

ENJOYING
FOOD AFTER
TREATMENT

A guide for
people with
cancer of the
stomach or
gastroesophageal
junction (GEJ)

Nourish

EXTRA

CANADA'S NUTRITION COMPANION
FOR ONCOLOGY PATIENTS
AND CAREGIVERS



Enjoying **FOOD AGAIN**

Once cancer treatment is finished and most side effects are under control it's time to enjoy food again... but you may wonder what to eat! For most people with cancer of the stomach or GE junction, eating and weight loss are a concern beyond treatment. Our team of registered dietitians can help you choose foods that are enjoyable and well tolerated.

Your healthy eating plate

Healthy eating plates are a useful tool to help you plan balanced meals and ensure you get the nutrients your body needs.

Our healthy eating plate has been specifically designed for people who may not be able to eat their previous "normal-sized" meals and who may have difficulty including enough protein. After cancer treatment, you may want to eat at least five small meals and snacks per day if you:

- Feel full quickly after eating
- Are having difficulty maintaining your body weight
- Have had surgery to remove all or part of your stomach

Choose a smaller-sized plate for **EACH MEAL** and fill it using the suggestions below:

PROTEIN

- Choose fish, poultry, eggs, nuts or nut butters, cheese, yogurt, tofu, legumes
- Limit red meat to 500g/week with very little if any being processed



WHOLE GRAINS

- Choose whole grains such as brown or wild rice, whole grain breads, hot or cold cereals, pasta, or grains such as quinoa, bulgur, couscous, barley, kamut, etc.

VEGETABLES & FRUIT

- Select a variety of different coloured vegetables and fruit



HEALTHY FATS

- Use healthy oils such as olive or canola oil for cooking, on salads or cooked vegetables, with soups or smoothies and at the table (use extra if you are losing weight)



FLUIDS

- Choose water, dairy milk, fortified soy beverages, tea
- Oral nutritional supplements and home-made smoothies are also good options
- Coffee counts as liquid, but intake of caffeine should be limited to 400 mg/day (3 cups of coffee)
- Limit sugary drinks such as soda and fruit juices
- Drink fluids between meals
- Drink at least 6-8 cups of fluids per day (choose fluids that are "nutrient-dense" if you are losing weight)

For snacks, try to include a **protein** plus either a **whole grain** or a **vegetables & fruit** choice

MAKE EVERY

bite count

If you are recovering from cancer treatment and are trying to gain or maintain weight, you likely would benefit from adding extra calories to your meals and snacks. Good sources of calories include:

- Vegetable oils
- Avocados
- Nuts and seeds
- Coconut milk
- Butter
- High fat dairy products, such as full-fat milk and yogurt, cheese, and cream



TIPS FOR PREPARING MEALS AT HOME

MAKE A PLAN

- Plan for the week — decide which 3 meals and 3 snacks you will have each day
- Look for new recipe ideas and keep track of those that work well for you
- Use meal planning websites like *EatRight Ontario*

SHOP SMART

- As you plan your meals and snacks, add the necessary items to your grocery list
- Keep a shopping “checklist” - make sure you buy proteins, whole grains, fruits vegetables and healthy oils

COOKING TIPS

- Healthy cooking methods include baking, broiling, steaming and grilling
- If frying, use only a small amount of vegetable oil
- To add moisture to meals, try adding sauces, extra butter or vegetable oil, yogurt, buttermilk, gravies, mayonnaise or salad dressings
- If gas and bloating are a concern avoid cruciferous vegetables (broccoli, cauliflower, cabbage and Brussel sprouts) and beans/legumes
- Follow food safety guidelines. Visit *Health Canada's* website for more information

TIME SAVERS

- Make meals in a slow cooker
- Prepare large batches for splitting into smaller meals/snacks
- Keep leftovers for the following day
- Purchase prepared proteins like roasted whole chicken
- Determine which meals and snacks your family and friends will prepare for you

How to modify your meal plan to increase calories and protein

This meal plan provides 1300 calories, 66g protein, 152g carbohydrate, 45g fat

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1 small orange + ¾ cup plain oatmeal ½ cup 2% milk	¾ cup plain Greek yogurt + 1 small banana	2 Frittata muffins (see recipe)	6 whole grain crackers	75g salmon + ½ cup cooked quinoa or rice + ½ cup cooked carrots	½ cup canned peaches + ½ cup rich vanilla ice cream

Some small tweaks can increase the calories by 50% and protein by 20%!

