

High and Low Fiber Diet

	Low Fiber	High Fiber
Breads, cereals, rice, pasta	Cream of wheat, grits, white bread, pancakes, waffles, white pasta, white rice, cereals: rice and corn, saltines	Whole wheat bread, pumpernickel bread, brown rice, oatmeal, cereals: oat and bran or with nuts or seeds, whole wheat pasta
Fruit	Fruit without skin or seeds, banana, melons, applesauce, canned fruit (except canned pears and pineapple), fruit juice without pulp	Prunes, all other raw fruits, berries, raisins
Vegetables	Cooked fresh, frozen, or canned vegetables such as asparagus, carrots, beets, cucumbers, green beans, squash, spinach, tomato sauce, potato without skin	All other raw vegetables, sauerkraut, peas, winter squash, and corn
Dairy products	Whole, low fat, or fat free milk, cheese, yogurt, custard, or pudding (limit to 2 cups/day)	Yogurt with nuts or seeds
Meat, poultry, fish, eggs, beans, and nuts	Creamy peanut butter, eggs, beef, lamb, chicken, turkey, fish	Beans and lentils, crunchy peanut butter, nuts, and seeds

*avoid coconut and coconut oil

Foods that cause intestinal gas:

- milk products
- high fiber cereals
- beans, cabbage, brussels sprouts, broccoli, asparagus, onion, artichoke
- apples, peaches, pears, prunes
- carbonated beverages
- beer, wine, cider, fruit juice
- sugar-free candy and gum (sorbitol)
- eating too fast

To reduce intestinal gas:

- reduce intake of gas producing foods
- eat slowly to reduce the amount of air swallowed
- try over-the-counter medications

For more information or further recommendations contact your Registered Dietitian
Keri Ryniak, RD, CSO, CNSC at 443-849-8186

Poor Appetite or Weight Loss

Loss of appetite and changes in your eating habits may occur as a result of cancer and its treatment. Having a sufficient intake of calories, protein, and fluids is how your body works best. Undergoing cancer treatment is not the appropriate time for weight loss. Weight loss affects your immune function, healing, and may cause weakness and fatigue. Eating as well as you can is an important part of taking care of yourself during cancer treatment.

What to Do

- Eat small meals or snacks every 2-3 hours.
 - Hard-cooked eggs
 - Peanut butter and jelly sandwich
 - Cheese or peanut butter crackers
 - Ice cream, pudding, yogurt
 - Granola bars or trail mix
 - Canned tuna or chicken with mayonnaise
 - Mini bagel with cream cheese
- Set an alarm as a reminder to get something to eat or drink
- Keep nonperishable snacks such as chocolate and nuts around the house.
- Keep high-calorie, high-protein snacks on hand.
- Eat your favorite foods any time of the day; if you like breakfast foods, eat them for dinner.
- Start with small, dessert sized plates and go back for more if desired.
- Drinking large amounts of water may curb your appetite. Drink most of your liquids between meals. Use small sips of liquid if needed to help swallow for dry mouth.
- Limit intake of low calorie beverages. Instead, choose caffeine-free, caloric beverages such as fruit or vegetable juice, Gatorade, ginger ale, milk, etc.
- Add commercial liquid supplements in between meals as snacks. (Ensure, Boost, Glucerna, Carnation Instant Breakfast)
- Be as physically active as possible. Start off slow and gradually increase your activity as you feel stronger.
- Make eating more enjoyable by setting the table with pretty dishes and playing your favorite music, watching television, or visiting with friends.
- Save time and energy by using prepared foods. Chose frozen meals, canned soups, canned fruit, or take out.



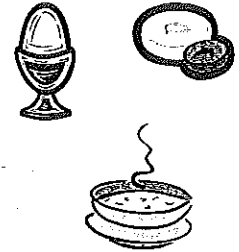
High Calorie, High Protein Foods

Milk products:

- Eat cheese on toast or with crackers.
- Add grated cheddar cheese to baked potatoes, vegetables, soups, noodles, and meat.
- Use milk for cooking in place of water for cereal and cream soups. Include cream sauces on vegetables and pasta.
- Add powdered milk to cream soups and mashed potatoes, puddings and casseroles.
- Add yogurt or cottage cheese to favorite fruits or blended smoothies.

Eggs:

- Keep hard-cooked eggs in the refrigerator.
- Chop and add to salads, casseroles, soups, and vegetables.
- Make a quick egg salad.
- All eggs should be well cooked to avoid the risk of harmful bacteria.



Meats, poultry, and fish:

- Add leftover cooked meats to soups, casseroles, salads, and omelets.
- Mix diced and flaked meat with sour cream and spices to make dip.

