

COOKING
WITH JOY

DIGESTING
WITH EASE

NUTRITIOUS RECIPES FOR PEOPLE WITH GASTRIC CANCER



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For more information and to obtain a digital version of this book, go to:

mygutfeeling.ca
nourishonline.ca

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info@nourishonline.ca



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Food is an integral part of our lives, from eating dinner with the family to going to restaurants with friends to cooking with loved ones. Food brings us together, nourishes us, and keeps us healthy and happy.

Stomach cancer completely changes how we eat. Difficulty swallowing, nausea, dumping syndrome and general pain can take the joy out of eating. Weight loss and loss of appetite are common problems that people with stomach cancer experience. While it can be a challenge to cook meals that are nutritious, digestible and tasty, it is possible to enjoy food with stomach cancer.

My Gut Feeling has partnered with ELLICSR Kitchen, two registered dietitians and NOURISH to design recipes specific to people with stomach cancer. We listened to people with lived experience to create recipes that will keep you healthy and let you rediscover your love for food. They are inexpensive, easy to prepare, and delicious!

We hope you enjoy these recipes as well as the process of cooking, sharing and eating.

KATY KOSYACHKOVA & TERESA TIANO

Co-Founders, My Gut Feeling-Stomach Cancer Foundation of Canada

myGUT
feeling

STOMACH CANCER FOUNDATION OF CANADA

Preparation: **10 MINUTES**

Cooking: **40 MINUTES**

Servings: **4**

WARM MUSHROOM & GRAIN SALAD

INGREDIENTS

Salad

2 TBSP DRIED MUSHROOMS

(e.g. porcini, shitake)

½ CUP BARLEY, dry

1 TBSP OLIVE OIL

2 CUPS MIXED MUSHROOMS, quartered

Dressing

½ CUP PARSLEY, finely chopped

1 CLOVE GARLIC, minced

2 TBSP OLIVE OIL

2 TBSP LEMON JUICE

½ TSP SEA SALT AND BLACK PEPPER

PREPARATION

1. In a small bowl, pour two cups of boiling water over dried mushrooms and let steep for 5 minutes.
2. Drain dark mushroom liquid into a medium pot. Bring to a boil and add barley. Lower heat to medium and simmer for about 40 minutes or until tender. Add more water if needed. Drain cooked barley and set aside.
3. In a large sauté pan over medium high heat, add 1 tbsp of olive oil. When the oil begins to shimmer, add mushrooms, being careful not to crowd in the pan. Cook until they have reduced in size and are slightly caramelized. Remove pan from the heat, add the cooked barley and stir to combine.
4. In a separate bowl, mix the ingredients for the dressing.
5. Add dressing to your salad, toss well and serve.

SUBSTITUTIONS & TIPS

Omit the garlic if not tolerated well. Dried mushrooms add a big punch of flavour, but they are optional. You can cook the barley in vegetable broth. You can swap the barley for another nutty grain, e.g. farro. Cilantro, basil, thyme can replace parsley.

This warm salad is both refreshing and comforting and can be used as a side dish or a main meal. To make it a meal (3 servings instead of 4), add 1 cup of cooked chickpeas.



Why we love this

High energy,
high protein*

High fibre

Eat warm or cold



Works for

Dumping syndrome
Lactose intolerance

Reflux**

Nausea



Caution with

Delayed stomach
emptying



Source of

Iron

Folate***

* add a cup of chickpeas to increase protein ** use less dressing *** with addition of chickpeas

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: **206** | Protein (g): **4** | Fat (g): **11** | CHO (g): **25** | Fibre (g): **6** | Ca (mg): **18** | Fe (mg): **1** | Na (mg): **300**



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COOKING WITH JOY - DIGESTING WITH EASE - Nutritious recipes for people with gastric cancer (2020)
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Preparation: **10 MINUTES**

