



Nourishing Ideas during Chemotherapy.

During cancer treatment, it is important to eat well to maintain your energy level and to help your body heal. There may be times during treatment when your appetite is decreased or it is hard to eat solid foods. Nourishing liquids can be an easy way to meet your nutrition needs in order to keep you healthy through your treatment and recovery period.

General Guidelines

Food Safety tips

- Do not use raw eggs.
- Wash and clean all fruit and vegetables well before using.
- Make sure all equipment and utensils are clean prior to use.
- Store leftovers in the fridge and use within 24 hours.

Equipment basics

- Start with a basic blender that can crush ice or frozen items well. Depending on use, a hand held blender may also meet your needs.

Blending techniques

- Pour liquids into the blender jug first so ingredients will blend well.
- Chop large pieces of fruits/vegetables before you add to the blender.
- Measure and add ingredients in the order listed in the recipes.
- Ensure the lid fits securely on the blender.
- Blend at low speed for 30 seconds to chop the solids and then to high speed for an extra 30 seconds to mix the ingredients until smooth.

Recipes: Suggestions.

High Protein Milkshake: A simple basic recipe that you can tailor to your taste.

Makes 2 cups; Per cup: 250 kcals, 12 grams of protein

- ✓ 1 cup whole milk 250 ml
- ✓ ¼ cup skim milk powder 60 ml
- ✓ 2 Tbsp cream 30ml
- ✓ ¾ cup ice cream 175ml

Coconut and Almond Shake: The coconut beverage enhances the flavour in this creamy shake.

Makes: 1 2/3 cups (400ml); Per cup: 400 kcals, 13 grams of protein

- ✓ 1 cup ice cream 250ml
- ✓ ½ cup whole milk 125ml
- ✓ ½ cup coconut milk 125ml
- ✓ 2 Tbsp almond butter 30ml
- ✓ 2 Tbsp skim milk powder 30ml

Chocolate & Peanut Butter Shake: Serve this tasty milkshake over ice.

Makes: 1 ¼ cups (300ml) Per cup: 410 kcals, 17 grams of protein

- ✓ ½ cup whole milk 125ml
- ✓ ½ cup half and half cream 125ml
- ✓ 2 Tbsp creamy peanut butter 30ml
- ✓ 1 Tbsp chocolate syrup 15ml

Lemon Smoothie: The lemon flavour results in a refreshing drink. Try freezing in popsicle molds.

Makes: 2 cups (500ml) Per cup: 245 kcals, 15 grams of protein

- ✓ ¾ cup lemon flavoured yogurt 175ml
- ✓ 1 cup whole milk 250ml
- ✓ ¼ cup skim milk powder 60ml
- ✓ 1 teaspoon vanilla extract 5ml

Banana Apple Smoothie: The flax seeds and fruit add fiber to this nutritious smoothie.

Makes: 2 cups (500 ml) Per cup: 210 kcals, 14 grams of protein

- ✓ 3/4 cup whole milk 175ml
- ✓ ½ cup unsweetened apple sauce 125ml
- ✓ ½ cup yogurt 125ml
- ✓ 1/2 banana
- ✓ 1/2 Tbsp honey
- ✓ 1 Tbsp ground flax seeds 15ml
- ✓ 3 Tbsp whey protein powder 45ml.