



Eating Right During Cancer Treatment



**Strength to Fight
Get Back to Life**



Abbott
A Promise for Life

Cancer is Life Changing.

Before, during and even after your treatment, there is something you can do to take back some control.



**Strength to Fight
Get Back to Life**

Introduction to

Eating Right During Cancer Therapy

Nutrition is an important part of cancer treatment. Eating the right types of foods before, during, and after treatment can help you feel better and stay stronger. Chances are, if you are reading this booklet, either you or someone you care about is going through cancer treatment.

Abbott Nutrition has prepared this guide to help cope with treatment side effects that might affect how well you can eat and to address nutrition deficiency if and when it comes up. Also talk with your doctor, dietitian, or nurse who can further explain problems related to your particular condition and help you develop a dietary plan for your special needs.

Benefits of good nutrition

Good nutrition is especially important if you have cancer because both the illness and its treatments can change the way you eat. Cancer and cancer treatments can also affect the way your body tolerates certain foods and uses nutrients. Eating well while you are being treated for cancer might help you:

- Feel better
- Keep up your strength and energy
- Maintain your weight and your body's store of nutrients
- Better tolerate treatment-related side effects
- Lower your risk of infection
- Heal and recover faster

Eating well means eating a variety of foods that will give your body the nutrients needed to help fight cancer. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.



Key Facts

About Cancer Cachexia

Cancer cachexia is a condition characterised by ongoing muscle wasting, with or without the loss of body fat. A prominent feature of cancer cachexia in adults is unintended weight loss.

Cancer cachexia is most commonly seen in patients with solid tumours, such as lung and gastrointestinal cancer. It is associated with poor outcomes for the patient: reduced response to therapy, more complications and infections, lower quality of life and reduced survival.

It is important to recognise that cancer-induced weight loss is different from other types of weight loss – it cannot be reversed simply by consuming additional calories. This is because the tumour causes metabolic changes in the body which alter the way nutrients are used, decrease appetite and increase breakdown of muscles. Hence, therapy for weight loss in cancer patients needs to address these underlying metabolic abnormalities, and should begin as early as possible.



Cancer and Cancer Treatment

May Alter Nutrition Status

When you are healthy, eating enough food to get the nutrients and calories you need is not usually a problem. But when you are being treated for cancer, this is hard to achieve, especially if you have side effects or just don't feel well. So, you might need to change your diet to help build up your strength and withstand the effects of your cancer and its treatment. This may mean eating differently from the normally recommended dietary guidelines when you are in good health. For instance, you may need high-fat, high-calorie foods to keep up your weight, or thick, cool foods like ice cream or milk shakes because sores in your mouth and throat are making it hard to eat anything. The type of cancer, your treatment, and any side effects you have must be considered when you are trying to figure out the best ways to get the nutrition your body needs.

When first diagnosed, your doctor discussed a treatment plan with you. This may have meant surgery, radiation therapy, chemotherapy, hormone therapy, immunotherapy, or some combination of treatments. All of these treatments kill cancer cells. But in the process some healthy cells are also damaged and may cause the following side effects:

- Loss of appetite
- Sore mouth or throat
- Dry mouth
- Dental and gum problems
- Changes in taste or smell
- Nausea
- Vomiting
- Diarrhoea
- Constipation
- Feeling very tired all the time (fatigue)
- Depression

You might or might not have any of these side effects. Many factors determine whether you will have any side effects and how bad they will be. These factors include the type of cancer you have, the part of the body affected, the type and length of your treatment, and the dose of the treatment.

Many side effects can be controlled, and most go away over time after the treatment ends. Talk with your doctor or nurse about your chances of having side effects and what can be done to help control them. After your treatment starts, tell your cancer care team about any side effects that are not being controlled. Inform them if the medicines given to you are ineffective to control side effects, so that others may be considered.

Before Treatment Begins

Until you begin treatment, you won't know exactly what side effects you may have or how you will feel. One way to prepare is to look at your treatment as a time to focus on yourself and on getting well. Here are some other ways to get ready.

Make plans now

You can reduce your anxiety about treatment and side effects by taking action now. Talk to your treatment team about the things that worry you. Learn as much as you can about the cancer and your treatment plan. Planning how you cope with possible side effects can make you feel more in control and ready for the changes that may come.