Cooking: **5 MINUTES**

Servings: **4 (2 QUESADILLAS)**

ROASTED RED PEPPER & WALNUT QUESADILLAS

INGREDIENTS

Red pepper spread

- 1 CUP ROASTED RED PEPPERS** from a jar
- ½ CUP WALNUTS**
- 1 TBSP BALSAMIC VINEGAR**
- 1 TBSP OLIVE OIL**
- ½ TSP SEA SALT AND BLACK PEPPER**

Quesadillas

- 1 TSP OLIVE OIL**
- 4 LARGE TORTILLAS (10")**
- 1 CUP (4OZ, 113G) MANCHEGO CHEESE OR SHARP CHEDDAR**, grated

PREPARATION

1. In a food processor, combine peppers, walnuts, vinegar, 1 tbsp oil, salt and pepper. Pulse until smooth but slightly chunky. Set aside.
2. Heat 1 tsp of olive oil in a large non-stick frying pan over medium heat.
3. Spread half of the roasted red pepper mixture over one tortilla. Sprinkle with half of the cheese and place a second tortilla on top.
4. Transfer quesadilla to the hot frying pan and toast it by gently pressing down with a spatula to melt the cheese inside.
5. Cook a few minutes on each side until toasted. Repeat with the second set of tortillas. Cut into quarters and serve.

SUBSTITUTIONS & TIPS

Cheese can be omitted or replaced by lactose-free cheese. Can be frozen assembled and reheated in microwave or frying pan. Filling can be frozen separately.

These meatless quesadillas are full of flavour and healthy fats and make a nice light snack, lunch, or dinner.



Why we love this

Freezer friendly
High energy*,
high protein
High fat



Works for

Dumping syndrome
Lactose
intolerance**
Gaining weight



Caution with

Fat maldigestion



Source of

Iron
Calcium

* serve with full fat sour cream for extra calories ** use lactose-reduced or lactose-free cheese

NUTRITION FACTS (PER SERVING: ½ QUESADILLA)

Kcal: **449** | Protein (g): **14** | Fat (g): **31** | CHO (g): **29** | Fibre (g): **4** | Ca (mg): **404** | Fe (mg): **3** | Na (mg): **931**

Preparation: **10 MINUTES**

Cooking: **20 MINUTES**

Servings: **4**

MOROCCAN CHICKEN MEATBALLS WITH TAHINI

INGREDIENTS

Meatballs

- 2 CUPS (450G) GROUND CHICKEN**
- 1 EGG**
- ½ CUP BREADCRUMBS**
- 2 CLOVES GARLIC**, minced
- 1 TSP GROUND CUMIN**
- ½ TSP GROUND CINNAMON**
- 1 TBSP LEMON ZEST**
- 2 TBSP OLIVE OIL**
- ½ TSP SEA SALT AND BLACK PEPPER**

Dressing

- ¼ CUP TAHINI PASTE**
- 2 TBSP LEMON JUICE**
- 2 TSP HONEY**
- 3 TBSP WATER**
- ¼ CUP FRESH MINT**, finely chopped

PREPARATION

- Preheat oven to 400°F.
- In a large bowl, combine all meatball ingredients. Mix well by hand or by using a fork. Put some oil or water on your hands and form 20 meatballs (around 1 tbsp of meat per ball). Place on a baking sheet lined with parchment paper.
- Bake uncovered for around 20 minutes until meatballs are cooked or the internal temperature of 165°F has been reached.
- In a small bowl, mix the ingredients for the dressing. Serve the meatballs together with the dressing.

SUBSTITUTIONS & TIPS

Garlic may be omitted if not well tolerated. For a softer, moist texture, bake the meatballs covered with aluminum foil.

Meatballs are an excellent and versatile source of protein, particularly if you are following a small and frequent meal pattern.



