

# 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.

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

### Full-Liquid Foods

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

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

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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.

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

This list may help if you have diarrhea.

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

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## High-Fiber Foods

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

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

## High Protein Foods

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

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

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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.

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

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## Quick and Easy Snacks

This list may help if you have appetite loss.

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