



**BRING BACK  
THE JOY OF  
EATING**



# “Words of Intro

Nutrition and eating well are absolutely essential to your recovery and quality of life thus Good Nutrition is critical when fighting cancer, but treatment makes eating unpleasant and cooking difficult. With the guidance and help of us dietitians, in collaboration with **NESTLÉ HEALTH SCIENCE**, we offer bits of advice and wisdom we found to be helpful and came up with the collection of easy and delicious nourishing recipes specially designed for people in treatment that can bring back the joy of eating for them.

Consult further with your dietitian to help improve your dietary habits along with a personalized meal plan drawn to suit your current health condition.”



**Datin Farah Di Ba Khan**  
Manager & Dietitian  
Lifestyle Modification Centre  
Prince Court Medical Centre



“

Welcome to Bring Back The Joy of Eating, a new collection of delicious, yet healthy recipes for patients recovering from cancer treatment. These delightful recipes were created by the **Prince Court Medical Centre** so everyone can enjoy healthy food, especially those recovering from cancer and have special nutritional needs.

We hope you will find page after page of tasty, well-balanced recipes which use fresh ingredients to give you scrumptious delights. Have fun trying out the recipes, and you'll soon be on the way to accomplishing your target of maintaining optimal health.

”

A handwritten signature in black ink, reading 'Maria Rica Mier'.

**Maria Rica Mier**

Cluster Head Nestlé Health Science  
Malaysia/ Singapore/ Indonesia



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# About Cancer



# 200

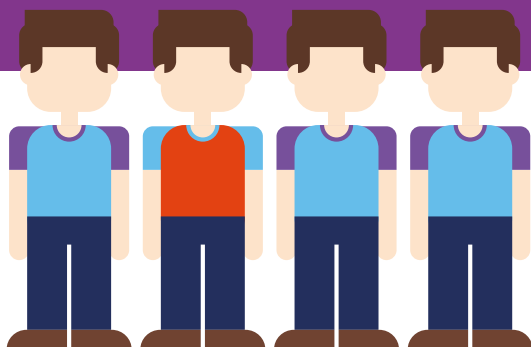
different types of cancer  
In Malaysia

# 20,000

new cases are reported every year  
in **Peninsular Malaysia** alone

# 1 in 4

Malaysians possess  
a lifetime risk  
of developing cancer



The most common types are  
**lung, colorectal  
and breast cancer**



## CANCER CAN BE CURED



by **early detection,**  
**seeking treatment**



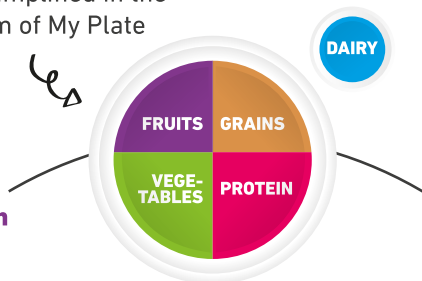
and **having a good  
daily diet**

**Regain control of your life**  
after a cancer diagnosis by planning  
what you cook and eat!

This recipe book will guide you through this phase  
in life with useful tips to help you maintain a good  
nutrition status during cancer treatment.

# TAKE CONTROL OF YOUR LIFE

A healthy balanced diet is simplified in the form of My Plate



It is important to **take carbohydrates, protein and fats in a correct ratio\*** as each nutrient has its own function in helping our body fight cancer cells.

\*Talk to your dietitian to find out more!

## Eat nutritious food

- the importance of nutrition

A **diet change might be needed** when you're being treated for cancer. It can help **strengthen your body to withstand the effects of the cancer and its treatment.**

The **type of cancer, treatment, and any side effect must be taken into consideration** when figuring out the best way to get the nutrition your body needs.

**High-fat, high-calorie food might be needed to keep up your weight.** Eating creamy food like ice cream helps when a sore mouth makes it hard to eat or drink.





## CARBO-HYDRATES

## PROTEIN

## FATS



Fuels your body for **physical activity** and for **proper organ function**.