Why we love this

- Freezer friendly**
- Modifiable texture:**
soft, minced, pureed
- High energy, high protein**



Works for

- Dumping syndrome**
- Lactose intolerance**
- Gaining weight**
- Delayed stomach emptying**
- Reflux***



Source of

- Calcium**
- Iron**
- B12**
- Folate**

*reduce fat by using alternative sauce/reducing tahini

NUTRITION FACTS (PER SERVING: 5 MEATBALLS)

Kcal: **400** | Protein (g): **26** | Fat (g): **26** | CHO (g): **18** | Fibre (g): **3** | Ca (mg): **120** | Fe (mg): **4** | Na (mg): **250**





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Preparation: **15 MINUTES**

Cooking: **20 MINUTES**

Servings: **4**

CHARD & CHICKPEA SOUP

INGREDIENTS

2 TBSP OLIVE OIL

1 CLOVE GARLIC, crushed

3 CUPS SWISS CHARD, roughly chopped

½ CUP PARSLEY, finely chopped

4 CUPS VEGETABLE STOCK

½ CUP ORZO (or other small pasta)

1 CAN (540ML) COOKED CHICKPEAS, drained and rinsed

2 TBSP LEMON JUICE

½ TSP SEA SALT AND BLACK PEPPER

¼ CUP PARMESAN CHEESE, grated

PREPARATION

1. In a soup pot, heat olive oil over medium heat.
2. Add crushed garlic and cook slowly until lightly browned. Remove the garlic with a spoon.
3. Add the Swiss chard and parsley while stirring. Add the stock and let simmer until the greens are wilted.
4. Blend the soup with an immersion blender until smooth.
5. Add the orzo and the chickpeas and simmer for about 15 minutes or until the pasta is cooked.
6. Season with lemon juice, salt and pepper. Garnish with grated parmesan.

SUBSTITUTIONS & TIPS

Spinach and kale can be used instead of chard. Chicken stock can replace vegetable stock. Garlic can be left in or removed. Dried red lentils can replace chickpeas. Soup can be pureed.

This light tasting soup is a good lunch or dinner option, especially on days when you may not be feeling your best.



Why we love this

Freezer friendly

Modifiable texture:
soft, minced, pureed



Works for

Nausea

Delayed stomach emptying

Lactose intolerance

Fat maldigestion

Reflux



Source of

Iron

Folate

Calcium

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: **312** | Protein (g): **11** | Fat (g): **12** | CHO (g): **42** | Fibre (g): **7** | Ca (mg): **121** | Fe (mg): **3** | Na (mg): **1183**

Preparation: **15 MINUTES**

Cooking: **35 MINUTES**

Servings: **4**

POTATO & EGGPLANT MASALA

INGREDIENTS

Roasted vegetables

- 2 CUPS POTATO**, ½ inch diced
- 2 CUPS EGGPLANT**, ½ inch diced
- 1 CAN (540ML) COOKED CHICKPEAS**, drained and rinsed
- 1 TBSP VEGETABLE OIL**
- ½ TSP SEA SALT AND BLACK PEPPER**

Masala

- 1 TBSP VEGETABLE OIL**
- 1 TSP CUMIN SEED**
- 1 TBSP FRESH GINGER**, grated
- 1 GARLIC CLOVE**
- 1 TBSP GARAM MASALA**
- ¼ TSP TURMERIC**
- ½ CUP COCONUT MILK**
- 1 TBSP LEMON JUICE**
- SEA SALT AND PEPPER TO TASTE**

PREPARATION

1. Preheat oven to 450°F.
2. In a small pot, parboil the potatoes in salted water for about 10 minutes. Drain and set aside.
3. Line a baking sheet with parchment paper. Add the potatoes, eggplant, chickpeas and toss them with 1 tbsp of oil. Season with salt and pepper. Roast the vegetables in the oven for about 20 minutes or until caramelization occurs.
4. Using the same pot as you used for the potatoes, heat 1 tbsp of oil over medium high heat. Once the oil is hot, add cumin, ginger and the garlic clove. Stir and cook until fragrant (about 2 minutes), being careful not to burn the garlic and spices. Add garam masala and turmeric, stir and remove from heat.
5. Add the roasted vegetables and chickpeas to the pot with the spices and turn heat to medium. Add the coconut milk and cook for another 2 minutes. Season with lemon juice, salt and pepper to taste.

