

Lost Temple Fitness

Eating Hints: Before, during, and after Cancer Treatment

by the *National Cancer Institute*

Clear Liquids

This list may help if you have appetite loss, constipation, diarrhea, or vomiting.

Soups	<ul style="list-style-type: none"> • Bouillon • Clear, fat-free broth • Consommé
Drinks	<ul style="list-style-type: none"> • Clear apple juice • Clear carbonated beverages • Fruit-flavored drinks • Fruit punch • Sports drinks • Water • Weak, caffeine-free tea
Sweets	<ul style="list-style-type: none"> • Fruit ices made without fruit pieces or milk • Gelatin • Honey • Jelly • Popsicles
Meal replacements and supplements	<ul style="list-style-type: none"> • Clear nutrition supplements (such as Resource[®] Breeze) and Carnation[®] Instant Breakfast[®] Juice

Full-Liquid Foods

This list may help if you have appetite loss, vomiting, or weight loss.

Cereals	<ul style="list-style-type: none"> • Refined hot cereals (such as Cream of Wheat[®], Cream of Rice[®], instant oatmeal, and grits) 		
Soups	<ul style="list-style-type: none"> • Breakfast[®] Juice • Bouillon • Broth • Soup that has been strained or put through a blender 		
Drinks	<table border="0"> <tr> <td> <ul style="list-style-type: none"> • Carbonated drinks • Coffee • Fruit drinks • Fruit punch • Milk • Milkshakes </td> <td> <ul style="list-style-type: none"> • Smoothies • Sports drinks • Tea • Tomato juice • Vegetable juice • Water </td> </tr> </table>	<ul style="list-style-type: none"> • Carbonated drinks • Coffee • Fruit drinks • Fruit punch • Milk • Milkshakes 	<ul style="list-style-type: none"> • Smoothies • Sports drinks • Tea • Tomato juice • Vegetable juice • Water
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Desserts and snacks	<table border="0"> <tr> <td> <ul style="list-style-type: none"> • Custard (soft or baked) • Frozen yogurt • Fruit purees that are watered down • Gelatin • Honey • Ice cream with no chunks (such as nuts or cookie pieces) • Ice milk </td> <td> <ul style="list-style-type: none"> • Jelly • Pudding • Sherbet • Sorbet • Syrup • Yogurt (plain or vanilla) </td> </tr> </table>	<ul style="list-style-type: none"> • Custard (soft or baked) • Frozen yogurt • Fruit purees that are watered down • Gelatin • Honey • Ice cream with no chunks (such as nuts or cookie pieces) • Ice milk 	<ul style="list-style-type: none"> • Jelly • Pudding • Sherbet • Sorbet • Syrup • Yogurt (plain or vanilla)
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Meal replacements and supplements	<ul style="list-style-type: none"> • Instant breakfast drinks (such as Carnation[®] Instant Breakfast[®]) • Liquid meal replacements (such as Ensure[®] and Boost[®]) • Clear nutrition supplements (such as Resource[®] Breeze, Carnation[®] Instant Breakfast[®] Juice, and Ensure[®] Clear) 		

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Foods and Drinks that Are Easy on the Stomach

This list may help if you have nausea or once your vomiting is under control.

Soups	<ul style="list-style-type: none"> • Clear broth (such as chicken, vegetable, or beef) • All kinds (strain or puree, if needed), except those made with foods that cause gas, such as dried beans and peas, broccoli, or cabbage 	
Drinks	<ul style="list-style-type: none"> • Clear carbonated drinks that have lost their fizz • Cranberry or grape juice • Fruit-flavored drinks • Fruit punch • Milk • Sports drinks • Tea • Vegetable juices • Water 	
Main meals and snacks	<ul style="list-style-type: none"> • Avocado • Beef, tender cuts only • Cheese, hard, mild types, such as American • Cheese, soft or semi-soft, such as cottage cheese or cream cheese • Chicken or turkey, broiled or baked without skin • Eggs • Fish, poached or broiled • Noodles • Pasta, plain • Peanut butter, creamy, and other nut butters 	<ul style="list-style-type: none"> • Potatoes, without skins, boiled or baked • Pretzels • Refined cold cereals, such as corn flakes, Rice Krispies®, Rice Chex®, and Corn Chex® Refined hot cereals, such as Cream of Wheat® • Saltine crackers • Tortillas, white flour • Vegetables, tender, well-cooked • White bread • White rice • White toast
Desserts	<ul style="list-style-type: none"> • Angel food cake • Bananas • Canned fruit, such as applesauce, peaches, and pears • Custard • Frozen yogurt • Gelatin • Ice cream • Ice milk • Lemon drop candy • Popsicles • Pudding • Sherbet • Sorbet • Yogurt (plain or vanilla) 	
Meal replacements and supplements	<ul style="list-style-type: none"> • Instant breakfast drinks (such as Carnation® Instant Breakfast®) • Liquid meal replacements (such as Ensure®) • Clear nutrition supplements (such as Resource® Breeze, Carnation® Instant Breakfast® juice, and Ensure® Clear) 	

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Low-Fiber Foods

This list may help if you have diarrhea.