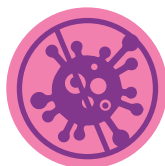


Fruits, vegetables, and whole grains – are the best sources to **supply needed vitamins and minerals, fibre, and phytonutrients to cells**.

Other sources include bread, potatoes, rice, spaghetti, pasta, cereals, dried beans, corn, peas, and beans.



Needed for **growth, repairing tissues, and keeping our immune system healthy**.



**Extra protein is needed to heal tissues and to help prevent infections** after surgery, chemotherapy, or radiation therapy.

Good sources of protein include lean meat, fish, poultry, dairy products, nuts, dried beans, peas and lentils, and soy food.



Needed for **energy storage, body tissues insulation, and transporting certain types of vitamins through the blood**.



**Always choose monounsaturated oil** (such as olive oil, peanut oil and canola oil) and **polyunsaturated oil** (such as safflower, sunflower, corn, flaxseed, and canola oils).

# Good Nutrition Status

Maintaining a good nutritional status is **crucial** to fight cancer and to continue your cancer treatment.



The easiest way to monitor your nutritional status is by **maintaining a healthy weight**.



It is **highly recommended** that patients take **oral nutritional supplements** to provide the nutrition that cannot be obtained through normal diet alone.



## WHAT DO I EAT WHEN EATING OUT?

When you have cancer, eating out often becomes a stigma. Most cancer patients limit eating out for many reasons; among which is to control intake of “processed food” or “flavor enhancers”. However, if you have cancer, you do not have to limit yourself from eating out once in a while, especially if you have limited resources or ability to prepare your own meal. All you need to do is to follow the tips below:



Stick to a **balanced diet** and look for food which **contains carbohydrates, protein and fats** as recommended by your dietitian.



**Opt for low fat and try avoiding deep-fried food.** Instead, choose food that are baked, grilled, steamed or boiled. Food with coconut milk contains high amount of saturated fat and should be avoided at all cost.



During the course of treatment, **stay away from undercooked or raw food items** to prevent gastrointestinal infections.



Be sure to **choose a restaurant or eating place that is clean**.



# Active LIFESTYLE

In the past, people being treated for a chronic illness such as cancer were often told by their doctor to rest and reduce their physical activity. **This is good advice if movement causes pain, rapid heart rate, or shortness of breath.**

**But newer research has shown that exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.**

**Too much rest can lead to loss of body function, muscle weakness, and reduced range of motion.**

Check with your doctor if you are fit to exercise.

**The American Cancer Society recommend that cancer survivors take these actions:**



Take part in regular physical activities



Avoid inactivity and return to normal daily activities as soon as possible after diagnosis