SUBSTITUTIONS & TIPS

Garlic can be removed at the end of step 4. Spices can be reduced or substituted based on availability or your preference. Coconut milk gives a creamy texture but can be replaced by another liquid of your choice, such as tomato puree or water.

This fragrant and flavourful eggplant and potato dish will become a favourite comfort meal.



Why we love this

- Freezer friendly
- Modifiable texture: soft, minced
- High energy*
- High fibre



Works for

- Dumping syndrome
- Lactose intolerance



Caution with

- Nausea/sensitivity to smells as fragrant



Source of

- Iron

* use extra coconut milk for extra calories

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NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: 295 | Protein (g): 8 | Fat (g): 15 | CHO (g): 36 | Fibre (g): 9 | Ca (mg): 59 | Fe (mg): 2 | Na (mg): 760



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Preparation: **5 MINUTES**

Cooking: **10 MINUTES**

Servings: **2**

AVOCADO FRITTATA

INGREDIENTS

Frittata

½ RIPE AVOCADO, stone removed, diced

1 TBSP LEMON JUICE

6 LARGE EGGS

½ CUP PLAIN YOGURT

1 TBSP LEMON ZEST

½ TSP SEA SALT AND BLACK PEPPER

1 TBSP OLIVE OIL

¼ CUP FETA or other sharp cheese

Garnish

2 CUPS ARUGULA

1 TSP OLIVE OIL

1 TSP LEMON JUICE

PREPARATION

1. Preheat oven to 400°F.
2. Sprinkle avocado pieces with lemon juice to prevent browning and set aside.
3. In a small bowl, whisk the eggs until lightly beaten. Add yogurt, lemon zest, salt and pepper and combine.
4. In an oven-proof skillet, heat 1 tbsp oil over medium high heat. Once oil begins to shimmer, pour in the egg mixture. Using a spatula, gently stir through the eggs until curds start to form.
5. Add the avocado pieces and the cheese.
6. Bake on middle rack in oven for about 7 minutes or until golden on top and set in the middle. The internal temperature should be 160°F.
7. Cut frittata into quarters. Mix arugula with oil and lemon juice and add as garnish. Serve immediately.

SUBSTITUTIONS & TIPS

Use lactose-free cheese and yogurt if dairy is not tolerated.

Light on the gut and fresh in flavour, these energy and protein rich avocado frittata bites make a great meal or snack.



Why we love this

Freezer friendly

Modifiable texture:
soft, minced, pureed

High energy, high protein



Works for

Dumping syndrome

Lactose intolerance

Gaining weight



Source of

Calcium

Iron

B12

Vitamin D

Folate

NUTRITION FACTS (PER SERVING: ½ FRITTATA)

Kcal: **494** | Protein (g): **27** | Fat (g): **39** | CHO (g): **11** | Fibre (g): **3** | Ca (mg): **342** | Fe (mg): **3** | Na (mg): **1161**

