# Eating Hints when you are in Cancer Treatment

## When liquids or a liquid diet is recommended

There are times when you may be required to follow a liquid diet. A diet of only liquids should only be followed on the advice of your health care provider and only for the time prescribed. Here are some choices to think about.

**NOTE:** Some foods on this list are high in salt, fat, or sugar. Some foods on this list may not be good for you if your immune system is weak or have other health problems like diabetes or heart disease. Check with your doctor or dietitian about the best foods for you during this time.

<table>
<thead>
<tr>
<th>Clear Liquids</th>
<th>Full Liquids</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>This list may help if you have appetite loss, constipation, diarrhea, or vomiting.</strong></td>
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</tr>
</tbody>
</table>

### Soups
- Clear broth (chicken, beef, vegetable)
- Jook that is blended (Rice Soup)
- Strained or blended soups

### Drinks
- Clear carbonated soda
- Clear fruit juice (apple, cranberry, grape)
- Crystal Light® drinks
- Fruit punch
- Milkshakes
- Smoothies (no fruit chunks)
- Vegetable juice
- Tea (decaffeinated)
- Water

### Desserts and Snacks
- Jello
- Popsicles
- Shave ice
- Custard
- Fruit puree
- Ice cream (smooth only)
- Jello
- Plain yogurt (no fruit pieces)
- Popsicles
- Shave ice
- Thin or watery poi


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Foods & Drinks that are Easy on the Stomach

Eating can be trying during treatment. Discuss your upset stomach with your health care provider. They may be able to recommend treatments that can help. Here are some foods that you may find easy on the stomach when you have nausea or no appetite.

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**Easy on the Stomach**

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

<table>
<thead>
<tr>
<th>Soups</th>
<th>Meat, Fish, &amp; Poultry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear broth</td>
<td>Beef, lean cut</td>
</tr>
<tr>
<td>Egg drop soup</td>
<td>Chicken or turkey without the skin, baked</td>
</tr>
<tr>
<td>Jook (Rice Soup)</td>
<td>or broiled</td>
</tr>
<tr>
<td>Miso soup</td>
<td>Eggs</td>
</tr>
<tr>
<td>Saimin soup</td>
<td>Fish, baked or broiled</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Other Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranberry juice</td>
<td>Noodles</td>
</tr>
<tr>
<td>Flat, clear soda</td>
<td>Plain cereals (eg. Corn Flakes®, Rice Krispies®, Chex®)</td>
</tr>
<tr>
<td>Grape juice</td>
<td>Plain pasta</td>
</tr>
<tr>
<td>Fruit punch</td>
<td>Poi</td>
</tr>
<tr>
<td>Milk</td>
<td>Potatoes without the skin</td>
</tr>
<tr>
<td>Sports drinks</td>
<td>Tortillas</td>
</tr>
<tr>
<td>Tea, iced or hot</td>
<td>Vegetables - well cooked</td>
</tr>
<tr>
<td>Water</td>
<td>White bread</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Desserts</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Cheese</td>
</tr>
<tr>
<td>Canned fruit</td>
<td>Cream crackers</td>
</tr>
<tr>
<td>Custard</td>
<td>Pretzels</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Saltines crackers</td>
</tr>
<tr>
<td>Jello</td>
<td>Soda crackers</td>
</tr>
<tr>
<td>Rice pudding</td>
<td></td>
</tr>
<tr>
<td>Shave ice</td>
<td></td>
</tr>
<tr>
<td>Yogurt, frozen or plain</td>
<td></td>
</tr>
</tbody>
</table>
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**Foods that are High in Protein**

Protein is important for helping the body heal and fight infections. Protein is found in many of our foods. There are times during treatment when you may need to eat more high protein foods. Ask your health care provider before eating more of these foods.