**150mins**

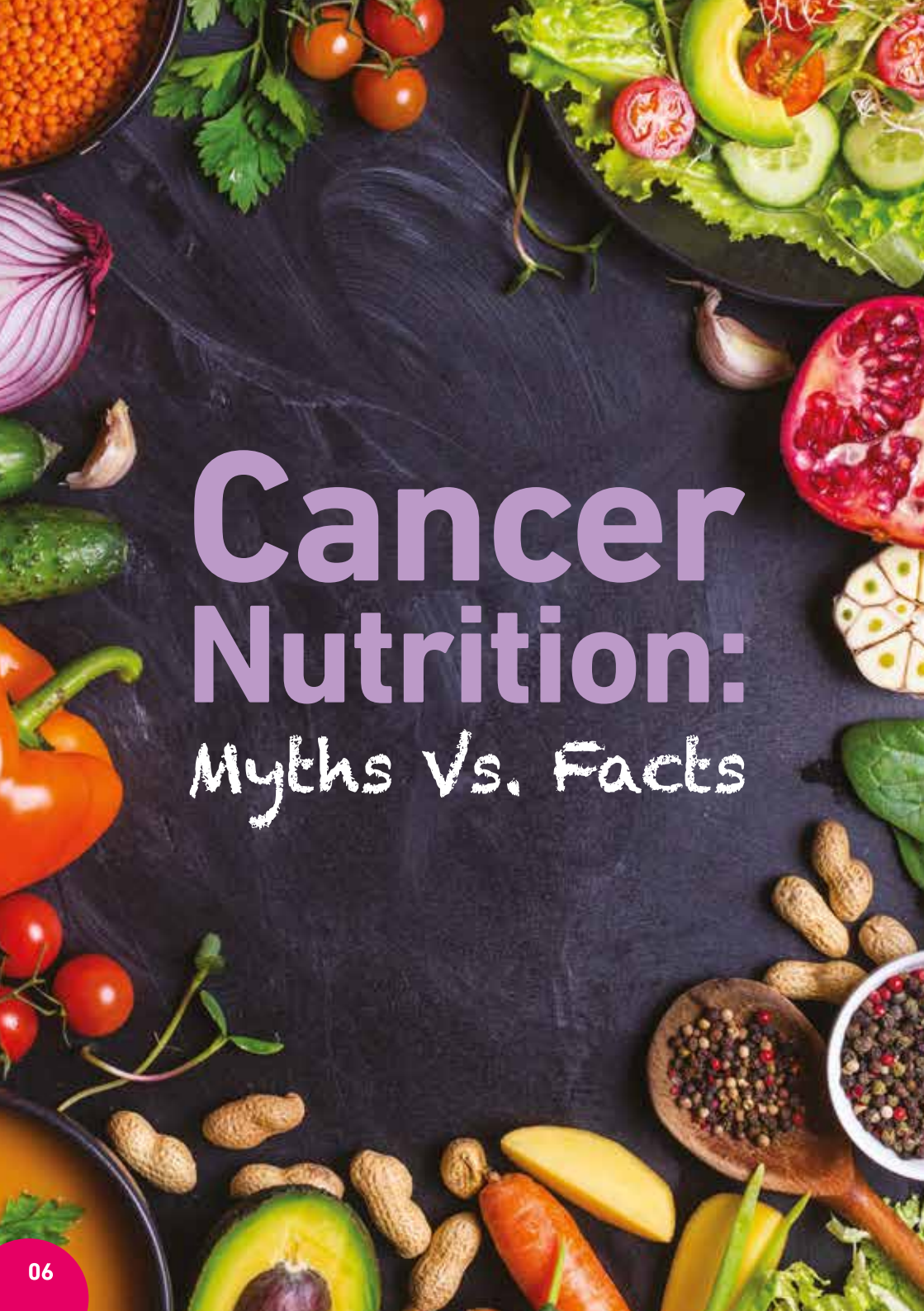
Aim to exercise at least 150 minutes per week



**x2 /week**

Include strength training exercises at least 2 days per week

Note: Advice on exercise for cancer patients who are undergoing treatment should be individualised. Consult your doctor for further advice.



# Cancer Nutrition: Myths Vs. Facts



**"Don't eat sugar, it will make your cancer grow."**

**FACT:**

**Sugar doesn't make cancer grow faster and depriving it of sugar doesn't slow the growth.** However, if you have trouble eating and maintaining your weight during the course of treatment, it is OK to rely on oatmeal or liquid supplements with sugar content as these food also provide other nutrients such as protein, fats, vitamins, and minerals.



**"Superfood prevent cancer"**

**FACT:**

There's no such thing as a 'superfood'. It's a marketing term used to sell products and has no scientific basis. So, it's an **oversimplification to say that any one food, on its own, could have a major influence over your chance of developing cancer.**



**"Breast cancer survivors should avoid soy and flax"**

**FACT:**

**Major population studies show that eating 1 to 2 standard servings of soy daily does not increase a woman's risk for cancer recurrence,** and does not show harmful interaction with anti-estrogen medications.



**"You have to eat organic."**

**FACT:**

**No research has shown that eating organic food will reduce the risk of cancer.** Also, studies have shown that there is no significant difference in the nutritional quality between conventionally grown and organic products. Thus, your decision to go organic is a personal choice, but whatever you choose, be sure to wash your fresh produce well!



**"Hormones in milk/ meat cause cancer"**

**FACT:**

**There is no data to suggest that hormones present in milk can survive digestion or produce components that would have biological effects.** Hormone receptors in humans do not recognize cow hormones and cannot produce effects in humans.