The modified meal plan now provides: 2100 calories, 79g protein; 203g carbohydrate; 115g fat

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Add 1 Tbsp maple syrup switch from 2% milk to whole milk	Make a smoothie by adding the following extra ingredients: ¼ cup whole milk or fortified soy beverage, 1 Tbsp canola oil, 1 Tbsp ground nuts	Include ¼ avocado and 1 slice of whole grain toast with 2 tsp of butter or margarine as a side dish	Add 2 Tbsp smooth peanut butter or hummus to crackers	Add 1 Tbsp olive oil to carrots	Add 1 Tbsp chopped nuts to peaches and ice cream



TIPS FOR EATING AWAY FROM HOME

RESTAURANT EATING

- Allow enough time to review the menu and discuss your nutritional needs with your server or the chef. Don't be shy to ask about ingredients and how meals are prepared
- Make substitutions or ask to create your own meal
- If you need softer meals, look for soups, casseroles, stews or pasta dishes
- Have a small snack before leaving home

MANAGING PORTIONS

- Avoid over-eating
- Enjoy half your meal and take the other half home, or if dining with others, share a larger meal
- For smaller portions, order from the lunch menu or kids' menu
- Order 1-2 small appetizers instead of a full meal
- Skip the bread or appetizer so you have room for your entrée
- Remember to eat slowly and chew foods well, which is easy to forget when eating in social environments
- It is okay to leave food on your plate!

VISITING FRIENDS AND FAMILY

- If going to a friend or family member's home, let them know ahead of time of any food restrictions or consistency requirements
- Ask for a smaller portion or ask to plate your own meal
- Suggest a potluck or offer to bring a dish you know you tolerate well

Remember to relax and enjoy when eating with friends and family. Being more relaxed at meal times may make the experience of eating away from home more enjoyable.

MODIFYING THE TEXTURE OF YOUR FOOD

You can use the same food ideas and portion sizes on the healthy plate even if you need to eat foods that are softer. A change in texture may be required if you have an esophageal stent, have had stomach surgery, or you tolerate soft foods or liquids better than solids.

PROTEIN CHOICES

Soft and pureed options

Meat and poultry

- ✓ Bite sized pieces of meat or poultry that have been slow-cooked until tender
- ✓ Ground meat or poultry (meatloaf with gravy, meatballs, soft casseroles)
- ✓ Puréed meat or poultry
- ✓ Chicken salad

Seafood

- ✓ Soft, flaky fish (baked or steamed) with sauce
- ✓ Seafood spreads (soft smoked salmon, lox)
- ✓ Tuna salad, salmon salad
- ✓ Fish or seafood chowder

Eggs

- ✓ Egg salad
- ✓ Scrambled or soft-cooked eggs
- ✓ Quiche or soufflé
- ✓ Egg custards

Plant-based protein

- ✓ Tofu in soft, moist/smooth dishes
- ✓ Puréed legumes
- ✓ Smooth nut butters blended into ice cream, smoothies or hot cereals
- ✓ Refried beans, bean spreads or dip (hummus)

Dairy and alternatives

- ✓ Soft cheeses such as cottage, ricotta or feta
- ✓ Soft-cooked pasta with cheese sauce
- ✓ Flavoured or plain Greek yogurt
- ✓ Puddings made with milk or soy beverage

Liquid options

- ✓ Milk or soy beverage
- ✓ Blended cream soups
- ✓ Blended soup with added beans, milk or soy beverage
- ✓ Smoothies made with milk, soy beverage or yogurt
- ✓ Oral nutritional supplements
- ✓ Buttermilk
- ✓ Eggnog
- ✓ Yogurt drinks
- ✓ Kefir
- ✓ Milkshakes