Here are some tips to help you get ready for treatment:

- Stock your pantry and freezer with your favourite foods so that you won't need to shop as often. Include foods you know you can eat even when you are sick.
- Cook in advance, and freeze foods in meal-size portions.
- Talk to your family or friends about ways they can help with shopping and cooking, or ask one of them to take over those jobs for you.
- Talk to your doctor, nurse or a dietitian about any concerns you have about eating well. They can help you manage side effects like constipation or nausea.



Once Treatment Starts

Eat Well

Your body needs a healthy diet to function at its best. This is even more important if you have cancer. With a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defenses against infection. People who eat well are better able to cope with side effects of treatment. And you may even be able to handle higher doses of certain drugs. In fact some cancer treatments work better in people who are well-nourished and are getting calories and protein.

Snack as needed

During cancer treatment your body often needs extra calories and protein to help you maintain your weight and heal as quickly as possible. If you are losing weight, snacks can help you meet those needs, keep up your strength and energy level and help you feel better.

Tips to increase calories and protein

- Eat several small, frequent snacks throughout the day, rather than 3 large meals.
- Eat your favourite foods at any time of the day.
- Eat every few hours. Don't wait until you feel hungry.
- Eat your biggest meals when you feel the hungriest.
- Try to eat high-calorie, high-protein foods at each meal and snack.
- Exercise lightly or take a walk before meals to increase your appetite.
- Drink high-calorie, high-protein beverages like milk shakes and liquid supplement (see **Nutritional Drinks** on page 18).
- Drink most of your fluids between meals instead of with meals.
- Try homemade or commercially prepared nutrition bars and puddings.

Don't forget about physical activity

Physical activity has many benefits. It helps you maintain muscle mass, strength, stamina, and bone strength. It can help reduce depression, stress, fatigue, nausea, and constipation. It can also improve your appetite. Talk to your doctor about aiming for at least 150 minutes of moderate activity, like walking, each week. If your doctor approves, start small (maybe 5 to 10 minutes each day) and as you are able, work up the goal of 150 minutes. Listen to your body and rest when you need to. Now is not the time to push yourself to exercise. Do what you can when you are up to it.

Managing Eating Problems

Caused by Surgery, Radiation and Chemotherapy

Different cancer treatments can cause different kinds of problems that may make it hard for you to eat or drink. Here are some tips on how to manage nutrition problems depending on the type of treatment you receive.

Surgery

Surgery is done to remove cancer cells and nearby tissue. It is often used with radiation therapy and chemotherapy. After surgery, the body needs extra calories and protein for wound healing and recovery.

Here is a typical example of the steps a person may take to start eating again after surgery:

1st Step: Clear Liquids

Plain gelatin	Clear, carbonated drinks
Sports drinks	Weak tea
Juices	Clear, fat free broth
Strained citrus juices	Bouillon
Fruit ices	Consomme
Popsicles	Strained vegetables
Strained lemonade	Water

2nd Step: Easy-to-digest foods (add to the clear liquids in 1st step)

Plain crackers	White bread, rolls
Instant hot cereal	White rice, noodles and potatoes
Angel food cake	Fruit nectars
All juices	Soft or baked custard
Canned, peeled fruits and vegetables	Plain puddings
Lean beef, fish, skinless chicken or turkey	Plain milk shakes
Steamed, blended broth-based or cream soups	Smooth ice cream or ice milk
Refined cereals	Carton or frozen yogurt
Milk, all types	Pasteurized eggnog

3rd Step: Regular diet

Try to eat smaller, more frequent meals, and add foods as tolerated.

Be careful of foods that cause gas, like beans, melons, cruciferous vegetables (broccoli, cauliflower and cabbage), milk and milk products.

You may not do well with high-fat, greasy or deep-fat-fried foods.

Radiation Therapy

In radiation therapy, radiation is directed at the tumor to kill the cancer cells. While all cells are affected by radiation, most normal cells can usually recover over time. The type of side effects radiation causes depends on the area of the body being treated, the size of the area being treated, the type and total dose of radiation, and the number of treatments. Many side effects contribute to eating problems, yet good nutrition is important during and after what may be several weeks of treatment. The following chart shows possible eating-related side effects of radiation, according to the area of body being treated. Some of these side effects can happen during treatment while others may not happen until after treatment.