**"Your body needs a 'cleans' to get rid of toxins that cause cancer"**

**FACT:**

**There is no scientific evidence that any 'cleansing' product or procedures actually remove toxins from the body.** Our liver and kidneys do that!

# Dealing with side effects of cancer treatments



## Diarrhoea

- Take diarrhoea medications as indicated by the doctor
- Drink plenty of fluids to prevent dehydration
- Avoid caffeine, alcohol, and prune juice as it may increase the bowel movement
- Avoid milk and dairy-based food



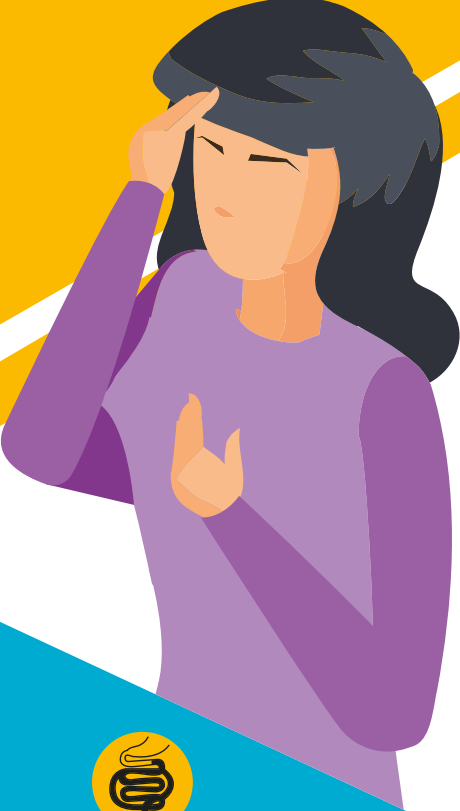
## Nausea

- Taking small and frequent meals will help
- Choose dry, salty food such as plain crackers, pretzels, dry toast
- Avoid oily, spicy or rich food
- Serve food cold as it contains less aroma
- Choose chilled beverages
- To reduce odours, ensure good ventilation while preparing meals



## Painful when swallowing

- Choose soft and semi-solid food such as mashed potatoes/peas/pumpkins, puddings, jelly, steamed egg
- Thicken liquids with corn starch or powdered milk so that they go down easier
- Avoid spicy, acidic or hard food
- Have small and frequent meals every 1–2 hours



## Constipation

- Increase fluid intake
- Include plenty of high-fibre food such as vegetables, legumes, fruits, whole grain cereals and breads



## Fatigue

- Consider buying food that need little or no preparation
- Consume packaged puddings, gelatine desserts, peanut butter, crackers, boxed juices, high-calorie oral nutrition supplements
- Light exercises also help you to have more energy



## Vomiting

- Drink plenty of clear fluids to replace fluids lost
- When you are feeling better, try soft food such as pudding, yogurt, jelly
- Slowly increase the amount of food to your diet



## Metallic taste

- Improve your taste buds by taking strong-flavoured food with more spices
- Consume cold or hot beverages
- Use plastic utensils and glass cookware to lessen a metallic taste
- Marinate meats in fruit juices, salad dressings, or other citrusy-based sauces
- Ensure good oral hygiene



## Dry mouth

- Moisten dry food with sauces, salad dressings and gravies
- Keep lips moist with lip moisturizers
- Suck on ice chips or frozen fruits
- Sip cold fluids frequently between meals and mouth rinses

# DOUBLE-BOILED WHITE FUNGUS WITH **APPLE**

DEVELOPED BY CHEF ASIAH BINTI DAUD, PASTRY CHEF & JUDY NG, DIETITIAN

SERVING SUGGESTION



# TO EASE THESE SYMPTOMS:



DIARRHOEA



VOMITING



DRY MOUTH



METALLIC TASTE



NAUSEA



PAINFUL WHEN  
SWALLOWING

## INGREDIENTS:

- 1 red apple
- 250ml water
- 5 pieces dates
- 0.5g white fungus
- 120ml **RESOURCE**

## NUTRITION FACTS (PER SERVING):

Energy	127 kcal
Protein	5g
Carbohydrates	28g
Fats	0g

## METHODS:

1. Boil 1 cup of water.
2. Cut apples into wedges. Add it in a pot together with the dates. Boil for 1 hour under low heat.
3. Add white fungus and continue to boil for another 20 minutes.
4. Remove from heat and let it cool. Add in **RESOURCE**.
5. Serve warm or chilled.