Main meals	<ul style="list-style-type: none">• Chicken or turkey (skinless and baked, broiled, or grilled)• Cooked refined cereals (such as Cream of Rice®, instant oatmeal, and grits)• Eggs• Fish• Noodles• Potatoes, without skins (boiled or baked)• White bread• White rice
Fruits and vegetables	<ul style="list-style-type: none">• Carrots, cooked• Canned fruit, such as peaches, pears, and applesauce• Fruit juice• Mushrooms• String beans, cooked• Vegetable juice
Sweets and snacks	<ul style="list-style-type: none">• Angel food cake• Animal crackers• Custard• Gelatin• Ginger snaps• Graham crackers• Saltine crackers• Sherbet• Sorbet• Vanilla wafers• Yogurt (plain or vanilla)
Fats	<ul style="list-style-type: none">• Oil• Salad dressing (without seeds)• Butter• Mayonnaise

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High-Fiber Foods

This list may help if you have constipation or weight gain.

Main meals	<ul style="list-style-type: none"> • Bran muffins • Bran or whole-grain cereals • Cooked dried or canned peas and beans, such as lentils or pinto, black, red, or kidney beans • Peanut butter and other nut butters • Soups with vegetables and beans, such as lentil and split pea • Whole-grain cereals, such as oatmeal and shredded wheat • Whole-wheat bread • Whole-wheat pasta
Fruits and vegetables	<ul style="list-style-type: none"> • Apples • Berries, such as blueberries, blackberries, and strawberries • Broccoli • Brussels sprouts • Cabbage • Corn • Dried fruit, such as apricots, dates, prunes, and raisins • Green leafy vegetables, such as spinach, lettuce, kale, and collard greens • Peas • Potatoes with skins • Spinach • Sweet potatoes • Yams
Snacks	<ul style="list-style-type: none"> • Bran snack bars • Granola • Nuts • Popcorn • Seeds, such as pumpkin or sunflower • Trail mix

High Protein Foods

It is important to increase your protein to assist with energy and healing.

Drinks	<ul style="list-style-type: none"> • Whole Milk • Milkshakes • Smoothies made with Milk or Yogurt 	
Main Meals and Snacks	<ul style="list-style-type: none"> • Bean Burger • Beans and Peas • Beef, Chicken, Fish, Turkey • Cheese, including cottage and cream • Custard and Pudding • Eggs • Hummus (chickpea spread) 	<ul style="list-style-type: none"> • Nuts, seeds, wheat germ • Peanut butter and other nut butters • Soups with beans, lentils or peas • Soups, such as chicken or cream • Sour Cream • Yogurt, including frozen
Meal Replacement and Protein Supplements If requiring <i>Soy Free</i> , please read ingredients	<ul style="list-style-type: none"> • Liquid Meal Replacement, such as Ensure®, Boost® or other protein drinks • Use “instant breakfast powder” in milk drinks and desserts • Protein Powders - Mix with ice cream, milk, and fruit flavoring for a high-protein milkshake or smoothie • Powdered Milk – Add to foods, such as milkshakes, smoothies, scrambled eggs 	

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Foods and Drinks that Are Easy to Chew and Swallow

This list may help if you have dry mouth, sore mouth, sore throat, or trouble swallowing.

Main meals	<ul style="list-style-type: none">• Baby food• Casseroles• Chicken salad• Cooked refined cereals, such as Cream of Wheat®, Cream of Rice®, instant oatmeal, and grits• Cottage cheese• Eggs, soft boiled or scrambled• Egg salad• Macaroni and cheese• Mashed potatoes• Peanut butter, creamy• Pureed cooked foods• Soups• Stews• Tuna salad• Custard
Desserts and Snacks	<ul style="list-style-type: none">• Flan• Fruit, pureed or baby food• Gelatin• Ice cream• Milkshakes• Puddings• Sherbet• Smoothies• Soft fruits, such as bananas or applesauce• Sorbet• Yogurt, plain or vanilla
Meal replacements and supplements	<ul style="list-style-type: none">• Instant breakfast drinks, such as Carnation® Instant Breakfast®• Liquid meal replacements, such as Ensure®• Clear nutrition supplements, such as Resource® Breeze, Carnation® Instant Breakfast® juice, and Ensure® Clear

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Quick and Easy Snacks

This list may help if you have appetite loss.

Drinks	Chocolate milk Instant breakfast drinks Juices Milk Milkshakes
Main meals	<ul style="list-style-type: none">• Bread• Cereal• Cheese, hard or semisoft• Crackers• Cream soups• Hard-boiled and deviled eggs• Muffins• Nuts• Peanut butter and other nut butters• Pita bread and hummus• Sandwiches
Fruits and vegetables	<ul style="list-style-type: none">• Applesauce• Fresh or canned fruit• Vegetables, raw or cooked
Desserts and snacks	<ul style="list-style-type: none">• Cakes and cookies made with whole grains, fruits, nuts, wheat germ, or granola• Custard• Dips made with cheese, beans, or sour cream• Frozen yogurt• Gelatin• Granola• Granola bars• Ice cream• Italian Ice• Nuts• Popcorn• Popsicles• Pretzels• Puddings• Sherbet• Sorbet• Trail mix• Yogurt