Area of body being treated	Eating-related side effects that might happen during treatment	Eating-related side effects that might happen more than 90 days after treatment
Brain, spinal column	Nausea, vomiting	Headache, tiredness
Head or neck: tongue, voice box, tonsils, salivary glands, nasal cavity, pharynx	Sore mouth, hard to swallow or pain with swallowing, change in taste or loss of taste, sore throat, dry mouth, thick saliva	Dry mouth, damage to jaw bone, lockjaw, changes in taste and smell
Chest: lungs, oesophagus, breast	Trouble swallowing, heartburn, tiredness, loss of appetite	Narrowing of the oesophagus, chest pain with activity, enlarged heart, inflammation of the pericardium (the membrane around the heart), lung scarring or inflammation
Belly (abdomen): large or small intestine, prostate, cervix, uterus, rectum, pancreas	Loss of appetite, nausea, vomiting, diarrhoea, gas, bloating, difficulty tolerating milk products, changes in urination, tiredness	Diarrhoea, blood in urine or bladder irritation

Side effects usually start around the 2nd or 3rd week of treatment and peak about $\frac{2}{3}$ of the way through treatment. After radiation therapy ends, most side effects last 3 or 4 weeks, but some may last much longer.

Chemotherapy

Chemotherapy is the use of strong drugs to kill cancer cells. The drugs are most often taken by mouth or injected into the bloodstream. Chemotherapy drugs can damage both healthy and cancer cells. Cells most likely to be injured are bone marrow, hair and the lining of the digestive tract, including the mouth, oesophagus, stomach, and intestines.



Cancer Treatment: Handling Side Effects

Treatment and cancer itself often result in uncomfortable side effects that affect the desire and the ability to eat. If you experience these problems, these tips might make eating easier and more appealing. Remember, good nutrition is part of your treatment and your feeling of well-being.

If You ...

Have changes in your sense of taste and smell

You Can ...

- Serve foods cold or at room temperature. This can decrease the food's tastes and smells, making them easier to tolerate.
- Season foods with tart flavours (lemon, other citrus fruit, vinegar) or sweet flavours (sugar, honey, syrup) depending on the taste problem.
- Chew lemon drops, mints or gum to remove lingering taste. (Avoid sugarless gums if you have diarrhoea.)
- If a food tastes too sweet, add salt or a sour flavour to counteract the sweetness. If a food is too sour, adding sugar may help.
- Rinse your mouth with tea, ginger ale, salted water or water with baking soda before eating to clear your taste buds.
- Rinse your mouth and brush your teeth frequently to help with a bad taste in your mouth.

Have a poor appetite

- Eat five or six small meals instead of three larger meals.
- Make the meal more enjoyable with flowers and nice dishes. Play music or watch your favourite television show. Eat with family or friends.
- Keep snacks handy to eat when you're hungry: hard-boiled eggs, peanut butter, cheese, ice cream, granola bars, puddings, crackers and nutritional drinks.
- Eat high-calorie, high-protein foods at meals and snacktime.
- Ask your doctor what can be done to help relieve constipation, nausea, pain or any other side effects you have.

If You ...

Feel constipated

You Can ...

- Try to stick to regular routines: eat at the same times each day, and try to be regular with bowel movements.
- Drink 8 to 10 cups of liquid daily. Try water, prune juice, warm juice, tea and hot lemonade.
- If you feel gassy, limit gas-producing foods such as carbonated drinks, broccoli, cabbage, cauliflower, cucumbers, legumes (beans) and onions. To keep from swallowing air, drink through a straw, limit talking while you eat and avoid chewing gum.
- Eat high-fibre bulky foods such as whole grain products, fruits and vegetables (skin on), popcorn and legumes.
- Eat breakfast with a hot drink and high-fibre breads and cereals.
- Talk to your dietitian about a high-calorie, high-protein, fibre-containing liquid supplement.
- Use laxatives only with your doctor's advice. Check with your doctor if you haven't had a bowel movement for three days or more.

