

Nutrition Handbook

Feeding your family
from meal planning to mealtime



Acknowledgements

The Leukemia & Lymphoma Society
appreciates the review of this material by

Holly Mills, MS, RD, CSO

Oncology Dietitian
John Theurer Cancer Center
Hackensack University Medical Center
Hackensack, NJ

and

Margaret Martin, MS, RD, LDN, CDE

Nutrition Educator
The Leukemia & Lymphoma Society
Rye Brook, NY

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Check out the
RECIPE CARDS
starting on page 48 for
tasty, healthy
meal and snack ideas!

Order a copy of
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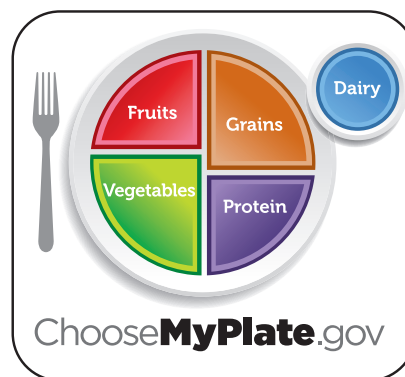
Nutrition Basics

Food gives your body the fuel it needs for healthy body function and energy to go about your daily life. Following a healthy eating pattern throughout your lifetime can help reduce your risk of disease and improve your overall wellbeing. In this book, you will find strategies, tips and resources to help you and your family build a healthy eating pattern.

A HEALTHY EATING PATTERN	
Includes These Foods	Limits These Foods
<ul style="list-style-type: none">• A variety of vegetables• Fruits, especially whole fruits• Whole grains• Low-fat dairy (milk, yogurt, cheese)• A variety of proteins, such as seafood, lean meat and poultry (chicken, turkey), eggs, dairy, beans, peas, nuts and soy products• Healthy fats, such as olive oil, avocado, nuts and seeds	<ul style="list-style-type: none">• Saturated fat, <i>trans</i> fats• Sodium (salt)• Red meat• Processed meats with nitrates or nitrites• Added sugars, including sugary beverages• Alcoholic beverages

Building a Healthy Plate. A good resource to help you find a healthy eating pattern and build a healthy plate is the United States Department of Agriculture's (USDA) ChooseMyPlate and the MyPlate Plan. The MyPlate Plan creates a personalized food plan for you based on your age, sex, height, weight and physical activity level.

Visit www.choosemyplate.gov/MyPlatePlan for more information and to get your MyPlate Plan.



Plant-Based Eating. The American Institute for Cancer Research (AICR) recommends that at least two-thirds of the food on your plate should be plant foods, such as vegetables, fruits, whole grains and beans. Plant-based eating decreases risk of disease. Plant-based eating adds phytochemicals, vitamins, minerals and fibers that may be difficult to get in good amounts if you are eating the typical Western diet of 50 percent animal protein. Plant foods are also often lower in calories than animal products, so eating plant foods helps you to maintain a healthy weight. Use the following tips to make the change to plant-based eating.

- Plan your meals around plant foods, such as vegetables, fruits, beans and whole grains, instead of meat or animal products.
- Choose a colorful variety of vegetables and fruits to get the most nutrients.
- Aim to fill at least two-thirds of your plate with plant-based foods including fruits, vegetables, whole grains and beans.
- Keep animal proteins (meat, poultry, fish, eggs and dairy) to one-third or less of your plate. When eating animal proteins, opt for seafood, poultry and low-fat dairy. Limit red meat to no more than 12 to 18 cooked ounces a week. Avoid processed meats, such as hot dogs, bacon and sausage.
- Instead of always choosing animal proteins, try adding more plant proteins to your meals, such as beans, legumes, nuts and seeds. Try swapping animal proteins for plant proteins at one or two meals a day.
- Make gradual changes. Do not make sudden changes to your diet, especially if you have digestive issues or food sensitivities. A sudden increase in the amount of plant fibers in your meals can contribute to digestive issues. You may have to modify your approach. Work plant-based foods into your daily food choices gradually. The important thing is that you are eating more plants.

Nutrients. “Nutrients” are the substances in foods that provide nourishment and support growth and healthy bodily functions.

NUTRIENT	BENEFITS	FOOD SOURCES
Protein	Protein acts as a “builder.” The body uses protein to build and repair tissues and to make hormones and enzymes that promote the body’s daily functions. This supports a healthy immune system.	Meats, poultry, fish, eggs, dairy products, beans, nuts, seeds, soy and fortified cereals You can also add protein to your meals and beverages with a protein powder or nutrition supplement drinks. Ask your doctor for a recommendation.
Vitamin A	Supports normal vision, the immune system, reproduction and healthy organ function	Salmon, leafy greens, sweet potatoes, carrots, broccoli, squash, cantaloupe, apricots, mangos, dairy, organ meats and fortified cereals
Vitamin B₆	Supports the body’s metabolism, the chemical changes that produce energy and red blood cell formation	Poultry, fish, organ meats, potatoes, fruits (other than citrus), milk and some whole grains
Vitamin C	Supports the immune system, wound healing, and acts as an antioxidant to protect cells	Citrus fruits (oranges, tangerines, grapefruit), tomato juice, broccoli, peppers, cantaloupe and strawberries
Vitamin D	Allows the body to absorb calcium for strong bones and supports immune function	Fortified products, such as dairy, orange juice, fatty fish, egg yolks and cereals
Vitamin E	Acts as an antioxidant to protect cells from damage, supports the immune system and widens blood vessels to prevent blood clots	Vegetable oils, nuts, peanut butter and fortified cereals