Beans, legumes, nuts, and seeds:

- Sprinkle seeds or nuts on desserts such as fruit, ice cream, pudding, and custard.
- Also serve on vegetables, salads, and pasta.
- Spread peanut butter on toast and fruit or blend in a milkshake.

Snacks, Desserts:

- Mix commercial supplements with ice cream or mix fruit with yogurt for a smoothie
- Glass of whole milk with cookies
- Add whipped cream to fruit, jello, or pudding
- Custard and pudding come in small single-servings packs



Extra calories:

- Use full fat products such as milk, yogurt, etc.
- Add 2 tbsp dry milk powder to increase protein and calorie content of: cereal, soup, hamburgers, cottage cheese, casseroles, yogurt, eggs, mashed potatoes
- Melt extra butter or margarine into warm foods, like potatoes, rice, vegetables, etc.
- Add sour cream or gravy to food for extra flavor and calories.
- Use extra mayonnaise in tuna and chicken salad, butter on bread or toast, dressing on salad.
- Add crackers, oatmeal, rice, or barley to soups, add croutons to salads.
- Add whipped cream to your coffee, cake, or ice cream.

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Changes in Taste and Smell

Cancer and its treatments can cause changes in your senses of taste and smell. These changes can affect your appetite and the amount you are able to consume. If you are having these problems, try different foods, marinades, spices, and ways of preparing.

Don't give up on certain foods. What tastes bad today may taste OK tomorrow.

For taste changes:

- Use plastic utensils, chopsticks or Chinese soup spoons.
- Cook using stainless steel or glass (instead of aluminum or cast iron)
- Drink out of a cup of different material (i.e., glass, plastic, or ceramic).
- Many foods taste better cold or at room temperature.
- Try sugar-free lemon drops, sour balls, gum, or mints.
- Try fresh or frozen fruits and vegetables instead of canned.
- Tart flavors, such as sherbet and sorbet may taste better or may cover up a metallic taste.
- Season foods with tart flavors such as lemon wedges, lemonade, citrus fruits, and vinegar.
- Add vinegar to creamy salad dressing or mayonnaise.
- Horseradish or flavored mustards add flavor if you do not have mouth sores.
- Experiment with herbs, spices, and marinades. Try onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, catsup, or mint.
- Freeze and eat fruits such as cantaloupe, grapes, oranges, and watermelon.
- Blend fresh fruits into shakes and smoothies with ice cream, sherbet, or yogurt.
- Add 1 to 2 teaspoons of finely ground, decaffeinated coffee to a chocolate or vanilla liquid supplement. This will cut the sweetness and give the shake a 'mocha' flavor.
- Rinse your mouth with baking soda mouthwash before eating to help improve the taste of foods. (Mix $\frac{3}{4}$ teaspoon salt and 1 teaspoon baking soda in 1-quart water)
- Keep your mouth clean and brush your teeth with non-mint-flavored toothpaste.



To improve smells:

- Cover beverages and drink through a straw.
- Choose cold foods or those that do not need to be cooked.
- Avoid eating in rooms that are stuffy or too warm.
- Don't be present in the kitchen when food is being prepared.
- Eat outside of the kitchen to avoid smells or wait until food is slightly cool before entering.

F.A.S.S.

"Enhancing Flavor and Dealing with Taste Changes"

Use this method to improve flavor and taste if you are experiences taste changes associated with cancer treatment.



Fat – olive oil
Acid – lemon
Salt – sea salt
Sweet – maple syrup



- Acid and salt add high notes (add a punch)
- Fat and sweet add roundness and fullness
- Choose real maple syrup – not what we purchase to use on pancakes
 - Taste while cooking, taste and add as you go along
- After your meal is prepared, if it is not appealing, add a pinch of sea salt, pepper, or a squeeze of lemon or drop of maple syrup.
 - A little goes a long way, start small and add more if needed.

Developed by Rebecca Katz, chef and author of *One Bite at a Time*

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Fluids and Hydration

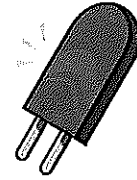
Fluids are important to:

- flush your kidneys following chemotherapy
 - prevent dehydration and constipation
- allow your body to process nutrients effectively



Signs you are not getting enough fluids:

- dizziness and fatigue
- dark yellow urine
- dry mouth and skin



What counts as a fluid?