Have diarrhoea

- Drink plenty of mild, clear liquids throughout the day to prevent dehydration. Drink them at room temperature.
- Eat small, frequent meals and snacks during the day.
- Avoid high-fibre, high-fat (greasy, fried), spicy or very sweet foods. When diarrhoea is over, gradually eat foods with more fibre.
- Limit milk products if you seem to have problems with milk during the period of diarrhoea.
- Avoid gas-producing foods. (See tips for dealing with constipation.)
- Drink and eat foods high in sodium and potassium.
- Eat foods high in pectin (a type of fibre) such as applesauce, potatoes, oatmeal, rice and bananas.
- Call your doctor if diarrhoea persists or increases, or if your stools have an unusual colour or odour.
- Drink at least 1 cup of liquid after each loose bowel movement.
- Limit sugar-free gums and candies with sorbitol.

If You ...

Have mouth ulcers or throat infection

You Can ...

- Avoid tart, acidic or salty beverages and foods.
- Avoid rough-textured foods such as dry toast, crackers, granola and raw fruits and vegetables.
- Choose cool or lukewarm foods.
- Avoid alcohol, caffeine, carbonated beverages and tobacco.
- Skip irritating spices such as chilli powder, cloves, curry, hot sauces, nutmeg and pepper. Season with herbs instead.
- Eat soft, bland, creamy foods such as cream soups, cheese, yoghurt, mashed potatoes, cooked cereals, casseroles, milk shakes and commercial liquid supplements.
- Blend and moisten dry or solid foods.
- Puree or liquefy foods in a blender to make them easier to swallow.
- Tilt your head back and forth to help foods and liquids flow to the back of your throat for easier swallowing.
- Drink through a straw to bypass mouth sores.
- Eat high-protein high-calorie foods to speed healing.
- Avoid using mouthwashes that contain alcohol (which will cause burning).

Feel nauseous and queasy

- Eat 6 to 8 small meals a day instead of three larger ones.
- Eat dry foods such as crackers or dry cereals when you awaken every few hours.
- Choose foods that don't have a strong odour, eat foods that are cool not icy cold or hot.
- Avoid foods that are overly sweet, fatty, fried or spicy.
- Sit up or recline your head slightly for an hour after eating.
- Sip clear fluids - water, juice, weak tea - throughout the day.
- Talk to your doctor about anti-nausea medication.
- Try bland, soft, easy-to-digest foods on treatment day, perhaps chicken noodle soup with salted crackers.
- Eat in a cool room without cooking odours or other aromas. Perhaps grill or cook outside.
- Rinse your mouth before and after meals.
- Suck on hard candy to remove bad tastes in your mouth.
- Drink 8 or more cups of fluids daily if you can and an additional $\frac{1}{2}$ to 1 cup for each vomiting episode. Sip fluids thirty to sixty minutes after eating solid food.

If You ...

Have indigestion and bloatedness

You Can ...

- Eat small frequent meals throughout the day. Drink your beverages between meals, rather than during meals.
- Avoid overeating and chew food thoroughly before swallowing.
- Eat foods high in protein e.g. meat, fish, eggs, tofu. Proteins help the stomach empty quickly and reduce the feeling of fullness.
- Avoid fried and greasy foods. Fat stays in your stomach longer and makes you feel full. Avoid spicy and hot food, coffee and alcohol as they may trigger heartburn. Milky drinks may help relieve it (see **Nutritional Drinks** on page 18).
- Do mild exercises e.g. Walking after meals may relieve distension
- Certain foods tend to cause gas formation. They are:
 - Carbonated beverages e.g. soft drinks
 - Milk and milk products (not lactose-free) e.g. cheese, ice cream
 - Certain fruits e.g. apples, pears, peaches
 - Legumes and lentils e.g. beans, peas
 - Vegetable e.g. cabbage, cauliflower, garlic, onionsHowever, if these foods are tolerated, you can continue to enjoy them.

Have trouble chewing

- Get advise from your healthcare professional on special eating techniques.
- Drink 6 to 8 cups of fluids daily, thickened to a consistency right for you.
- Report any coughing or choking while eating to your doctor right away, especially if you have a fever.
- Eat small, frequent meals.
- Chop or puree your food in a blender or food processor.
- If thin liquids are recommended for you, try these: coffee, tea, soft drinks, liquid nutritional drinks (see **Nutritional Drinks** on page 18), sherbet, broth and think cream-based soups.
- If thick liquids are recommended for you, try these: buttermilk, eggnog, milk shakes, yogurt shakes and ice cream.
- Ask a dietitian to recommend thickening products and help you to know how to use them: gelatin, tapioca or flour, commercial thickeners, pureed vegetables, instant mash potatoes, baby rice cereal.