NUTRIENT	BENEFITS	FOOD SOURCES
Fiber	Supports bowel regularity, stabilizes blood sugar and rids the body of toxins in the gastrointestinal tract	Whole grains, beans, peas, lentils and fruit
Folate/folic acid	Helps create and repair cells' DNA in the body	Leafy green vegetables, asparagus, Brussels sprouts, beans, peas, citrus fruits (oranges, tangerines, grapefruit) and fortified whole grains
Iron	Supports blood production	Lean beef, seafood and poultry, beans, spinach, nuts, and iron-fortified cereals and breads
Phytochemicals	"Phytochemicals" are a variety of compounds that give plants (fruits and vegetables), their color and flavor. Studies show that phytochemicals support the immune system, creation of healthy cells and death of damaged cells.	Fruits and vegetables in a variety of colors, whole grains, beans, coffee and tea
Selenium	Supports thyroid gland function, DNA production and the immune system	Seafood, meat, poultry, eggs, dairy, Brazil nuts and whole grains
Zinc	Supports the immune system and cell creation and helps wounds heal	Oysters, red meat, poultry, seafood and fortified cereals

Source: National Institutes of Health's Office of Dietary Supplements








Portion Size. At restaurants and at home, big plates with large amounts of food have become common. Often, what a person views as a single portion is actually multiple servings. This is called “portion distortion.” A **serving size** is a standardized, measured amount of food, such as the amount used for Nutrition Facts labels (see *Understanding the “Nutrition Facts” Label* for more information on page 13). A **portion size** is the amount you choose to eat. It can be either more or less than a serving size. Learning to distinguish serving size from portion size helps correct portion distortion.

- Know the size of your bowls, cups and plates. Measure how much your bowls, glasses, cups and plates hold.
 - Example: Pour your breakfast cereal into your regular bowl. Then, pour it into a measuring cup. How many cups of cereal do you eat when you use this bowl? According to the Nutrition Facts label of your cereal, how much is one serving?
- Use smaller plates for your food so you do not feel under-served or tempted to fill up a larger plate with extra servings.
- When eating at home, make your plate in the kitchen and do not have serving bowls at the table with you. It is tempting to eat more when food is within reach.
- Restaurant portions are often more than a single serving. Ask for a to-go box before you start to eat. This can help to avoid overeating. Put half of your food in the box, put it away, and then finish the smaller portion that’s left on your plate.
- The chart on page 7 explains the serving sizes of common foods. Use the visual cues in this chart to “eyeball” your portions so you know how many servings you are actually eating. You can also check the Nutrition Facts label to learn the serving size of a food.

DIETITIAN TIP

Q. Do I need to take supplements?

A. Choose foods as your first source of vitamins and nutrients. You may not need supplements. If you do need them, your doctor or registered dietitian will direct you to take the appropriate supplement or vitamin. The best way to include nutrients, however, is by eating whole foods. Ask your doctor before taking any supplements, vitamins or herbs, as any of them may interact with medications you are taking.

SERVING SIZE	FOODS	LOOKS LIKE
2 cups	Raw leafy greens	 2 Baseballs
1 cup	Soup, chili, cold cereal, cooked vegetables, milk, yogurt	 1 Baseball
½ cup	Rice, pasta, hot cereal, cut up fruit	 ½ Baseball
¼ cup	Dried fruit, nuts, seeds, 100% vegetable or fruit juice	 Ping pong ball
3 ounces	Cooked meat, poultry (chicken/turkey) or seafood	 Deck of cards
1.5 ounces	Cheese	 4 Dice
1 teaspoon	Thin oils, such as vegetable oil and light salad dressings	 Water bottle cap

Visit www.pearlpoint.org/portion for more information about portion control.

Hydration. The “8 X 8” rule is a good place to start. Aim to drink eight 8-ounce glasses of caffeine-free fluid a day. Your fluid needs can change based on your health and activity level. Ask your healthcare provider for a specific daily fluid goal. Follow these tips to stay hydrated.

- Drink fluids throughout the day instead of waiting to drink when you feel thirsty.
- Keep a cup or bottle of water in sight at all times to remind you to drink.
- If you do not like plain water, try sparkling water, flavored water, adding berries or slices of lemon, cucumbers or lime, or mixing water with a splash of 100% fruit juice.
- Food contains some fluid as well, but only fluids that are liquid at room temperature, such as soups or popsicles, count toward your hydration goal.

Nutrition for Children. Children develop eating habits early in life and carry these habits into adulthood. All children can learn how to make good food choices. You can use the following strategies to teach your children healthy eating habits:

- Be a role model. Let your child see you eating more vegetables, fruits, whole grains, healthy fats and lean proteins.
- Introduce foods again, again and again. If your child does not like a food the first time you serve it, try again. Children may need to try a food many times before they enjoy it. The Academy of Nutrition and Dietetics suggests it may take up to 15 tries before a child accepts a new food.
- Encourage a colorful plate. Children often gravitate toward high-carbohydrate, starchy or bland foods, such as chicken nuggets, macaroni, fries and bread. Teach your child to eat a rainbow of foods—not just brown or tan ones. Eating a variety of different colored fruits and vegetables is a good way to get many different healthy nutrients.
- Add “secret” extra vegetables to dishes your child already enjoys to increase intake. For example, add mushrooms, zucchini or carrots to spaghetti.
- Make fruits and vegetables available. Leave whole fruits like apples or bananas out for your child. Keep cut up fruits and veggies in the fridge. If healthy snacks are readily available, it is more likely your child will eat them.

- Avoid buying packaged, processed snacks (such as cookies, chips and candy). If they are available, your child will eat them and ignore other healthier options.
- Avoid using food as a reward. Foods used as rewards are typically candy or other desserts. These items often have little nutritional value and may take the place of other foods with more nutritional value, such as vegetables, fruits, whole grains and proteins. Use stickers or verbal praise to reward your child instead.