Preparation: **25 MINUTES**

Cooking: **15 MINUTES**

Servings: **6**

BLACK BEAN BURGER

INGREDIENTS

Caramelized onions

1 LARGE ONION, thinly sliced

¼ TSP SALT

1 TBSP OLIVE OIL

1 TBSP BALSAMIC VINEGAR

Burgers

1 CAN (540ML) COOKED BLACK BEANS,
drained and rinsed

2 TBSP OLIVE OIL

½ CUP BREADCRUMBS or flaked oats

1 EGG

1 TBSP SOY SAUCE

1 TSP SMOKED PAPRIKA

1 TSP GROUND CUMIN

½ TSP SEA SALT AND BLACK PEPPER

1 TBSP OLIVE OIL for brushing

6 HAMBURGER BUNS

4 TBSP BBQ SAUCE (optional)

PREPARATION

1. Preheat oven to 400°F.
2. In a large, dry sauté pan over medium heat, add sliced onions. Add a pinch of salt and gently stir to prevent any burning. Add 1 tbsp of olive oil once the onions start turning colour. Continue cooking for 5 minutes, stirring occasionally.
3. Add the balsamic vinegar, stir the onions and cook at least another 5 minutes. The longer you slow cook the onions, the sweeter they will become. Transfer onions to a bowl and set aside.
4. In the same sauté pan over medium high heat, add the black beans and 2 tbsp of olive oil. Allow them to cook through, around 5 minutes or until they begin to burst and crack.
5. Pour black beans out into a large bowl and mash them with a fork or potato masher. Add all remaining burger ingredients, including ½ cup of caramelized onions. Mix well.
6. Form by hand into six patties. Brush the top with a little more olive oil.
7. Place patties on a baking sheet and bake for about 15 minutes. Spread your favorite BBQ sauce over the patties halfway through cooking. Serve with your favorite burger toppings.

SUBSTITUTIONS & TIPS

Caramelized onions can be replaced with roasted red peppers.

These flavourful and family friendly black bean burgers are a good source of fibre and protein which can help if you have dumping syndrome.



Why we love this

Freezer friendly

Modifiable texture:

soft, minced

High energy,
high protein

High fibre



Works for

Dumping syndrome

Lactose intolerance

Gaining weight*

Reflux**

Fat maldigestion



Caution with

Gas and bloating

Delayed stomach

emptying



Source of

Iron

Folate

*add extra olive oil to increase calories and moistness **omit onions



NUTRITION FACTS (PER SERVING: 1 BURGER)

Kcal: 414 | Protein (g): 14 | Fat (g): 15 | CHO (g): 58 | Fibre (g): 8 | Ca (mg): 125 | Fe (mg): 4 | Na (mg): 1159



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Preparation: **20 MINUTES**

Cooking: **15 MINUTES**

Servings: **4**

SALMON CAKES WITH CAPER DILL SAUCE

INGREDIENTS

Salmon Cakes

- 1 CUP FROZEN SPINACH**
- 2 CANS (213G EACH) SALMON**
- 2 EGGS**
- ½ CUP BREADCRUMBS**
- ½ CUP SPRING ONION**, chopped
- 1 TBSP DIJON MUSTARD**

½ TSP SEA SALT AND PEPPER

2 TBSP OLIVE OIL

Sauce

- 1 CUP YOGURT**
- ¼ CUP FRESH DILL**, chopped
- 1 TBSP CAPERS**, chopped
- 1 TBSP LEMON JUICE**

PREPARATION

1. Preheat oven to 450°F.
2. Squeeze as much water out of the thawed spinach as possible and chop it. (If spinach is still frozen, place spinach in small bowl and pour some hot water over it).
3. In a large bowl, combine spinach, salmon, eggs, breadcrumbs, spring onion, mustard, salt and pepper. It should be easy to form patties with this mixture. If it is too dry, add some olive oil. If it is too wet, add some more breadcrumbs.
4. Form 12 round patties, about ½ inch thick. Place on a baking sheet lined with parchment paper. Brush olive oil over the top. Sprinkle some more breadcrumbs on top.
5. Bake for about 15 minutes or until golden and crispy on top.
6. For the sauce, combine all the ingredients in a bowl and mix well. Serve with the salmon cakes.

SUBSTITUTIONS & TIPS

Spring onion can be omitted. For dairy intolerance, a lactose-free yogurt or mayonnaise will work. Canned salmon can be replaced with canned tuna, or fresh cooked and flaked salmon. To cook salmon, roast in a 375° F oven for 12 minutes or until it easily flakes. For mince and moist texture, cover cakes with foil and bake at 375°F, to prevent crispy topping.