Anything that is liquid at room temperature and without alcohol counts as a fluid. Small amounts of caffeine are OK.

water	ice cream	sorbet
decaf coffee/tea	fruit flavored drinks	lemonade
caffeine-free sodas	pudding	pasteurized eggnog
fruit juice	popsicles	soup
vegetable juice	Italian ice	milkshakes
sports drinks	milk, soy, rice milk	smoothies
jello	sherbet	liquid supplements

Don't wait until you are thirsty to take a drink.
Keep a drink with you at all times to prevent dehydration.

An easy way to calculate your fluids needs is to divide your body weight in half. This is the amount, in ounces, that you should drink each day. 8 ounces = 1 cup

My fluid goal is: _____ ounces/day

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Shakes and Smoothies

Milkshakes and smoothies are a great way to incorporate additional calories, protein, and hydration to your daily intake. Drink them as a snack or as a meal replacement.

Tips:



- NEVER use raw eggs in a smoothie (pasteurized egg substitutes are OK)
 - Wash all raw fruit and vegetables before using
 - Instead of milk, try soy milk, rice milk, almond milk, or oat milk
 - For a tart, less-sweet shake, add frozen cranberries, lemon or lime juice
 - For extra calories and protein add a commercial supplement (Ensure, Boost, etc) (Ensure Plus, Boost plus, Carnation Instant Breakfast, soy or whey protein powder)
 - Or use fortified milk (1/3 cup dry, powdered milk mixed with 8-10 oz. milk)
 - Make it easy by using frozen fruit

Standard Milkshake

½ cup ice cream
1 cup milk



Enriched Milkshake

½ cup ice cream
1 cup milk
1 cup commercial supplement

Orange Julius

1 cup frozen orange juice concentrate
1 cup dried milk powder
2 cups Water
½ cup sugar
1 tsp Vanilla extract

Berry Smoothie Delight

1 ripe banana
1 cup milk or juice
1 cup frozen berries
½ cup plain yogurt or soy yogurt



Hawaiian Float

2 tbsp orange-pineapple juice
¼ pkg. Vanilla Instant Breakfast
¼ cup ice water
½ cup evaporated milk
¼ cup lime sherbet

Chocolate Peanut Butter Smoothie

1 cup chocolate commercial supplement
3 tbsp smooth peanut butter
½ banana
ice cubes
1 cup milk (or more for desired consistency)

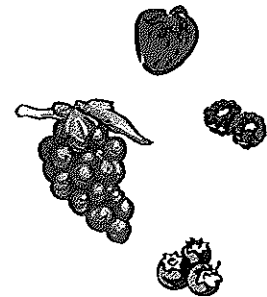
Spruce up your smoothie

- Protein- whey protein, Greek yogurt, silken tofu
 - add a dollop of honey or vanilla
- almond butter, coconut or avocado to add calories
 - mix green vegetables with fruit

Nutrition & Gynecologic Cancers



*What is important?
Eating Well
Healthy Body Weight
Physical Activity*



What is Eating Well?

- Choose a plant-based diet
(2/3 of plate should be filled with vegetables, fruit, whole grains, and beans)
- Limit red meat (beef, pork, and lamb) to less than 18 ounces cooked meat per week
- Choose low fat dairy (low fat milk, yogurt and cheese)
- Limit processed meats to special occasions (bacon, hot dogs, salami, sausage, lunchmeat)
- Choose whole grains (oats, bran, wheat, brown rice, beans)
- Choose a variety of fruits and vegetables (5-7 servings per day)

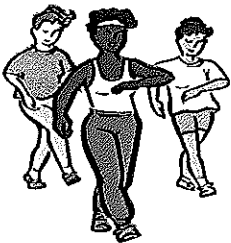


What is a Healthy Body Weight?

- If overweight, the first goal is to prevent further weight gain
- If you lose weight, a few suggestions to improve success
 - reduce intake of sugary beverages- eat your calories, don't drink them
 - increase physical activity- small bursts of 10 minutes, a few times a day helps
 - consume adequate water to reduce hunger- most women need 64 ounces per day

How much Physical Activity is needed?

- 30 minutes or more every day (American Institute for Cancer Research)
 - start with an attainable goal of 10 minutes every day and slowly increase
 - take the stairs instead of elevator
 - park at the back of the parking lot
 - take a walk at lunchtime
 - housework or yard work: dusting, vacuuming, gardening
 - remember that any activity is beneficial



For an individual consultation to assist with weight loss goals or to make healthy eating and lifestyle changes, please contact me. There is no charge for this service.

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Nutrition & Gynecologic Cancers

Treatment Related Nutrition Side Effects

Loss of appetite and changes in your eating habits may occur because of cancer and its treatment (surgery, chemotherapy, radiation). Having a sufficient intake of calories, protein, and fluids is how your body works best. Unnecessary weight loss may affect your immune function, healing, and may cause weakness and fatigue. Unnecessary weight gain during treatment may add extra pounds that are difficult to lose after treatment. Eating as well as you can be is an important part of taking care of yourself during cancer treatment.