Visit **www.pearlpoint.org/ChildhoodNutrition** for more information about childhood nutrition.



Weight Management. Achieving and maintaining a healthy weight is an important part of a healthy lifestyle. Benefits of maintaining a healthy weight or healthy body size include

- Decreased risk of disease
- Increased energy and wellbeing
- Improved strength and mobility
- More restful sleep

Every person is unique. Talk to your healthcare team to determine a healthy weight goal for you. Your healthcare team will take into account your medical history, lifestyle, and health goals to determine a healthy weight for you.

If you need either to lose or gain weight to reach your healthy weight, talk to a registered dietitian. Try to find a dietitian with whom you can speak on a regular basis. Use the Academy of Nutrition and Dietetics (AND) locator at **www.eatright.org/find-an-expert** to find a registered dietitian in your area. You can also ask your primary care provider or health insurance provider for a referral.

A registered dietitian can help create a plan that is right for your needs so you can reach and maintain your weight goal in a safe and healthy way. Do not expect or even try to change your entire lifestyle overnight. Gradual changes are the best way to achieve and maintain results over the long term.

Visit **www.pearlpoint.org/WeightManagement** for more information about reaching and maintaining your goal weight.

DIETITIAN TIP

Q. Are all weight-loss diets safe and effective?

A. Avoid fad diets. Fad diets do not work, especially not over the long term. Some fad diets can even be dangerous if they are very restrictive or eliminate entire food groups. This is especially true if you have other health conditions or if you are receiving cancer treatment. Talk to your healthcare team or a registered dietitian before making big changes to your diet. Additionally, do not take any pills or supplements for weight loss without talking to your healthcare team. Most of these pills do not work and could interfere with other medications.



Note for Persons Receiving Cancer Treatment

For cancer patients, treatment, medications and side effects may make it difficult to eat enough food to stay well-nourished. Attempting to lose weight is not usually recommended if you are a cancer patient in active treatment. It may be hard for your body to get the nutrition it needs with the added burden of a restrictive, weight-loss diet. If you are concerned about your weight, talk to members of your healthcare team or a registered dietitian before making changes to your lifestyle and food choices.

PearlPoint Nutrition Services®, a program of The Leukemia & Lymphoma Society (LLS), offers free nutrition consultations to cancer patients and caregivers by phone and email. Visit www.LLS.org/consult to schedule.

Alcohol. Heavy drinking and/or binge drinking increases your risk for liver disease, pancreatitis, certain cancers, cognitive (thinking) changes, and alcohol abuse disorders. If you do choose to drink, limit consumption to no more than one drink per day for women and two drinks per day for men and only by adults of legal drinking age. “One drink” is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.

Mouth Care. The mouth is the first stop for turning food into fuel. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Brush with a fluoride toothpaste two to three times a day.
- Gently floss teeth daily.
 - If you are a cancer patient in treatment, ask your oncology healthcare team if it is okay to floss. If your platelet count is low, flossing may increase the risk of bleeding. If your white blood cell count is low, flossing may increase the risk of infection.
- Visit your dentist for a checkup and cleaning at least once a year.
 - If you are a cancer patient in treatment, talk to your oncology healthcare team before visiting the dentist or having dental work done. You may need to take special precautions or postpone your visit.

- Do not use tobacco products. Visit **www.smokefree.gov** for more information and to get help to quit.
- Keep your mouth moist. If medication causes dry mouth, talk to your doctor about ways to manage dry mouth, such as drinking fluids, chewing sugarless gum or using a saliva substitute.

Exercise. Exercise offers other health benefits in addition to helping you reach and maintain a healthy weight. Regular exercise promotes good cardiovascular (heart) health and emotional wellbeing, too. The American Institute for Cancer Research (AICR) recommends at least 150 minutes of moderate activity or 75 minutes of vigorous, physical activity a week. This time can be broken up over several days. Physical activity includes walking, jogging, swimming, biking, playing sports, etc. Include strength training and stretching, along with aerobic exercise, to build muscle and increase flexibility.

For additional health benefits, AICR also recommends avoiding extended periods of inactivity (eg, watching TV or sitting at a computer). Break up your day by getting up and walking around for at least a few minutes every hour. Try setting a reminder on your phone or computer calendar.

Talk to your healthcare team before beginning any exercise plan. You may need to work up to a goal of 150 minutes per week or set a goal that has been adjusted to meet your needs. If you have mobility issues, ask for a referral to a physical therapist.

For more information, visit **www.LLS.org/booklets** to view *Healthy Behaviors*.

DIETITIAN TIP

Q. What are probiotics?

A. Probiotics aid in digestion and support immunity. Probiotics are the good bacteria like those naturally found in your gut or intestinal tract. Food sources of probiotics include yogurt, kefir, kimchi, sauerkraut, miso soup, sour pickles, tempeh, and milk with probiotics (buttermilk and sweet acidophilus).

In some cases, your body may need more probiotics than you can get from food. Ask your doctor or registered dietitian if a probiotic supplement would be beneficial for you. However, your doctor may advise you to avoid probiotic foods and supplements if you are immunosuppressed.

Understanding the “Nutrition Facts” Label

The Nutrition Facts label, found on all packaged foods, follows guidelines set by the United States Food and Drug Administration (FDA). The label gives you information about the contents of the food in the package which can help you make good food choices.

In 2016 the FDA changed the requirements for information on the Nutrition Facts label to reflect new scientific information and to make the label easier for people to use and understand. Many food manufacturers are already using the new label. Most food manufacturers must use the new label by January 1, 2021.