If You ...

Have a dry mouth
or thick saliva

You Can ...

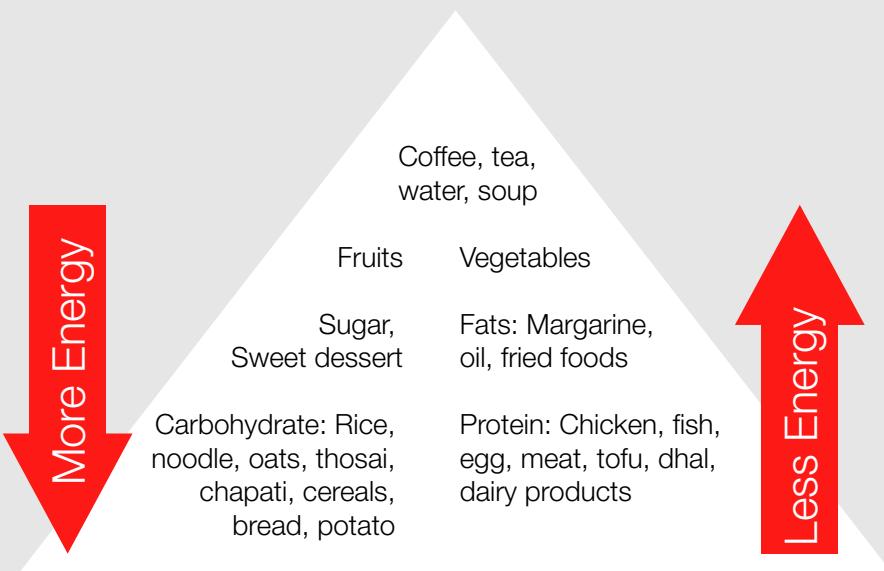
- Drink 8 to 10 cups of fluids daily to loosen mucus. Take a water bottle with you when away from home.
- Drink liquids through a straw.
- Eat soft, bland foods cold or at room temperature. Try blended fruits and vegetables, soft cooked chicken and fish, well-thinned cereals, popsicles, slushies, smoothies and liquid nutritional drinks (see **Nutritional Drinks** on page 18).
- Moisten foods with broth, soup, sauce, gravy, butter or margarine.
- Suck on sour lemon drops, frozen grapes, popsicles or ice chips. Avoid chewing ice cubes that can damage your teeth.
- Keep your mouth clean with a soft bristle toothbrush. Rinse your mouth before and after eating with water or a mild mouth rinse (1 quart of water, $\frac{1}{2}$ teaspoon of salt and 1 tablespoon of baking soda). Floss regularly.
- Avoid commercial mouthwashes, alcoholic and acidic beverages and tobacco.
- Limit caffeinated drinks and foods that have a diuretic effect: coffee, tea, cola, chocolate.
- Moisten room air with a cool mist humidifier. Keep it clean to avoid the spread of bacteria.



Weight Loss

Weight loss results from not being able to eat enough food to meet your daily nutritional requirements. Early satiety, loss of appetite, nausea, vomiting other nutrition-related problems can hinder food intake. If you are losing weight, you may find the following tips useful in helping you gain or maintain your weight.

Tips to prevent weight loss



- The above chart gives you a general guide on what food to consume more of so as to boost your energy intake. Increase the amount of protein foods in your diet first, then the amount of carbohydrate foods and sugar, and lastly the amount of fat. Eating extra amount of fats and sugar is an easy way of boosting your calories but check with your doctor or dietitian first if you have diabetes or heart disease.
- Use the ‘adding’ principle to enrich the foods you eat.
 - Add minced meat, fish, egg or tofu to porridge
 - Beat an egg into your chicken soup
 - Spread margarine, cheese spread, peanut butter or kaya on crackers
 - Add condensed milk, sugar or raisins to oats
 - Add tuna, ham, sardine, cheese or eggs to bread
- If you do not feel hungry, have small frequent snacks throughout the day.

- Try to make every mouthful you eat and drink count. There are nutritional drinks to boost your energy intake instead of plain water or clear soup. These nutritional drinks (see **Nutritional Drinks** on page 18) can be milk-based and/or non-milk based. There are lactose-free nutritional drinks available for those who have lactose intolerance. Most taste better when chilled and if you find the milk-based ones too sweet, you can add coffee or cocoa powder.
- If weight loss persists, consult your doctor and dietitian.

