

Nutrition Tips

Increasing Calories, Protein, and Fluids

Aim for 6 mini-meals or snacks every day.

- Eat small amounts every 2-3 hours.
- Include a good protein source (see below) every time you eat.
- Be flexible and patient with yourself or loved ones.

Eat when it is time to eat, rather than waiting until you feel hungry or thirsty.

- You may not feel the usual signs of hunger or thirst.
- A timer or alarm can help remind you to eat or drink.
- Schedule meals and snacks with protein like you schedule your medications.



Choose high-calorie drinks.

- Try nutritional supplement drinks like Boost Plus, Ensure Enlive, etc.
- Use whole milk or make snacks like milk shakes, smoothies, and hot chocolate.
- Water is fine. Other options with calories are juice, milk, or even soda with sugar.

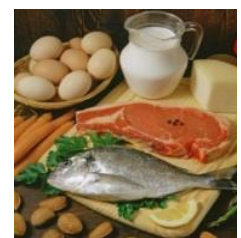
Modify the foods/ beverages you eat/ drink.

- Substitute “Super” recipes for milk, pudding, milkshakes, cream soups and cereal.
- Increase butter, oils, gravy, mayo, salad dressing, sour cream, cheese sauce, avocado.



Choose high-protein foods.

- Meat, fish, chicken, turkey. **However, eggs, milk, cheese, peanut butter, nuts, yogurt, cottage cheese may be better tolerated.**
- Add protein powder or dry milk powder to foods/beverages.
- Consider meal replacement bars and shakes.



Drink at least 8 cups of fluid per day (12 cups if you are having chemo).

- Keep a beverage handy at all times to encourage drinking.
- Aim for 1 cup of fluid every hour.
- Use a straw to increase fluid intake.

**For questions or additional nutrition tips contact your
Oncology Dietitian at [319-369-8027](tel:319-369-8027)**

Nutrition Tips

High Calorie, High Protein Meal Ideas

Breakfast Ideas

- Scrambled eggs cooked in butter with cheese, whole wheat toast with extra butter & honey or jam, Super Milk (see recipe), fruit/juice if not too full
- Peanut butter on toast, oatmeal made with extra butter, brown sugar, Super Milk, fruit/juice if not too full
- French toast, pancakes or waffles with extra butter and syrup. Super Milk fruit smoothie (see recipes)



Lunch Ideas

- Grilled cheese sandwich with extra butter and cheese, cream soup made with Super Milk and crackers, Super Milk or fruit/juice
- Peanut butter & jelly sandwich, chips, pudding made with Super Milk, fruit/juice
- Chicken pot pie, full-fat yogurt, fruit/juice
- Egg salad or fried egg sandwich with extra mayo/butter, chips with dip, milkshake made with Super Milk



Supper Ideas:

- Meat, potatoes with extra butter/gravy, vegetables with extra butter or cheese sauce, roll with extra butter and honey or jam
- Chicken and rice casserole, salad with extra dressing, dessert, fruit
- Bean soup, cheese and crackers, dessert, fruit if not too full
- Tuna noodle casserole, vegetables with extra butter, fruit crisp with ice cream
- Breakfast for supper (for example eggs/toast/hash-browns or pancakes/waffles + Super Milk)



Nutrition Tips

High Calorie, High Protein Snack Ideas

- Pudding made with Super Milk
- Cottage cheese (4%) with fruit
- Peanut butter and crackers
- Cheese and crackers
- Nutrition drink (i.e. Ensure Enlive or Boost Plus)
- Smoothie made with Super Milk (see recipes)
- Toast with peanut butter
- Milkshake made with Super Milk
- Hard boiled or deviled egg/extra mayo + fruit
- Full fat yogurt with granola
- Trail mix (nuts, dried fruit, cereal, chocolate chips, M&M's)
- Chex Mix
- Banana with peanut butter: Place peeled banana on plate, spread with peanut butter, eat with fork.