SIDE-BY-SIDE COMPARISON

Original Label

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container 8		
Amount Per Serving		
Calories 230	Calories from Fat 70	
	% Daily Value*	
Total Fat 8g	12%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	12%	
Dietary Fiber 4g	16%	
Sugars 12g		
Protein 3g		
Vitamin A	10%	
Vitamin C	8%	
Calcium	20%	
Iron	45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source: US Food and Drug Administration

Changes to the new label include

- Making the calories and serving size font larger and bolder so it is easier to read
- Updating the serving size for some foods to reflect amounts that people realistically eat and drink
- In addition to overall sugars, listing the amount of added sugars in a serving
- Listing the amount of vitamin D and potassium in a serving
- The footnote at the bottom of the label has changed to better explain the meaning of “% Daily Value.”

Serving Size. The top of the Nutrition Facts label tells you the serving size and the number of servings in the container or package. The serving size is not a recommendation of how much you should eat or drink. It is a standardized measurement to make it easier to compare foods.

If you are keeping track of your calories or nutrient intake, make sure to take into account the amount of the food you actually eat. People often eat more than the specified single-serving size at one time.

For example, if a serving is one cup but you eat two cups, you need to double the amounts listed on the label to accurately measure what you ate. You may find it helpful to measure your food to keep track of the number of servings you eat.

On some food products, the Nutrition Facts label may have two columns. One column shows information for a single serving. The other column shows information for the entire package.

Calories. The next information on the nutrition label is the amount of calories per serving. A calorie is a measurement of energy. Calorie information can help you manage your weight if you need to gain, lose, or maintain your body weight.

The Nutrition Facts label is based on a 2,000 calorie-per-day diet. Your calorie needs may be either more or less than 2,000 calories. People undergoing cancer treatment may need to consume more calories to give their body the energy it needs to recover from treatment.

The amount of calories a person needs each day depends on a lot of factors including

- Sex
- Age
- Physical activity level
- Nutritional needs
- Whether the person aims to lose, maintain, or gain weight

Ask your doctor or a registered dietitian for a daily calorie goal based on your needs.

Calories are not the only important information on the Nutrition Facts label. Even though many people consume more calories than they need, they still do not get the recommended amounts of important nutrients. A food that is low in calories but also low in nutrients may not be a good food choice. A food that is high in calories may be a good food choice if it is also high in the nutrients your body needs.

Nutrition Facts			
8 servings per container			
Serving size	2/3 cup (55g)		SERVING SIZE
Amount per serving			
Calories	230		CALORIES
% Daily Value*			
Total Fat 8g		10%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 37g		13%	
Dietary Fiber 4g		14%	
Total Sugars 12g			
Includes 10g Added Sugars		20%	
Protein 3g			
Vitamin D 2mcg		10%	
Calcium 260mg		20%	
Iron 8mg		45%	
Potassium 240mg		6%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

AIM TO **LIMIT** THESE NUTRTIENTS

AIM TO **CONSUME** 100% DAILY VALUE (OR MORE) OF THESE NUTRTIENTS

Nutrients and % Daily Value (DV). Based on a 2,000 calorie-per-day diet, the % Daily Value tells you the percentage of the recommended daily intake for each nutrient. For example, a food with 5% of the Daily Value of fiber provides 5% of the total fiber that a person consuming 2,000 calories a day should eat each day.

Your calorie needs may be either more or less than 2,000 calories per day. The amount you need of a specific nutrient may be either more or less than the recommended Daily Value. Ask your doctor or a registered dietitian for guidance.

Even if your nutritional needs are different from those shown on the Nutrition Facts label, you can still use the % Daily Value to determine whether a serving of a food is high or low in a nutrient.

A low % Daily Value is 5% or less. Choose foods that are low in saturated fat, *trans* fat, cholesterol, added sugar and sodium. Aim to eat less than 100% of the % Daily Value for these nutrients each day.

A high % Daily Value is 20% or more. Choose foods that are high in dietary fiber, vitamin D, calcium, iron, and potassium. Aim to eat 100% of the % Daily Value or more of these nutrients each day.

Nutrients Without % Daily Values. The % Daily Values are not listed on the label for *trans* fat and total sugars because there are no recommendations for the amount to eat per day.

Aim to keep your intake of *trans* fats as low as possible. *Trans* fats are linked to increased risk of heart disease. Examples of foods that may contain *trans* fats includes baked goods, chips, fried foods, creamer, and margarine.

Aim to keep your daily intake of added sugar below 25 grams for women and below 37 grams for men. “Added sugars” are sugars added during preparation or processing, or are packaged as such (eg, table sugar). Examples of foods

DIETITIAN TIP

Q. Does sugar cause cancer?

A. Sugar does not directly cause cancer, nor does it specifically “feed” cancer cells or cause cancer to grow. Sugar feeds all cells in the body. It is not possible to “starve” cancer by not eating sugar.

Although sugar does not “feed” cancer, it is still a good idea to limit sugar, especially added sugar, in your meals as it provides little nutritional value and may take the place of more nutritious foods.

that contain added sugar include syrups and honey, sugar-sweetened beverages, candy, cookies, pies, dairy desserts, milk products, and sugar-sweetened cereals.

For protein, a listed % Daily Value is only required if the food claims to be high in protein. How much protein do you need each day? Divide your ideal weight by 2 to determine the minimum grams of protein your body needs daily. Cancer patients in active treatment may need to increase their protein intake. Ask your doctor or a registered dietitian for a recommendation.

Meal Planning

Eating in a healthy way may seem difficult. Busy schedules and tight budgets may make it difficult to make good food choices. However, by meal planning, you can create healthy and balanced meals that are easy to prepare and budget-friendly. Follow these tips for meal planning.