Changes in digestion and bowel movements:

What is diarrhea? Increased frequency of loose bowel movements, occurring 3 or more times a day for a few days in a row. 1-2 loose stools a day is less of a concern. Diarrhea can also occur within 30 minutes of eating. If you are experiencing these symptoms, cramping or dizziness, contact your medical team. Dietary intake may need to be altered to reduce bowel movements. For example, low fiber foods may be recommended.

What is constipation? Decreased frequency of bowel movements. Example is 1 day without a bowel movement beyond your usual schedule. Increasing fluids is often helping in reducing constipation. Contact your medical team as a medication may be needed.

Changes in appetite and desire for food:

Try to make eating less stressful. If you don't have a desire for solid food, drink a smoothie or meal replacement (Ensure, Boost, Premiere Protein, etc). Choose frozen meals or pre-prepared meals to make things easier. What's most important is that you eat. It's OK if the foods you choose aren't the healthiest items.

Changes in fluid intake:

Any liquid that is without caffeine or alcohol, provides hydration. Try infusing water with fresh fruit and herbs for a mild taste. Or try a flavored seltzer water or fruit juice. Drinking anything will be beneficial. A typical fluid goal is 65 ounces per day.

Changes in energy:

Fatigue is a common side effect of treatment. Not drinking enough fluids or eating enough can cause you to have more fatigue. A goal is to eat something small every 3-4 hours and drink fluids in between meals. Movement can also help fight fatigue. The more we sit or lay, the more tired we feel. Try to continue housework and physical activity within your limits.

Each person's experience with treatment is individual. An individual consultation with the dietitian is recommended to address your individual needs. There is no charge for this service. Keri Ryniak, RD, CSO, CNSC at 443-849-8186 or kryniak@gbmc.org.

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Beans, legumes, nuts, and seeds:

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Magnesium & Potassium

Magnesium is a mineral that is found in many foods; nuts, whole grains, vegetables, meat, and fish. It plays an important role to keep your bones strong, your immune system healthy, and your heart rate stable. Your need for magnesium may be increased due to some medications or chemotherapy.

If your magnesium is low, your doctor or nurse may recommend you add foods that are high in magnesium to your daily diet.



Magnesium

Grains	Cold cereals: Life, Total, All Bran Raisin Bran Hot: cream of wheat, oatmeal Bread: whole grain (wheat, oat, barley) Wheat germ, brown rice
Fruit/ Vegetables	Broccoli, avocado, raisins, squash, okra Spinach, collards, kale, bananas, figs (dried), kiwi
Beans/ Rice	Beans: soybeans, black-eyed peas, lentils, pinto, kidney, chick peas, Brown rice
Meat/ Nuts	Beef, veal, chicken, turkey, pork, fish and seafood Almonds, walnuts, brazil nuts, peanuts and peanut butter, cashews Sunflower seeds, sesame seeds
Other	Chocolate, milk, yogurt



Potassium

Potassium is a mineral that is found in many foods. It plays an important role to keep your heart beating, and keeps your muscles and nerves working properly.

If your potassium is low, your doctor or nurse may recommend you add foods that are high in potassium to your daily diet.

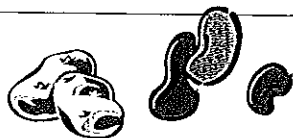


High Potassium

Fruits	Vegetables	Other
Apricot, avocado, banana, cantaloupe, dates, figs, honeydew, kiwi, prunes/prune juice, orange/orange juice, papaya, peaches, pomegranate/ pomegranate juice, raisins	Artichoke, butternut squash, broccoli, Brussels sprouts, carrots, lentils, legumes, potatoes (white and sweet), pumpkin, spinach, tomato/ tomato products, yam	Bran, chocolate, nuts and seeds, peanut butter, salt substitutes, milk, yogurt, ice cream, beans (black, lima, kidney, soybean), flounder, sardines, salmon

Low Potassium

Fruits	Vegetables	Other
Apple/ apple juice, blackberries, blueberries, cherries, cranberries, grapes/ grape juice, peaches, pears, pineapple, plums, strawberries	Asparagus, green beans, cabbage, carrot, cauliflower, celery, corn, cucumber, eggplant, lettuce, mushrooms, onion, peas, yellow squash, zucchini	Rice, pasta, bread, butter, cereal, jam/jelly, mayonnaise, cake, coffee, cookies without nuts or chocolate, oatmeal, salad dressing, soda, sugar substitute, tea



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