These easy to digest salmon cakes pack a lot of nutrition in a small serving.



Why we love this

- Freezer friendly**
- Modifiable texture:**
soft, minced, pureed
- High energy, high protein**



Works for

- Dumping syndrome**
- Lactose intolerance**
- Gaining weight***



Source of

- Calcium****
- Iron**
- B12**
- Vitamin D**
- Folate**

*add even more calories by using a 9% MF yogurt **add more calcium by mashing bones rather than removing

NUTRITION FACTS (PER SERVING: 3 SALMON CAKES)

Kcal: **360** | Protein (g): **30** | Fat (g): **19** | CHO (g): **16** | Fibre (g): **3** | Ca (mg): **399** | Fe (mg): **3** | Na (mg): **1002**

Preparation: **20 MINUTES**

Cooking: **10 MIN. + 2 HOURS TO SET**

Servings: **8**

CHOCOLATE PEANUT BUTTER PIE

INGREDIENTS

Crust

2 CUPS GRAHAM CRACKERS

or oatmeal cookies

¼ CUP COCONUT OIL

Filling

2 CUPS (454G) SILKEN TOFU

½ CUP CREAMY PEANUT BUTTER

(or almond butter)

1 CUP DARK, SEMISWEET CHOCOLATE CHIPS, melted

2 TBSP MAPLE SYRUP

¼ TSP SEA SALT

PREPARATION

1. Preheat oven to 375°F.
2. In a food processor, pulse the crust ingredients to create a crumbly mixture that holds its shape. Press into a pie pan lined with parchment paper.
3. Bake crust for 10 minutes or until golden. Set aside to cool.
4. Add tofu to a food processor and blend until very smooth. Add remaining filling ingredients and blend until smooth. Pour the filling into the cooled pie crust.
5. Let the pie chill and set in the fridge for at least 2 hours. Lift the pie out of the pan by holding the parchment paper. Slice into wedges and enjoy!

SUBSTITUTIONS & TIPS

Honey or sugar can replace maple syrup. Melted butter can replace coconut oil.

Extra servings can be frozen. Allow to sit 10 minutes at room temperature before serving.

This creamy and fudgy dessert is surprisingly light on the gut but full of energy and healthy fat.



Why we love this

Freezer friendly

High energy

Modifiable texture:
minced, pureed*



Works for

Dumping
syndrome**

Lactose intolerance
Gaining weight



Caution with

Fat maldigestion



Source of

Iron

* omit crust for pureed texture ** use darker chocolate and natural peanut butter for less sugar

NUTRITION FACTS (PER SERVING: 1/8 OF RECIPE)

Kcal: **401** | Protein (g): **10** | Fat (g): **26** | CHO (g): **39** | Fibre (g): **3** | Ca (mg): **58** | Fe (mg): **3** | Na (mg): **272**



COOKING WITH JOY: DIGESTING WITH EASE. Nourishing Recipes for People with Gastrointestinal Cancer (2020)
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Preparation: **10 MINUTES**

Servings: **4**

PUMPKIN SEED PESTO

INGREDIENTS

1 CUP FRESH BASIL LEAVES

½ CUP PUMPKIN SEEDS

2 TBSP LEMON JUICE

2 TBSP NUTRITIONAL YEAST

¼ CUP OLIVE OIL

½ TSP SEA SALT AND PEPPER

PREPARATION

In a food processor, combine basil, pumpkin seeds, lemon juice, nutritional yeast, salt and pepper. Pulse a couple of times to break up the ingredients. Then run the machine and slowly add the olive oil.

This pesto is great for any fish file, e.g. trout, salmon, or a white fish, as well as chicken, tofu, rice or pasta. Example: Spread pesto over fish and bake in 425°F oven for 10–12 minutes or until fish flakes easily.

This lactose-free pesto can be used with a variety of proteins and grains.