- Plan ahead. As you plan your menu for the week, write down any groceries you will need to prepare each meal so you will only have to go to the grocery store once, and so you don't buy foods you don't need.
- Shop your own pantry. Do not forget about the foods you already have at home. Do not let food go to waste by letting it expire before you use it. Check the expiration date and use the foods you already have in your meal plan.
- Keep it simple. You do not need to prepare a four course meal for every dinner. In fact, you may not even need to cook at all. Visit **www.pearlpoint.org/MealAndSnackIdeas** for easy-to-make meals for breakfast, lunch, and dinner with minimal cooking required.

DIETITIAN TIP

Q. Should I consider juicing?

A. Juicing (using a juicer or a blender) extracts the juice from fruits and vegetables. Fruits and vegetables are a good source for a variety of vitamins, antioxidants and other nutrients. Juicing can be a good way to help you add more fruits and vegetables to your menus. However, juicing alone cannot give your body everything it needs. If you are consuming an "all juice" diet, you are missing out on other important food groups.

Remember: Juicing is a great way to add fruits or vegetables to your meals, but you should not rely on juicing to meet all of your nutritional needs. When juicing, wash all produce well and clean your juicer or blender after each use.

- Remember leftovers. Think about what food you will have left over after preparing a meal. Can you use that food for your next meal? For example, if you have roasted chicken for dinner, you could use the leftover chicken to make chicken soup or a sliced chicken sandwich for lunch the next day. This saves you money and time preparing food. Note—leftovers can be safely stored in a sealed container in a refrigerator for about 2 to 4 days. See *Leftovers* on page 31 for more information.

Use the *Meal Planning Worksheet* on page 36 and see the sample *Grocery List* on page 38 to get organized.



LLS Health Manager™ App. With *LLS Health Manager™*, you can use your phone to manage your daily health by tracking side effects, medication, food and hydration, questions for the doctor, grocery lists and more. You can also set up reminders to take medications and to eat/drink throughout the day. Visit www.LLS.org/HealthManager to download this free app.



Grocery Shopping

In order to make good food choices, you need to have healthy foods at home for meals and snacks. Use the following tips to help you stock your pantry, refrigerator and freezer with nutritious foods:

Shop with a List. Make copies of a standardized grocery list, which includes perishables, such as milk and bread. Add to it each week.

- Check your pantry, fridge and freezer to make sure you do not already have these items.
- Organize the list by the layout of your store so you can go through the store once without backtracking.

- Add any new items you need to accommodate special dietary needs or guidelines provided by your healthcare team.

See the sample *Grocery List* on page 38.

Shop Safely. To keep your foods fresh and to reduce the risk of foodborne illness (see *Food Safety and Risk of Foodborne Illness* on page 22 for more information), follow these guidelines:

- Keep cold foods cold. When buying refrigerated or frozen foods, take steps to keep the foods at a safe temperature until you are able to put them in your own refrigerator or freezer.
 - o Shop when the temperature outside is cooler (earlier in the day, for example).
 - o Bring a cooler for cold foods.
 - o Choose room temperature items first. Pick out cold and frozen foods right before you pay.
- Check the “sell by” or “use by” date on products. Do not buy products with damaged packages or dented cans.
- Keep produce away from raw meat, poultry and seafood in your cart and bags.
- Wash reusable grocery bags regularly by wiping them down with disinfecting wipes.

Shop Frugally. Use the following strategies to find discounts and ways to save money:

- Use coupons. Look online and in the newspaper for coupons. Check to see if your grocery store offers a loyalty program or coupons through a mobile app. Some brand-name specialty products can be pricey so visit the product’s website for coupons or contact the manufacturer.

DIETITIAN TIP

Q. What does “organic” mean?

A. “Organic” means that the produce was grown and harvested without the addition of any pesticides or chemicals. For the word “organic” to be on a label, the product must meet certain United States Department of Agriculture (USDA)-approved guidelines.

If you are interested in buying organic foods but cost is a concern, visit the Environmental Working Group website for a list of foods with the least amount of pesticide residue (www.ewg.org/foodnews/clean-fifteen.php) and a list of foods with higher amounts of pesticide residue (www.ewg.org/foodnews/dirty-dozen.php). The foods with less pesticide residue can be bought conventionally to save money.

- Ask for a rain check. Items on sale may sell out quickly. If this happens to you, ask for a rain check. Some stores will allow you to purchase the item at the sale price once it is back in stock, even if the promotion has ended.
- Check the top and bottom shelves. Typically more expensive items tend to be on the middle shelves at eye level. Compare these items with products on the top and bottom shelves.
- Buy generic to save money. Compare ingredients and the Nutrition Facts label to find similar products at a lower cost.
- Shop for seasonal produce. Seasonal produce provides great nutrition and taste and is typically more budget-friendly than foods that are not in season. Visit **www.seasonalfoodguide.org** for more information and to learn when foods are in season in your area.



LLS Health Manager™ App. With *LLS Health Manager™*, you can create grocery lists, categorize items and sort your lists for easier shopping. You can also export your lists to email. Visit **www.LLS.org/HealthManager** to download this free app.

Shop in New Ways. There are ways to get your groceries without a typical trip to the grocery store. Try these other ways to shop.

- Check out food delivery and pickup services. Many grocery stores now offer pickup or delivery services. You send a list to the store ahead of time. A store employee then puts together your grocery order. Once your groceries are ready, you go to the store, and an employee loads them into your car. Some online retailers also offer food delivery services.
- Ask if your grocery store offers nutrition services. Some stores offer complimentary nutrition services, such as consultations with a dietitian, supermarket tours and cooking classes.
- Visit farmers' markets. For local, fresh fruits and vegetables, visit a farmers' market. Visit **www.localharvest.org/farmers-markets** for more information and to find one in your area.

- Join a Community Supported Agriculture (CSA) program. A CSA program gives you the opportunity to pay a local farm ahead of time for your share of produce. The farm gives you a box of fruits and vegetables at set intervals, usually weekly. Some CSA's also provide eggs, meat, or other farm products. Visit www.localharvest.org/csa for more information and to find a CSA in your area.