## *Note:*

If patient is on a low-fibre diet, sieve the ingredients and serve the liquid only.

# DARK CHOCOLATE PUDDING WITH CHOCOLATE GANACHE

DEVELOPED BY CHEF ASIAH BINTI DAUD, PASTRY CHEF & JUDY NG, DIETITIAN

SERVING SUGGESTION



# TO EASE THESE SYMPTOMS:



CONSTIPATION



DRY MOUTH



FATIGUE



PAINFUL WHEN  
SWALLOWING

## INGREDIENTS:

- 4.5 scoops of product  
(**NUTREN OPTIMUM/ PEPTAMEN**)
- 105ml water
- 3g gelatine
- 2 tbsp water
- 10g of chocolate compound
- 15g dark chocolate

## NUTRITION FACTS (PER SERVING):

Energy	193 kcal
Protein	10.3g
Carbohydrates	21g
Fats	15g

## METHODS:

1. In hot water, dissolve gelatine powder with 1 tablespoon of water.
2. Mix 3.5 scoops of **NUTREN OPTIMUM** or **PEPTAMEN** with water. Shake well.
3. Combine gelatine powder into the mixture. Do not boil.
4. Stir in the chocolate compound.
5. Pour mixture into a small container and chill overnight.

## For topping:

1. Melt 15g of dark chocolate.
2. Add in 1 scoop of **NUTREN OPTIMUM** or **PEPTAMEN**.
3. Mix till well combined.

## Note:

Add in some mashed bananas for additional fibre.



# **SPECIAL DIET**

Depending on the type of cancer you have and your treatment plan, you may need to follow a special diet at different times during treatment. Some dietary restrictions involve terms such as fibre and residue. Fibre is the indigestible part of food made from plants whereas residue includes not only fibre but also other materials found in the colon after digestion.

Generally, high-fibre food are also high-residue food, and vice-versa. However, some low-fibre food contain residue too, a classic example of such is milk.

# FOOD FOR SPECIAL DIETS

## Low Residue

A low-residue diet works well for those who have had stomach or colon cancer.

Follow the suggestions of these food if on a low-residue diet:

- ✓ Beef and pork (cook till tender)
- ✓ Chicken and turkey
- ✓ Fish and seafood
- ✓ Eggs
- ✓ Milk/ Dairy products  
(no more than 2 cups per day)
- ✓ Potatoes
- ✓ Tender cooked green leafy vegetables  
(limit to 1 serving per day)
- ✓ Tomato paste
- ✓ Avocado (limit to 1 per day)
- ✓ Cooked or canned fruits
- ✓ Clear fruit & vegetable juices
- ✓ Pasta & couscous
- ✓ White bread and crackers
- ✓ Pancakes, thosai, iddli, rice
- ✓ Cooked blended oatmeal, rice porridge
- ✓ Rice and egg noodles
- ✓ Plain cakes & cookies
- ✓ Clear soups
- ✓ Butter
- ✓ Popsicle



## AVOID

these food  
if eating a  
low-residue diet:

- ✗ Whole grains, coarse wheat & bran
- ✗ Seeds, nuts, dried fruits & fruit skins
- ✗ Yogurt containing fruit skins or seeds
- ✗ Coconut, popcorn & marmalade
- ✗ Apples, berries, citrus, pears & plums
- ✗ Watermelon, prunes
- ✗ Brown rice
- ✗ Corn, peas, raw vegetables and  
vegetables with seeds
- ✗ Broccoli, cabbage & cauliflower



Note: Refer to your dietitian for a more detailed explanation on other food which are not in the list.



## Low Fibre

If you have been advised to follow a low-fibre diet, eat only food containing less than **1 gram of fibre per serving\***.

Low-fibre food include white bread, rice, clear broths and fluids, eggs, meat, poultry, fish etc.

