy or soy beverages, juices, cream soups, smoothies, milkshakes and hot chocolate made with milk.
- Choose healthy, calorie-rich snacks such as full-fat cheeses, nuts or seeds, nut butters, vegetables or crackers with hummus or other dip, granola, milk puddings, dried fruit and Greek-style yogurt.
- Add a few teaspoons of mild-tasting vegetable oil, such as canola oil, to soups, oatmeal, smoothies or milkshakes. Each teaspoon will provide 45 calories of healthy fat to your meal. Flaxseed, grape seed or olive oil are also a good choice, but they have more flavour.
- Take a walk before meals to stimulate your appetite.

**To prevent unwanted weight gain**

Try this...

- Eat sensible portions, but allow yourself to enjoy a wide variety of foods.
- Choose leaner meats.
- Select low-fat dairy products.
- Add less fat to food.
- Use low-fat cooking methods such as broiling, steaming, grilling or roasting.
- Eat when you are hungry and try to reduce eating for other reasons such as boredom, habit, or feeling anxious or down. Keeping a food diary may help.
- Find time to be physically active to help balance the extra calories you may eat.
- Read our Guide to Healthy Eating on page 6.
- Choose foods naturally low in calories such as fruits, vegetables and whole grains. These foods also contain fibre, which helps to keep you full.
- Limit higher calorie foods with lower nutritional value (processed snack foods, sugary drinks) and alcoholic beverages.



1. NOURISH MAGAZINE

www.nourishonline.ca

You will find our magazine, recipes, tips and more links to nutrition information you can trust.

2. CANADIAN CANCER SOCIETY

www.cancer.ca

The Nutrition for Cancer Patients section is dedicated to educating patients about eating well during treatment. You can find tips about increasing calorie and protein intake, and eating more snacks.



Google this:

Eating well when you have cancer: a guide to good nutrition

3. ELLICSR KITCHEN

www.ellicsrkitchen.ca

The ELLICSR Kitchen Culinary Nutrition Program at the Princess Margaret Cancer Centre in Toronto provides nutrition, health and wellness education, skills training and support for people affected by cancer. Visit the website for live cooking demonstrations, nutrition videos, cooking tips and recipes.

4. AMERICAN INSTITUTE FOR CANCER RESEARCH

www.aicr.org

The Foods That Fight Cancer section provides information about the scientific evidence behind foods that fight cancer both directly and indirectly.



Google this:

Heal Well: A Cancer Nutrition Guide

Cancer Resource: Living with cancer. Navigating cancer's challenges during and after treatment. How nutrition and physical activity can help you.

5. AMERICAN SOCIETY FOR CLINICAL ONCOLOGY

www.cancer.net



Google this:

Managing your weight after a cancer diagnosis free download.

The information in this publication is based on scientific research. However, it is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team. It is important to address all medical questions and concerns about your care with your healthcare team.

All information in this publication has been reviewed by the editorial board and its consultants and was not independently verified by Amgen Canada Inc. Neither ebmed Inc. (the publisher) nor Amgen Canada Inc. (the sponsor) nor their affiliates make representations or warranties in respect to the contents of this publication. ebmed Inc. and Amgen Canada Inc. and their affiliates disclaim any and all liability for any damages or losses (consequential or otherwise) arising from any statements, errors or omissions made in this publication.

Nourish

Our Team

Editor in Chief

Elke Henneberg
Communication EBMED Inc.
Cowansville, Quebec

Dietitians

Christy Brissette, MSc, RD
Registered Dietitian Head & Neck
Survivorship Program/ELLICSR
Health, Wellness & Cancer
Survivorship Centre
Princess Margaret Cancer Centre
Toronto, Ontario

Angela Martens, RD
Registered Dietitian
CancerCare Manitoba
Winnipeg, Manitoba

Rima Nasrah, MSc, RD
Registered Dietitian
McGill University, Cancer Nutrition
Rehabilitation Program
Jewish General Hospital
Montreal, Quebec

Cheri Van Patten, MSc, RD
Registered Dietitian
BC Cancer Agency Vancouver
Cancer Centre
Vancouver, British Columbia

Chef

Jeremy Capone
Wellness Chef and Research Analyst
ELLICSR: Health, Wellness & Cancer
Survivorship Centre
Princess Margaret Cancer Centre
Toronto, Ontario

Consultants

Josée Beaudoin, MSc, RD
Centre de lutte contre le cancer,
CHUM Notre Dame Hospital,
Montreal, Quebec

Benoit Bertrand, RD
Centre intégré de cancérologie
de la Montérégie,
Charles LeMoyne Hospital,
Greenfield Park, Quebec

Daniela Fierini, RD
Princess Margaret Cancer Centre
Toronto, Ontario

Ryna Levy-Milne, PhD, RD
BC Cancer Agency
Vancouver, British Columbia

Madeleine Pesant, Patient
Baie d'Urfé, Quebec

Tracey Rapier, RD
Sunnybrook's Odette
Cancer Centre,
Toronto, Ontario

Lindsay Van der Meer, RD
BC Cancer Agency,
Prince George, British Columbia

Endorsed by:



VOLUME 1, ISSUE 1
©ebmed 2014
ISSN 2368-3147