Food Safety and Risk of Foodborne Illness

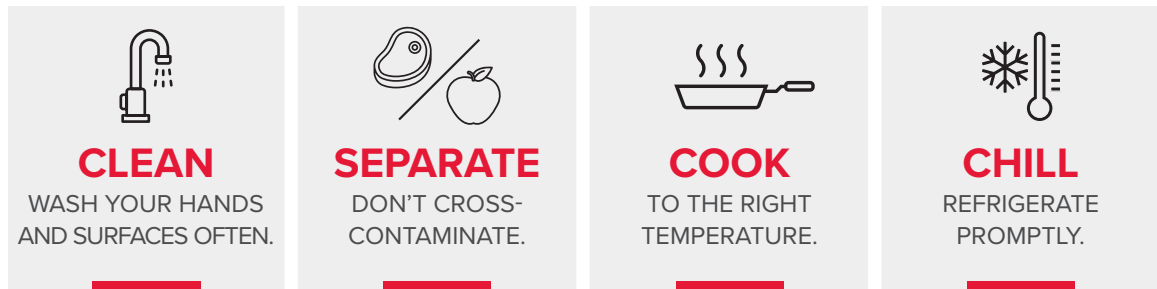
What Is Foodborne Illness? Foodborne illness (food poisoning) is any illness that results from eating contaminated food. Foodborne illness is most commonly caused by bacteria and viruses. The signs and symptoms of foodborne illness range from mild to severe and can include upset stomach, stomach cramps, nausea, vomiting, diarrhea and fever.

Who Is at Risk for Foodborne Illness? Anyone can get a foodborne illness, but some groups of people are more likely than others to become seriously ill. Persons who are at an increased risk for foodborne illness include

- Children younger than 5 years old
- Adults aged 65 and older
- Pregnant women
- People whose immune systems are weakened due to illness or medical treatment (cancer patients, for example)

What Should You Do if You Suspect You or a Loved One Has a Foodborne Illness? Contact your primary care provider (PCP) or if the person who is ill is a cancer patient, contact the oncology healthcare team. Mark any recently eaten food or beverages as “do not eat.” Keep the containers in the fridge in case the healthcare team wants to test any of the potentially contaminated foods. If you experience vomiting or diarrhea, be sure to drink plenty of clear liquids (water, ginger ale, sports drinks, or electrolyte replacement drinks) to replace lost fluids and stay well-hydrated. Do not take any anti-nausea or antidiarrheal medications without checking with your healthcare provider.

How Can I Protect Myself and My Family From Foodborne Illness? Practicing good food safety is the best way to decrease the risk of foodborne illness. The four main steps of food safety are illustrated below.



Source: Centers for Disease Control and Prevention

When preparing, eating and storing food, always follow these food safety guidelines.

- Wash your hands well, both before and after handling food. Wash hands with running water and soap for at least 20 seconds. Do not forget to scrub fingernails and the backs of your hands too.
- Disinfect food preparation surfaces both before and after cooking. Use an antibacterial kitchen cleaner and paper towels or bleach wipes. Wash or replace dish towels or sponges frequently.
- Keep raw and cooked foods separate. Do not reuse any utensils, cutting boards, plates or dishes once they have been touched by raw meat or eggs. Utensils, cutting boards, plates, and dishes, that have been used for preparing raw meats or eggs should be washed in hot, soapy water.
- Wash fruits and vegetables before peeling, cutting, or eating them. Rinse produce under running water and rub gently to remove any dirt. (There is no need to use soap or a special wash.) Remove and throw away the outermost leaves of produce such as lettuce and cabbage.
- Thaw foods safely. Do not thaw food at room temperature. Thaw in the refrigerator, under cold water or in the microwave. Once thawed in the refrigerator, ground meat, poultry and seafood should be cooked within 1-2 days. Red meat cuts should be cooked within 3-5 days. Food thawed under cold water or in the microwave should be cooked immediately.
- Cook food thoroughly and cook meats to the proper temperature. Use a meat thermometer to check the internal temperature (see chart on page 24).

MEAT	INTERNAL MINIMUM TEMPERATURE
Ground beef, pork, veal or lamb	160 °F
Turkey	165 °F
Chicken	165 °F
Steak or other cuts of beef	145 °F Allow to rest 3 minutes before carving or eating
Pork	145 °F
Seafood	145 °F
Egg dishes	160 °F
Casseroles	165 °F
Reheated leftovers	165 °F



- Always store cold foods and leftovers within 2 hours of purchasing or cooking or as soon as possible. Label food (use a marker or pen) with a “use by” date if the packaging does not have an expiration date. Food in opened packages will go bad quicker than foods in sealed packages. Visit **www.foodsafety.gov/food-safety-charts/cold-food-storage-charts** for guidelines by type of food. If you are unsure if something is safe to eat, remember, **WHEN IN DOUBT, THROW IT OUT**. See *Leftovers* on page 31 for more information.

Visit **foodsafety.gov** and **www.fightbac.org** for more information about food safety.

Foods Associated with Foodborne Illness. Persons who are not at high risk for food poisoning usually do not need to avoid these foods, but it is good to be aware of them. Persons who are at an increased risk for foodborne illness (cancer patients, for example) may be advised by their healthcare team to avoid these foods. High-risk foods include

- Raw seafood dishes, such as sushi, sashimi or ceviche
- Runny eggs
- Unpasteurized beverages, such as unpasteurized juice or raw milk
- Soft mold-ripened and blue-veined cheeses, such as Brie, Camembert, Roquefort, Stilton, Gorgonzola and blue, or other soft, unpasteurized cheeses
 - o You may be able to find pasteurized versions of these cheeses. Check the label.
- Raw sprouts, such as alfalfa sprouts
- Frozen drinks, soft-serve ice cream, or frozen yogurt from bulk machines

Ask the healthcare team for additional food safety guidelines if either you or a loved one is immunosuppressed.