Safety Considerations

- Inform your doctor if you intend to use herbal products and supplements or have already started using them even before your conventional cancer treatment.
- Ask your doctor and dietitian for reliable information on these products. They can discuss with you about any study that has been done and whether or not the treatment is safe or would interfere with your treatment.
- Check the product labels for both the quantity and concentration of active ingredients contained in each product.
- Discuss your nutritional needs with a dietitian who can give you suggestions on how to modify your diet so that you can get all the nutrients that your body needs.



When you need a nutritional boost



Use ProSure® under medical supervision. For supplemental or sole-source nutrition.

This section contains product-specific information for cancer patients.

Nutritional Drinks

Nutritional drinks such as ProSure® are excellent and convenient way to supplement your diet and increase intake of calories, protein, and other vital nutrients. Ask your doctor, dietitian, or nurse to recommend supplemental nutritional drinks to boost your calorie and protein intake if you are unable to eat enough food.

Clinical studies among people with cancer have shown that drinking 2 servings of ProSure®, daily as part of overall care, promoted weight gain, helped build muscle, increased physical activity, increased strength, decrease in the rate of hospital admission due to infection and improves chemotherapy tolerability in those who gained weight ¹⁻⁶

What is in **ProSure®**

Energy-dense, high protein nutrition with EPA, for people with cancer-induced weight loss.

- EPA (omega-3 fatty acid) 1.1g/240ml
- Energy dense 300 kcal/240ml
- High protein 16g/240mg
- FOS 2.6g/240ml
- Fibre 2.3g/240ml
- 28 vitamins and minerals
- Medium-chain triglycerides (MCT)
- Lactose-free and gluten-free



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6. Bauer J, et al. Support Care Cancer 2005; 13: 270-274
7. American Cancer Society: Nutrition for the person with cancer during treatment: A guide for patients and families <http://www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/nutritionforthepersonwithcancer/index>
8. American Dietetic Association: Complete Food and Nutrition Guide 2nd Edition: Roberta Larson Duyff 2002

ProSure® Recipes

ProSure® With Cereals and Berries

Makes 2 Servings

Ingredients:

- 435 mL vanilla-flavored ProSure®
- 4 strawberries
- 1 kiwi fruit
- 8 blueberries
- 30 g any healthy cereals

Directions:

Chill ProSure®. Rinse strawberries with filtered water and dice them. Peel and rinse kiwi fruit with filtered water and dice them. Rinse blueberries in filtered water and cut into halves. Place chilled ProSure® in a cereal bowl and add in desired cereal. Stir well. Top with mixed berries and serve immediately.



Approximate Nutritional Information (per serving)

Calories	363 kcal
Protein	17 g
EPA (an omega-3 fatty acid) from ProSure®	0.98 g

ProSure® Recipes

Steamed Egg With ProSure®, Honshimeiji Mushrooms and Spring Onion

Makes 2 Servings

Ingredients:

- 270 mL vanilla-flavored ProSure®
- 110 g egg
- 25 g Honshimeiji mushrooms
- 2 g spring onion
- A pinch of sea salt

Directions:

In a large bowl, beat eggs, ProSure® and salt together. Pour into desired mould or bowls. Cover with cling wrap and steam for 15 minutes. Blanch mushrooms and arrange them on top of the steamed egg. Garnish with spring onion and serve.



Approximate Nutritional Information (per serving)

Calories	255 kcal
Protein	16 g
EPA (an omega-3 fatty acid) from ProSure®	0.61 g

ProSure® Recipes

Warm Cauliflower Soup

Makes 2 Servings

Ingredients:

- 500 g cauliflower
- 500 mL water
- 180 mL vanilla-flavored ProSure®
- 8 g sea salt
- 50 g onion
- 20 g olive oil

Directions:

Cut cauliflower into small florets and slice onions. Heat olive oil in a pot and stir-fry onion till fragrant. Add in cauliflower and cook for 3 minutes. Add in water and simmer for 20 minutes. Transfer soup to a blender and blend well. Transfer soup to a clean pot and add in ProSure®. Bring to boil for 1 minute. Serve warm.