\*Read the Nutrition fact labels to determine the fibre content of packaged food products.

## High Fibre

The higher the fibre intake, the better it is when you are on a high-fibre diet. Experts recommend at least 25gm of fibre daily, and best incorporated with:



4 servings or more of whole-grain breads, cereals, brown rice, pasta and other products made with whole grains.



4 to 6 cups of vegetables and fruits especially those with edible skin & seeds.



3 servings or more of legumes, beans and nuts for protein.

## Liquid Diet

A liquid diet is often prescribed immediately following surgery because it is soothing and easy to digest. It is also helpful when you are experiencing nausea, vomiting, diarrhoea or difficulties swallowing.

A clear liquid diet includes the following items:

- Plain tea/ coffee & barley
- Clear fruit juice or **RESOURCE**
- Clear broth
- Plain agar-agar
- Clear red bean soup
- Plain soups



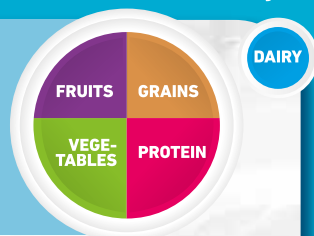
If a liquid diet is required for a longer period of time, combine protein powder with nutritional beverages such as **NUTREN OPTIMUM** or **NUTREN UNTUK DIABETIK** and blend into smoothies or shakes for higher nutritional value.



# SAMPLE MENU PLAN

High-protein, High-calorie, Soft Diet (2000kcal/ day)

- To ensure each meal has at least 1 cup of rice/ noodles or 2-3 pieces of bread or 1 piece chapatti/ thosai
- To ensure each meal has > 1 serving of protein (1 palm size chicken/ fish/ meat/ tofu or ½ cup cooked beans/ legumes or 2 eggs)
- To include at least 1 serving of nutrition beverage daily



## Breakfast



### Egg sandwich

- 2 slices of bread
- 2 eggs with minced carrots and assorted vegetables and sprinkled seeds
- Butter



### Fish Porridge

- 1 cup porridge
- 100g fish (can be substituted with chicken/ 2 whole eggs/ 1 palm size tofu)
- 2 tsp vegetable oil
- Minced carrots + sweet potatoes + spinach

OR



### Oatmeal

(can be blended into a smoothie)

- 1 cup quick oats + water
- 1 cup milk
- 1 cup fresh fruits (bananas, berries)
- 1 tbsp chia seeds

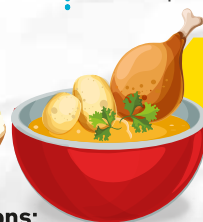
OR

## Morning tea/ Afternoon tea



### Suggestions:

- Double-boiled **RESOURCE** dessert
- Shredded chicken sandwiches with seeds
- Yogurt with fruits and seeds/ nuts
- 3 pieces of crackers and 4 scoops warm **NUTREN OPTIMUM/ PEPTAMEN**



## Lunch/ Dinner

### Suggestions:

- Chicken broth with macaroni/ rice
- Chicken pumpkin cream soup with macaroni
- Cream chicken potato soup with macaroni/ rice
- Fish/ chicken with soft rice and egg drop
- Soup with cubed vegetables
- Dark chocolate pudding

## Make your meals high-protein & calorie-densed:

- Add milk or **PEPTAMEN/ NUTREN OPTIMUM**, egg, and butter/ oil to cream soups.
- Mix additional milk or **PEPTAMEN/ NUTREN OPTIMUM** and butter/ oil to scrambled eggs.
- Add minced chicken/ meat, fish, tofu and/ or eggs in congee or soups.
- Blend oats, seeds and pureed fruits with **PEPTAMEN/ NUTREN OPTIMUM** for a tasty smoothie.

oral  
**IMPACT**<sup>®</sup>

DELIVERING

# **IMPACTFUL IMMUNONUTRITION**

**IN THE FIGHT AGAINST CANCER**



For more information,  
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professional or visit

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● In collaboration with the Lifestyle Modification Centre  
and Food & Beverage Department of Prince Court Medical Centre

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