For nutrition information for cancer patients receiving treatment, visit **www.LLS.org/booklets** to view *Food and Nutrition Facts*.

Food Allergies. A food allergy is a serious, potentially life-threatening medical condition where your immune system overreacts to a typically harmless food. Food allergy reactions can range from mild to severe. Food allergies may either start in childhood or later in adulthood. It is important that food allergies are confirmed by an allergist, a physician who specializes in the diagnosis and treatment of allergies. After a food allergy diagnosis, it is vital to work with your healthcare team to learn how to protect yourself and manage the allergy. Visit Food Allergy Research and Education (FARE) at **www.foodallergy.org** for more information.



Cooking Healthier Meals

Cooking at home can help you to save money and to eat in healthier ways. Here are a few tips to keep in mind when cooking at home.

Choose Healthier Cooking Methods. Prepare food by baking, slow-cooking, grilling, or broiling to limit fat. Avoid fried and greasy foods.

Remember that not all fats are created equal. Your body needs fat. Choose healthy fats, such as olive oil/canola oil, avocados, nuts and seeds.

Pick Plant-Based Options. Swap out meat and other animal products for plant-based proteins. For example,

- Try sliced tofu in place of chicken.
- Use chopped mushrooms or cooked lentils in place of ground meat.
- Black beans, jackfruit and chickpeas are also good replacements for meat in a variety of dishes such as burgers, chili and barbeque.

Try to build your meals around fruits, vegetables and beans instead of meat.

Stock Up on Pantry Staples. Some items you will need for many dishes. For example, seasonings, cooking oil, low-sodium broth, and whole-grain brown rice are staples. See the sample *Grocery List* on page 38 to build a well-stocked pantry.

Check Spices. Taste your food before serving to see if you need to add more seasoning. Typically, seasonings in recipes are just suggestions, so you can adjust them to your tastes. Remember that you can always add more spice or salt, but you cannot take it out.

Food Safety Warning—Do not taste dishes containing meat, poultry, fish, or seafood until the food has reached a safe internal temperature. See chart on page 24.

DIETITIAN TIP

Q. How can I start cooking at home?

A. If you have never cooked at home before, the idea can be intimidating. You may not know where to start.

The internet offers many free videos with professional chefs and experienced home cooks who can walk you step-by-step through delicious recipes. Videos can be more helpful than a written recipe, especially for beginners. You can see what the food should look like at each step. You can pause and, when you need to, you can watch it again.

Cook for Your Life teaches healthy cooking to people impacted by cancer. Visit www.cookforyourlife.org/videos to watch and learn.

If you are looking for a specific recipe, try searching YouTube. No matter what food you crave, there is likely a video to guide you.

Save Time. Cooking can be time consuming, but everything does not need to be made from scratch. Here are a few ideas to save you time in the kitchen.

- Chop veggies for multiple meals at one time. Save chopped veggies in the refrigerator in an airtight container.
- Search online for one-pot recipes to save on cleanup time.
- Use premade sauces and dressings. Remember to check the labels for added sugar and sodium content so you can choose a healthier option.
- Use frozen vegetables mixes as meal starters for dishes such as stir fries, soups or casseroles.
- Try microwavable brown rice for a quick and easy serving of whole grains.
- Use a cooked rotisserie chicken as a source of protein in several dishes.

Manage Salt Content. Be aware of the salt content of your foods by reading the sodium content on the Nutrition Facts label. The American Heart Association recommends no more than 2,300 milligrams (mg) of sodium a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults. When cooking, some of your ingredients may already contain salt, so you may not need to add more. Here are more ways to lower your sodium intake.

- Limit or avoid smoked or cured foods, such as sausage, bacon and hot dogs.
- When buying canned items, look for “no salt added” or “low-sodium” on the label. You can also rinse canned vegetables before cooking to remove added salt.
- Avoid flavored rice and noodles. Prepare plain rice and noodles and season them yourself.
- Avoid frozen vegetables that are pre-seasoned or have a sauce.
- Look for sodium-free seasoning mixes to try on meats and vegetables.
- Avoid processed foods and fast food which can be high in salt.

Choose a Healthier Cooking Oil. The American Heart Association recommends choosing oils with less than 4 grams of saturated fat per tablespoon and no partially hydrogenated oils or *trans* fats. This includes the following more budget-friendly oils:

- Canola, corn, olive, peanut, safflower, soybean and sunflower

Blends of these oils are often called “vegetable oil.” Other oils like avocado or sesame oil can be healthy options, but they may be higher in price. Cooking sprays made with these oils are also a good choice.

Reduce Added Sugar. As a general rule, sugar in most recipes can be decreased by 25 percent without greatly affecting taste or texture. For most baked desserts, you can use 1 cup of unsweetened applesauce in place of 1 cup of sugar. If making the swap, reduce the amount of other liquids used in the recipe.

You can also try using a calorie-free natural sweetener containing stevia. Stevia is a natural sugar-free and calorie-free sweetener. For cancer patients and those wanting to prevent cancer, it is best to limit the ingestion of all chemicals including chemically based artificial sweeteners, such as aspartame, sucralose, and saccharin.

Let Your Child Help Prepare Food. As age-appropriate, let your child help with grocery shopping, food preparation, and meal planning. For example, let younger children pick out the produce at the store. Let older children help stirring pots or measuring spices. Your child will learn these important life skills and gain a new appreciation for food. Picky eaters may even be more likely to try a new food if they help prepare it.