Approximate Nutritional Information (per serving)

Calories	275 kcal
Protein	11 g
EPA (an omega-3 fatty acid) from ProSure®	0.41 g

ProSure® Recipes

Tasty Thai Chicken Coconut Soup

Makes 2 Servings

Ingredients:

- 570 mL (19 fl-oz) can ready-to-serve chicken noodle soup
- 240 mL (1 cup) light coconut milk
- 226 g (8 oz) firm tofu (diced)
- 240 mL (1 tetra pack) vanilla-flavoured ProSure®
- 5 mL (1 tsp) Thai chili paste with garlic
- 1 lime
- Scallion or cilantro

Directions:

Combine chicken noodle soup, coconut milk and tofu in a large saucepan and bring to slow boil, stirring often, for about 7 minutes. Stir in ProSure®, the juice of 1 lime, and Thai chili paste with garlic. Gently warm and serve with sliced scallion or chopped cilantro.



Approximate Nutritional Information (per serving)

Calories	495 kcal
Protein	21 g
EPA (an omega-3 fatty acid) from ProSure®	0.5 g

ProSure® Recipes

Charming Chicken and Rice Congee

Makes 2 Servings

Ingredients:

- 960 mL (4 tetra packs) vanilla-flavoured ProSure®
- 150 g (1 cup) chopped chicken meat
- 133 g (1 cup) bok choy (coarsely chopped)
- 95 g (½ cup) rice (uncooked)
- 6 g (1½ tsp) fresh ginger (grated)
- 7.5 mL (1½ tsp) soy sauce
- 6 shitake mushrooms
- 2 cloves garlic (crushed)
- Salt and pepper to taste

Directions:

Place all the ingredients in a slow-cooker and cook on low for 6 hours

OR place all ingredients in a pan and simmer gently until done. Add more or less of the seasonings to taste.



Approximate Nutritional Information (per serving)

Calories	947 kcal
Protein	53 g
EPA (an omega-3 fatty acid) from ProSure®	2.2 g

ProSure® Recipes

Corn-fed Chicken Breast with Boiled Garlic and ProSure® Potato Mash

Makes 2 Servings

Ingredients:

- 300 g fresh chicken breast
- 20 g broccoli (cut into florets)
- 20 g cauliflower (cut into florets)
- 30 g tomatoes (deseeded, diced)
- 60 g pea sprouts
- 110 mL vanilla-flavoured ProSure®
- 10 g garlic (quartered)
- Some olive oil
- 4 g sea salt
- Pinch of pepper
- 100 g potato (peeled, diced)

Directions:

Poach garlic in ProSure® for 15 minutes till soft. Set aside garlic and keep the milk. Season chicken breast with a little sea salt and pepper; and pan-fry over medium heat with a little olive oil. Set aside. Blanch broccoli and cauliflower florets in boiling water and cool in ice water. Combine with 5 mL of olive oil and diced tomatoes to form the salsa. Saute pea sprouts with a little olive oil, salt and pepper. Boil potatoes and ProSure® together. Mash the mixture. To assemble, place ProSure® potato mash on the centre of the plate. Arrange chicken breast on the mash and garnish with pea sprouts, garlic and the prepared salsa.



Approximate Nutritional Information (per serving)

Calories	319 kcal
Protein	40 g
EPA (an omega-3 fatty acid) from ProSure®	0.25 g

ProSure® Recipes

Baked Salmon with Parsley and Cracker Crust

Makes 2 Servings

Ingredients:

- 2 x 140 g salmon fillet (skin removed)
- 70 g celery (cut into 4cm sticks)
- 200 g chicken stock
- 5 g coriander (finely chopped)
- 15 g biscuit crackers (crushed)
- 220 mL vanilla-flavoured ProSure®
- 4 g sea salt
- 2 g pepper
- 5 g olive oil

Directions:

To prepare ProSure® reduction, place ProSure® in a sauce pot and bring to boil, and then simmer for 10 minutes. Set aside. Braise celery sticks in chicken stock for 15 minutes and set aside. Combine coriander with crushed crackers. Season salmon with sea salt and pepper, and bake in the oven for 180°C for 7 minutes. Cover the surface of the salmon with the coriander and cracker mixture. Pour ProSure® reduction on a serving plate. Place braised celery in the centre and salmon on top. Serve hot.