Why we love this

Freezer friendly

High energy, high protein

High fat

Modifiable texture: minced, pureed*



Works for

Dumping syndrome

Delayed stomach emptying**

Lactose intolerance

Gaining weight



Caution with

Fat maldigestion



Source of

Iron

B12***

Folate

* not appropriate for stent ** reducing the amount of pesto spread onto your fish, chicken or tofu, will reduce the amount of fat *** fortified nutritional yeast is a great source of vitamin B12

NUTRITION FACTS (PER SERVING: 3 TABLESPOONS)

Kcal: **223** | Protein (g): **7** | Fat (g): **21** | CHO (g): **5** | Fibre (g): **2** | Ca (mg): **30** | Fe (mg): **2** | Na (mg): **300**

This book is the product of many virtual meetings during Spring and Summer 2020 when Covid-19 turned our lives upside down. On a very positive note, we had the chance to enjoy more time at home and try all the recipes in our kitchens. The food in this book pleased our families and enriched our lives in many ways. Here are the people who put this all together.

GEREMY CAPONE — *ELLICSR Kitchen, Princess Margaret Cancer Centre, Toronto, Ontario*

Geremy is passionate about teaching essential cooking skills and meal preparation and improving food literacy and food security. He has applied this passion over the last 9 years in his role as the Wellness Chef of the Cancer Rehabilitation and Survivorship Program at the Princess Margaret Cancer Centre. He is hoping that the recipes he developed for this book will help people with stomach cancer better manage the challenges they face with eating, and create a more positive relationship with cooking and food.

DENISE GABRIELSON — *MSc, RD, St. Michael's Hospital, Toronto, Ontario*

Denise has worked in oncology and hematology for over 10 years, providing nutrition care to inpatients and outpatients receiving treatment for a range of cancers including gastric cancer. She has presented nationally and internationally on the importance of nutrition for people living with gastric cancer and strategies to stay well-nourished. Denise is thrilled to be a part of creating a recipe booklet to help people with stomach cancer to enjoy food once again and make meals manageable, while acknowledging the many nutritional challenges survivors face throughout treatment and recovery.

KATY (EKATERINA) KOSYACHKOVA — *Vice-Chair & Co-Founder, My Gut Feeling Stomach Cancer Foundation of Canada, Toronto, Ontario*

Katy Kosyachkova was diagnosed with stomach cancer in 2011 when she was 21. She faced many challenges with eating and weight loss after having a total gastrectomy and chemo-radiation. At the time, information on eating with stomach cancer was limited. This cookbook is important to Katy because it empowers people with stomach cancer to eat well while minimizing unpleasant symptoms and prioritizing taste and nutrients.

TERESA TIANO — *B.A. (Hons), Chair & Co-Founder, My Gut Feeling Stomach Cancer Foundation of Canada, Toronto, Ontario*

In 2011, Teresa was diagnosed with Stage 2B stomach adenocarcinoma. She had 80% of her stomach removed laparoscopically followed by chemotherapy and radiation. Learning how to eat and what to eat with her "new system" was incredibly difficult. She was often afraid of food. This collection of recipes is important to Teresa because it makes food, for gastric cancer patients and survivors, delicious, nutritious, easy and fun once again.

JOHNIE C. H. TING — *P.Dt., B.Sc. Dietetics and Human Nutrition, Jewish General Hospital, Montreal, Quebec*

Johnie, a registered dietitian with an expertise in oncology, was very happy to be part of this fun and rewarding project. He appreciated to learn from the experiences of Teresa and Katy, two cancer survivor champions; Denise, a resourceful fellow dietitian and Geremy, a passionate and talented chef. Johnie hopes this recipe booklet can provide gastric cancer patients and people close to them with nutritious, easy-to-digest and flavourful recipes. It is about making mealtime and cooking in the kitchen fun and enjoyable once again.

COOKING WITH JOY. DIGESTING WITH EASE. STOMACH OPTIONAL!

This book is dedicated to people diagnosed with gastric cancer and to their partners in care.

myGUT
feeling

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