WHOLE GRAIN CHOICES

Soft and pureed options

- ✓ Soft breads moistened with sauce or syrup or dunked in liquid
- ✓ Soft-cooked smooth hot cereals (oatmeal, cream of wheat, cream of rice)
- ✓ Dry cereals softened in milk
- ✓ Soft-cooked pasta
- ✓ Well-cooked rice (cooked with extra water) with added gravy or sauce
- ✓ Quinoa or couscous with added gravy or sauce

Liquid options

- ✓ Blended soups containing pasta, rice, potatoes or legumes

VEGETABLES AND FRUIT CHOICES

Soft and pureed options

- ✓ Soft-cooked or pureed vegetables cooked without seeds or skins
- ✓ Vegetable soufflés
- ✓ Mashed or puréed root vegetables (potatoes, yams, carrots, beets)
- ✓ Mashed or puréed pumpkin or squash
- ✓ Creamed corn
- ✓ Soft-cooked, mashed beans and peas
- ✓ Soft-cooked, canned or puréed fruits (remove seeds)
- ✓ Soft, ripe bananas
- ✓ Applesauce

Liquid options

- ✓ Vegetable juices or nectars
- ✓ Fruit blended into smoothies
- ✓ Blended vegetable soups

REFERENCES

- American Institute for Cancer Research: Diet-What we eat <http://www.aicr.org/reduce-your-cancer-risk/diet/> (Accessed on March 1st, 2017)
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COOKBOOKS

Soft Foods for Easier Eating Cookbook
by Sandra Woodruff, RD & Leah Gilbert-Henderson, PhD, 2010.

Goes Down Easy by Elise Mecklinger with the Princess Margaret Hospital Dietitians, 2006.

The Essential Cancer Treatment Nutrition Guide & Cookbook

by Jean LaMantia, RD with Neil Berinstein, MD, 2012.

WEBSITES

EatRight Ontario: My Menu Planner.
www.eatrightontario.ca

American Institute for Cancer Research:
Guidelines for cancer survivors.
www.aicr.org

Dietitians of Canada: Track calorie and protein intake. www.eatracker.ca

Stomach Cancer Foundation of Canada.
www.mygutfeeling.ca

Health Canada: Safe food handling tips.
www.canada.ca

My Gut Feeling was founded in 2016 by two survivors, Teresa Tiano and Ekaterina Kosyachkova. We are the first non-profit organization for patients, survivors and caregivers in Canada dedicated solely to stomach cancer. Our mission is to help those on the stomach cancer journey by providing awareness, education and advocacy through peer-to-peer support and monthly support groups. info@mygutfeeling.ca

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FRITTATA MUFFINS

Wholesome egg dish that can be prepared in advance and reheated in portions

Preparation Time: 10 minutes Cooking: 20 minutes Servings: 6

INGREDIENTS

Non-stick cooking spray or 1 tsp vegetable oil

- 2 tsp olive oil
- ½ cup leeks, washed and sliced
- ½ cup red pepper, diced
- 6 tsp Brie cheese
- 1 tbsp fresh basil, finely chopped
- 5 extra large eggs
- ½ tsp ground black pepper

PREPARATION

1. Preheat oven to 350°F (conventional oven). Grease muffin tins with non-stick cooking spray or vegetable oil.
2. Heat olive oil over medium heat in skillet. Add leeks and red pepper and sauté until tender. Divide vegetables among 6 muffin tins.
3. Place one teaspoon of cheese into each muffin tin and sprinkle with basil.
4. Whisk the eggs and season them with black pepper. Pour them over the herbed vegetable and cheese mixture in each compartment.
5. Bake the muffins for approximately 20 minutes or until the eggs are firm to the touch.

Nutrition Facts

Serving Size: 1 muffin

Amount	% Daily Value
Calories 100	
Fat 7g	9%
Saturated 2g + Trans 0g	10%
Cholesterol 175mg	58%
Sodium 85mg	4%
Carbohydrate 2g	1%
Fibre 0g	0%
Sugars 1g	
Protein 7g	
Vitamin D 1mcg	6%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 110mg	2%

Nutritional values were calculated with The Food Processor, ESHA Research, version 11.2