Nutrition Tips

Super Milk

Ingredients:

- 1 quart (4 cups) whole milk
- 1 cup nonfat **instant** dry milk

Directions:

- Pour liquid milk into a deep bowl or pitcher.
- Add dry milk powder. Beat until dissolved.
- Chill and serve cold.

Yields: 1 quart (4 cups).

Serving size: 1 cup

Calories per serving: 210 + flavoring calories (if used).

Protein per serving: 16 grams



Tips:

- Substitute this in any recipe that calls for milk.
- Great in pudding, cereal, milkshakes, cream soups, mashed potatoes, and casseroles.
- Mix with “Instant Breakfast” for total of 340 calories and 21 grams of protein.
- See “Super Milk Flavoring Ideas”.



Nutrition Tips

Supercharged Shakes and Smoothies

Combine, Blend, Enjoy!

Fluid Base	Protein & Fats	Flavor Boosters	Fruits
Start with about 1 cup	Add ¼- ½ cup	Start with small amount (drops or teaspoons)	Add about 1 cup
Whole milk	Peanut butter- try 2 Tbsp.	Flavor extracts: banana, root beer, coconut, raspberry, rum, vanilla, almond, maple, orange, mint	Banana
Super Milk	Protein powder – 1 scoop	Flavored gelatin powder: orange, grape, cherry, strawberry, lime, peach	Berries- any
Fruit juice or concentrate	Yogurt- Greek is thicker	Lemon/ lime juice + sugar	Mango
Soy milk	Ice cream or sherbet	Pumpkin spice, cinnamon, ginger	Pineapple
Ensure or other brand	Nuts -try 1/4 cup	Sugar- white or brown	Peaches
Boost or other brand	Seeds like chia or ground flax- 2 Tbsp.	Malt powder	Pears
Lactose-free milk	Tofu, silken- 1/4 cup	Syrup- choc, caramel, strawberry	Applesauce
	Peanut butter powder- 2 Tbsp.	Maple syrup	Cherries
	Instant nonfat dry milk – ¼ cup	Fruit juice concentrate	Melons
	Carnation Breakfast Essentials	Honey	Oranges
	Cottage Cheese, full-fat	Quik' or cocoa powder	Apples
	Wheat germ- 2 Tbsp.		
	Nut butters- almond, cashew		

Nutrition Tips

Shakes and Smoothies Tips

- Frozen fruit adds thickness and makes your smoothie cold without adding ice. You may need to let frozen fruit thaw a couple minutes depending on your blender.
- Blenders vary. Some ingredients such as apples and kale will not be finely blended depending on your blender strength. You may be able to strain out seeds and chunky pieces with a strainer

Orange Dream Milkshake

- 1 cup Super Milk
 - 1 cup vanilla ice cream
 - 1 scoop protein powder
 - 3 Tablespoons orange juice concentrate
- Blend all ingredients in blender.



Peanut Butter Banana Smoothie

- 1 cup Super Milk
 - 2 Tablespoons peanut butter
 - 1 container (5 oz.) vanilla Greek yogurt
 - Sugar to taste
 - 1 banana, frozen
- Blend all ingredients well in blender.



Cherry-Berry Smoothie

- 1 cup Super Milk
 - 1 container (5 oz.) vanilla Greek yogurt
 - 2 Tablespoons orange juice concentrate
 - Honey to taste
 - 1 cup frozen Cherry Berry blend, partially thawed
- Blend all ingredients well in blender.



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No Blender? No Problem!

“Blenderless” Chia Smoothie

- 1 cup milk (dairy or soy)
- 1/2 cup Greek yogurt
- 2 drops any flavoring extract (vanilla, raspberry, root beer)
- 1 to 2 teaspoons maple syrup or honey
- Dash of spice (like cinnamon, nutmeg, ginger)-optional
- 2 Tablespoons chia seed
- 2 ice cubes



In a plastic shaker cup or jar with lid, combine half the milk and all of yogurt. Seal and shake until the yogurt is smooth (about 15 seconds). Add the rest of the milk and other ingredients, and shake for an additional 30 seconds or so. Let sit for 5 minutes before drinking.