<table>
<thead>
<tr>
<th><strong>High Protein Foods</strong></th>
<th><strong>This list may help if you have appetite loss or weight loss.</strong></th>
</tr>
</thead>
</table>
| **Beans, legumes and tofu** | • Azuki beans  
• Black beans  
• Edamame  
• Garbanzo beans  
• Hot and sour soup  
• Kidney beans  
• Kim chee chigae (Kim chee soup)  
• Mung beans  
• Miso soup  
• Tofu (firm or soft) |
| **Meat, Fish & Poultry** | • Ahi poke  
• Beef chili with beans  
• Beef jerky  
• Beef or chicken teriyaki  
• Chicken katsu  
• Chicken lu’au  
• Cooked fish  
• Corned beef hash  
• Dried aku/ahi  
• Kalua pork  
• Korean BBQ meat  
• Lomi salmon  
• Pork, chicken or fish lau lau  
• Portuguese sausage  
• Spam®/ Lite Spam® musubi  
• Steak  
• Turkey |
| **Nuts & seeds** | • Peanut butter or any nut butter  
• Tahini  
• Sunflower seeds  
• Unsalted nuts |
| **Dairy** | • Bread pudding  
• Cheese  
• Custard  
• Ice cream  
• Milk  
• Rice pudding  
• Yogurt |
| **Eggs** | • Custard  
• Omelette  
• Quiche  
• Cooked eggs (scrambled, poached, hard boiled or fried) |

NOTE: Some foods on this list are high in salt, fat, or sugar. Some foods on this list also may not be good for you if your immune system is weak or have other health problems like diabetes or heart disease. Check with your doctor or dietitian about the best foods for you during this time.
Quick & Easy Snacks

During treatment you may not be able to eat or keep down large meals. Eating small amounts more often may help. If you plan to make changes to your eating habits, talk with your health care provider.

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<table>
<thead>
<tr>
<th>Small meals</th>
<th>Snacks</th>
<th>Desserts</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Burrito</td>
<td>- Crackers with cheese</td>
<td>- Cake</td>
</tr>
<tr>
<td>- Eggs (Omelette, boiled on toast)</td>
<td>- Granola bars</td>
<td>- Cookies</td>
</tr>
<tr>
<td>- Frozen dinners</td>
<td>- Nuts</td>
<td>- Custard</td>
</tr>
<tr>
<td>- Instant oatmeal</td>
<td>- Popcorn</td>
<td>- Dried fruit</td>
</tr>
<tr>
<td>- Manapua</td>
<td>- Trail mix</td>
<td>- Frozen yogurt</td>
</tr>
<tr>
<td>- Meat &amp; salad wrap</td>
<td>- Yogurt with granola</td>
<td>- Ice cream</td>
</tr>
<tr>
<td>- Mini plate lunch</td>
<td></td>
<td>- Mango slices</td>
</tr>
<tr>
<td>- Musubi</td>
<td></td>
<td>- Prune mui</td>
</tr>
<tr>
<td>- Pizza slice</td>
<td></td>
<td>- Pudding – ready made</td>
</tr>
<tr>
<td>- Sandwiches (ready made)</td>
<td></td>
<td>- Shave ice</td>
</tr>
<tr>
<td>- Soup</td>
<td></td>
<td>- Sherbet</td>
</tr>
<tr>
<td>- Sushi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Taco</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Teriyaki chicken or beef bowl</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drinks</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Chocolate milk</td>
<td></td>
</tr>
<tr>
<td>- Instant breakfast drink</td>
<td></td>
</tr>
<tr>
<td>- Fruit juice</td>
<td></td>
</tr>
<tr>
<td>- Milkshake</td>
<td></td>
</tr>
<tr>
<td>- Smoothie</td>
<td></td>
</tr>
</tbody>
</table>
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## High Calorie Foods

High calorie foods provide extra energy for your body. These foods are often high in fat, salt, or sugar. Your body may need more high calorie foods if you are underweight, losing weight without trying, or unable to eat enough because you are feeling sick. Ask your health care provider before eating more of these foods.

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### Meat, Fish and Poultry

- Chicken lu‘au
- Kung pao chicken
- Beef teriyaki
- Corned beef hash
- Chili with beans
- Pork, chicken or fish lau lau
- Kalua pork
- Ahi poke

### Dairy

- Whole milk
- Sour cream
- Cheese
- Rice pudding
- Ice cream
- Tapioca pudding
- Cheesecake
- Cottage cheese
- Cream cheese

### Snack Foods

- Dried fruit
- Nuts
- Cookies
- Cakes
- Pancakes
- Taro chowder
- Pizza
- Pao duce (Portuguese sweetbread)
- Chichi dango
- Andagi
- Spam® musubi

### Eggs

- Custard
- Omelette

### Condiments

- Mayonnaise
- Dressings, dips
- Oil
- Butter
- Honey
- Jelly
- Tahini
- Peanut butter

- Quiche (egg with vegetables in a pie or tart)
- Cooked eggs (scrambled, poached, hard boiled or fried egg)