Approximate Nutritional Information (per serving)

Calories	422 kcal
Protein	39 g
EPA (an omega-3 fatty acid) from ProSure®	0.75 g

ProSure® Recipes

ProSure® Orange Pana Cotta

Makes 4 Servings

Ingredients:

- 130 g cream
- 200 g orange-flavoured ProSure® powder
- $\frac{1}{8}$ vanilla pod
- 1½ gelatin leaves
- 35 g sugar

Directions:

Soak gelatin leaves in ice water to bloom for 15 minutes. Squeeze dry. Bring cream and vanilla pod to boil. Stir in bloomed gelatin and sugar. Turn off heat and set aside to cool to room temperature. Add in ProSure® and stir well. Transfer to a desired mould and set in the fridge till firm. Lightly dip mould into warm water to remove from mould. Serve with fresh mixed berries.



Approximate Nutritional Information (per serving)

Calories	312 kcal
Protein	12 g
EPA (an omega-3 fatty acid) from ProSure®	0.74 g

ProSure® Recipes

Mango Pudding

Makes 4 Servings

Ingredients:

- 120 g mango puree
- 75 mL evaporated milk
- 90 mL water
- 36 g sugar
- 4 pcs gelatin leaves
- 110 mL vanilla-flavoured ProSure®
- Some fresh mango slices
- Some fresh mango puree
- 2 pcs dried cranberry

Directions:

Soak gelatin leaves in ice water to bloom for 15 minutes. Squeeze dry. Bring mango puree, evaporated milk, water, sugar to boil. Stir in gelatin and stir till gelatin dissolves. Cool the mixture to room temperature before adding in ProSure®. Transfer the mixture to a desired porcelain bowl and chill in the fridge till set and firm. Decorate with mango slices, fresh mango puree and chopped cranberries.



Approximate Nutritional Information (per serving)

Calories	115 kcal
Protein	5 g
EPA (an omega-3 fatty acid) from ProSure®	0.12 g

ProSure® Recipes

Eggless Chocolate Mousse

Makes 4 Servings

Ingredients:

- 130 g bitter sweet chocolate (chopped)
- 30 g sugar
- 50 g fresh cream
- 110 mL vanilla-flavoured ProSure®
- 100 mL fresh whipping cream (chilled)
- Some fresh mint leaves
- Some fresh raspberries
- Some chocolate shavings

Directions:

Rinse mint leaves and raspberries with filtered water, drain and set aside. Whisk fresh whipping cream to soft peak and keep aside. Meanwhile, boil fresh cream and sugar. Stir it into the chopped chocolate slowly to form a liquid paste. Fold in whipped cream, followed by ProSure®. Transfer into decorative glasses. Set in chiller overnight. Decorate with chocolate shavings, raspberry and mint leaves before serving.



Approximate Nutritional Information (per serving)

Calories	284 kcal
Protein	49 g
EPA (an omega-3 fatty acid) from ProSure®	0.17 g

ProSure® Recipes

Full-of-flavour Fruit Smoothie

Makes 1 Serving

Ingredients:

- 240 mL (1 tetra pack) vanilla-flavoured ProSure®
- 10 whole strawberries
- Sweetener to taste

Directions:

Pour ProSure® into an ice cube tray and freeze. Clean and freeze strawberries. Blend the frozen ProSure and strawberries in a blender until the mixture reaches the desired consistency. Sweeten to taste.



Approximate Nutritional Information (per serving)

Calories	348 kcal
Protein	16 g
EPA (an omega-3 fatty acid) from ProSure®	1.1 g

ProSure® Recipes

Green Tea Parfait

Makes 4 Servings

Ingredients:

- 2 egg yolks
- 40 g sugar
- 15 mL water
- 2 g gelatin leaves
- 125 mL whipping cream
- 125 mL vanilla-flavoured ProSure®
- 4 g organic green tea powder
- Some gold leaves

Directions:

Soak gelatin leaves in ice water to bloom for 15 minutes. Whip up the cream to achieve soft peak and keep aside. Whisk egg yolks, water and sugar on a hot water bath till light and creamy. Add in gelatin and bring the mixture to room temperature. Stir in ProSure®, then fold in cream. Transfer the mixture into ice cream stick moulds and set in the freezer before serving. Garnish with gold leaves.



Approximate Nutritional Information (per serving)

Calories	131 kcal
Protein	4 g
EPA (an omega-3 fatty acid) from ProSure®	0.14 g



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