



Angela Pifer, MSN
Certified Nutritionist

Daily Plan for Beating Cancer During Treatment

A healthy diet and optimistic outlook on life can significantly up your odds at beating the disease. Your diet during treatment will help support your immune system fight against cancer. Though the foods you choose to eat during active cancer treatment will vary according to any side effects you experience, you should try to make food choices that provide you enough calories (to maintain your weight), protein (to help rebuild tissues that cancer treatment may harm), nutrients such as vitamins and minerals, and fluids (essential for your body's functioning).

Here are some tips to keep in mind:

- Plan for treatment days by planning and preparing meals in advance.
- Eat small, frequent meals (every 2-3 hours) rather than larger, more infrequent meals.
- Stay well hydrated and drink 18 to 24 ounces of fresh vegetable juice daily.
- Drink a high-protein smoothie once or twice daily.
- Try blended or creamed soups.
- For nausea or vomiting, try ginger as a tea or in rice.
- Use extra seasonings, spices, and flavorings to improve food's taste appeal.
- Avoid flavorings that are sweet or very bitter.
- Eat soft, moist foods, such as smoothies, bananas, brown rice and yams. Avoid hard, dry foods such as cereals, crackers and hard candies.
- Take small bites and chew completely.
- Take daily fish oil capsules.

Carillon Point
5400 Carillon Point
Kirkland, WA 98033

425.747.5282 phone
www.NutritionNorthwest.com
angela@nutritionnorthwest.com

Lake Union Wellness
235 Westlake Ave N
Seattle, WA 98109



Angela Pifer, MSN
 Certified Nutritionist

Example Menu

<u>Breakfast</u> Apple-Cinnamon Smoothie Cup of herbal tea	<u>Midafternoon Snack</u> Strawberry Banana Smoothie
<u>Midmorning Snack</u> Green drink	<u>Dinner</u> Popeye's Power Drink Pan-Seared Salmon Quick Acorn Squash Whey-Enhanced Yogurt
<u>Lunch</u> Cruciferous Surprise French White Bean Soup	<u>Evening Tea</u> 1-2 cups of herbal tea (no caffeine)

Recipes

Apple-Cinnamon Smoothie

25-30 grams whey protein
 8 oz nonfat milk, rice milk or soymilk
 1 small red apple, chopped
 ¼ to ½ teaspoon cinnamon
 1 tablespoon flaxseed oil or ground flaxseed
 Mix in a blender and liquefy

Cruciferous Surprise

Juice the following:
 3-4 kale leaves
 ½ cup broccoli florets with stems
 ½ head cabbage, sliced into wedges
 4 carrots
 2 apples, cut into wedges

French White Bean Soup

½ cup onion, chopped
 1 leek, chopped
 2 cups vegetable broth (low sodium)
 1 garlic clove, minced
 1 tablespoon olive oil
 1 can white beans, drained and rinsed

½ teaspoon dried thyme
 1 small white potato
 ¼ cup chopped fresh parsley
 2 teaspoons fresh lemon juice
 Dash of No Salt or Nu-Salt
 Ground pepper to taste

In large saucepan or Dutch oven, sauté the onions, leeks, and garlic in the olive oil for about 5 minutes over medium-high heat. Add the beans, the potato, ¼ teaspoon thyme, and 1 cup of the vegetable broth; simmer 20 minutes. Puree in a blender or food processor. When smooth, return to the saucepan, add the remaining broth, and heat through. If necessary, add water or more broth to reach the desired thickness. Before serving, stir in the chopped parsley, lemon juice, salt and pepper, and the remaining ¼ teaspoon thyme.

Strawberry Banana Smoothie

25-30 grams whey protein
½ cup fresh strawberries
8 oz cold water or vanilla soymilk
½ cup sliced frozen banana
1 tablespoon flaxseed oil or ground flaxseed
Mix in a blender and liquefy

Quick Acorn Squash

1 acorn squash, cut in half with seeds removed
1 tablespoon honey
Dash of cinnamon

Place the squash in a microwave-safe dish with cup side up. Cover and cook in the microwave for 10-13 minutes on high or until fork-tender. Top with the honey and cinnamon.

Pan-Seared Salmon

8 oz salmon fillet, cut in half
1 tablespoon olive oil
1 tablespoon drained capers
2 lemon slices, for garnish
1 tablespoon chopped parsley
Salt (No Salt or Nu-Salt) and pepper to taste

Preheat a large skillet over moderate heat for 3 minutes. Coat the salmon fillets with olive oil. Place the fillets in the skillet, raise the heat to high, and cook for 3 minutes. Add the capers and turn over the salmon. Cook for an additional 5 minutes or until well browned. Transfer the fillets and capers to individual plates and garnish with lemon slices and parsley.



Angela Pifer is a Certified Nutritionist, with a MS in nutrition from Bastyr University, in private practice, specializing in food sensitivities, emotional eating, digestive conditions, sports nutrition & weight loss. She founded **Nutrition Northwest Co** in 2005; the premier provider of sound nutrition and wellness advice in the Northwest with offices in Seattle and Kirkland. Angela has a unique approach to helping her patients create new healthier habits: offering customized nutrition programs that inspire & educate along with a high degree of support & accountability to help them become fit & fabulous from the inside out. www.NutritionNorthwest.com

Angela Pifer, CN 425-747-5282

Popeye's Power Drink

Juice the following:
Handful of parsley
4 carrots
Handful of spinach

Whey-Enhanced Yogurt

8 ounces of organic, live active cultured yogurt
10 to 15 grams whey protein
1 tablespoon flaxseed oil or ground flaxseed

Stir the ingredients into a medium-size cup.
Makes 1 serving.