Hints:

- Chia seeds are tiny, but they're full of protein, fiber and healthy fats that give staying power to your smoothie. When chia seeds are added to liquid, they swell into a gel-like substance. This helps thicken your smoothie.
- The ice cubes act like little mini blenders; two of them inside the shaker or jar breaks up the chia seed and keeps them from clumping!
- Another option: pre-made smoothies in grocery store freezer section.



Nutrition Tips

Managing Taste Changes

- Maintain good oral hygiene. Brush your teeth before and after each meal.
- Rinse your mouth with salt water as recommended.
- Choose and prepare foods that look and smell good to you.
- Use plastic utensils if food tastes like metal.
- Eat mints or hard candy; or chew gum to mask bad taste in mouth.
- Marinate meats in sweet fruit juices, salad dressing, barbecue sauce or sweet & sour sauce.
- Flavor foods with herbs, spices, sugar, lemon, and tasty sauces.
- Chilled or frozen foods may be more appealing than warm or hot food.
- If red meats taste bad, try chicken, fish or other meat substitutes such as eggs, peanut butter, beans, and dairy products for protein.



Managing Nausea

- Eat small, frequent meals.
- Try dry crackers or dry toast throughout the day.
- Avoid strongly flavored or strong-smelling foods.
- Don't force yourself to eat foods that don't appeal to you.
- Avoid very hot or very cold foods.



Nutrition Tips

Cheesy Potato Soup

Ingredients:

- 3 medium potatoes, peeled and cubed
- 2 cups chicken broth
- ½ small onion, peeled and chopped
- 2 Tbsp. butter
- 1 Tbsp. flour
- 2 cups Super Milk or whole milk
- 1 cup shredded cheddar cheese
- Salt and pepper to taste



Directions:

- In a heavy saucepan, cook the potatoes in chicken broth with onion until the potatoes are tender.
- Blend the mixture in a blender or processor.
- In the same pan over low heat, melt the butter and stir in flour to make a paste.
- Slowly add the milk, stirring or whisking continuously until the mixture is thoroughly blended and heated through.
- Add the pureed potato mixture and cheese.
- Mix well and season with salt and pepper as desired.

Yields: 4 servings

Serving size: 1 ½ cup

Calories per serving: 463

Protein per serving: 22 grams when prepared with Super Milk

Nutrition Tips

Macaroni, Ham and Cheese Casserole

Ingredients:

- 2 cups dry elbow macaroni
- 6 Tbsp. butter, divided
- ¼ cup flour
- 2 cups Super Milk or whole milk
- 2 cups cooked, smoked ham, cut into ¼ inch chunks
- 2 cups grated cheddar cheese, divided
- 1 tsp. onion powder
- 4 Tbsp. dry bread crumbs

Directions:

- Cook macaroni until tender and drain thoroughly.
- Preheat oven to 375 degrees.
- Heat 4 tbsp. of butter in a large soup pot or Dutch oven over medium heat until melted.
- Add flour and cook, stirring with a wire whisk, until the mixture froths and foams.
- Add milk, whisking 3-4 minutes or until the sauce thickens and is smooth.
- Stir in the macaroni, diced ham, 1 ½ cups of the cheese and the onion powder.
- Butter a large casserole dish and spoon in the macaroni mixture.
- Melt the remaining 2 Tbsp. butter; mix with the remaining ½ cup cheese and bread crumbs.
- Spread the bread crumb mixture evenly over the top.
- Bake for 30 to 40 minutes at 375 degrees.

Yields: 6 cups

Calories per serving: 470

Serving size: 1 cup

Protein per serving: 26 grams