Try New Recipes. You can find recipes in many ways. Ask family and friends for their favorite dishes. Check out cookbooks from your library. Search online; here are a few websites to start your search:

- PearlPoint Nutrition Services®: www.pearlpoint.org/recipes
- American Institute for Cancer Research (AICR): www.aicr.org/cancer-prevention/recipes/
- Cook for Your Life: www.cookforyourlife.org

See the *Sample Meal Plan* on page 32 to see an example of a healthy menu. If you find a new recipe you enjoy, record it on one of the blank recipe cards included in this book on pages 54 and 55.



Mealtimes

Making healthy food choices is about more than just consuming food; it is also about enjoying food. Food brings people together so make mealtimes social and fun for you and your family. To make mealtimes more enjoyable, try the following tips:

- Sit down and eat with your friends and family.
- Make regularly scheduled mealtimes a family priority.
- Eat at the table instead of sitting on the couch or in separate rooms.
- Put away electronic devices (mobile phones and tablets). Turn off the TV. Eat without distractions so you can enjoy your food.
- Encourage pleasant conversation while you eat. Here are some fun questions to use as conversation starters. You can also make up your own.
 - o What was the highlight of your day?
 - o If you could have any superpower, what would you choose?

- o What is the best meal you have ever eaten?
- o If you could travel anywhere, where would you go?

Even if you are eating alone, eat without distractions and take time to savor each bite of food.

Eating at Restaurants. Eating in a healthy way does not mean you cannot dine out and enjoy your favorite restaurants. Moderation is key. Here are few things to keep in mind when eating at restaurants.

- Check restaurant websites to look up the nutritional information of menu items beforehand. A little research before ordering can help you make healthy meal choices.
- Restaurant portions are often large. Pack half of your meal in a to-go box before you start eating to limit the portion size.
- Be adventurous; try restaurants that serve foods that, typically, you do not eat at home. Try the cuisine from another country or culture or order a vegetarian or vegan dish. You may find a new favorite dish that you can try to make at home.

Leftovers

Leftovers are a great way to save time and money and to cut down on food waste. When planning your meal in advance, remember to incorporate leftovers throughout the week. Follow these food safety guidelines for storing and reheating leftovers.



Store Leftovers Safely. If you plan to make meals in advance or to use leftovers, make sure you store foods safely.

- Pack and refrigerate or freeze leftovers within 2 hours of cooking or sooner if possible. (Store foods within 1 hour if the temperature is above 90 °F.)
- Eat or discard refrigerated leftovers within 2 to 4 days or frozen leftovers within

3 to 4 months. Frozen foods will stay safe for longer but they can lose moisture and flavor. If you are not sure whether something is safe to eat, remember,

WHEN IN DOUBT, THROW IT OUT.

- Label food (use a marker or pen) with a “use by” date if the packaging does not have an expiration date. Food in opened packages goes bad quicker than foods in sealed packages. For more guidelines, visit **www.foodsafety.gov/food-safety-charts/cold-food-storage-charts**.
- Put foods with the soonest expiration date at the front of the fridge or shelves so that you are more likely to use them.

Reheat Leftovers Safely. Just as when you prepare a meal the first time, you need to practice good food safety when reheating leftovers to reduce the risk of foodborne illness.

- You can reheat frozen leftovers without thawing; however, it will take longer to heat the food all the way through to a safe internal temperature. Do not thaw food at room temperature. Thaw in the refrigerator, under cold water or in the microwave.
- When reheating leftovers, be sure they reach 165 °F as measured with a food thermometer. Check the temperature of the food in several places in case of cold spots.
- Reheat sauces, soups and gravies by bringing them to a rolling boil.
- Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.
- When reheating in the microwave, cover and rotate the food for even heating.

Sample Meal Plan

The following Sample Meal Plan is based on a 2,000 calorie-per-day diet. The dishes marked with an asterisk (*) are recipes that can be found starting on page 48. This sample meal plan is only an example. **Make adjustments as necessary to follow dietary guidelines provided by your healthcare team or a registered dietitian.** Ask a registered dietitian for a meal plan that meets your specific needs.

Sample Meal Plan: Day 1

MEAL	FOODS	NOTES
Breakfast	Breakfast Burrito <ul style="list-style-type: none"> • One 8-inch whole-wheat flour tortilla • Spinach, handful • 2 eggs scrambled • ½ cup of cherry tomatoes, halved • ¼ cup of shredded cheese 	You can also add other vegetables such as bell peppers or onions.
Snack	1 cup of grapes ¼ cup of walnuts or pecan halves	Slice grapes in half and freeze for a cool snack.
Lunch	Turkey, Spinach or Apple Wrap* 1 cup baked chips ½ cup low-fat yogurt Peach, sliced	Use whole-wheat flour tortilla and spinach left from the breakfast burrito. For a vegetarian option, use black beans and/or smashed chickpeas. Beans and legumes (such as chickpeas) are a good source of protein.
Snack	1 cup of carrot sticks 4 Tbsp. of hummus 1 medium orange	Eat a colorful variety of fruits and vegetables to get the most nutrients.
Dinner	Spring Stir Fry with Chicken*	You can substitute tofu for the chicken if you prefer a vegetarian dish. Refrigerate or freeze leftovers in an airtight container.
Dessert	½ cup of frozen yogurt	

*Recipes can be found starting on page 48.

Sample Meal Plan: Day 2

MEAL	FOODS	NOTES
Breakfast	Yogurt Parfait <ul style="list-style-type: none"> • 1 cup of yogurt • 1 Tbsp. slivered almonds • ¾ cup of blueberries • ¼ cup of granola 	
Snack	1 apple, medium 1 Tbsp. nut butter 1 cup baked chips	When choosing a snack, try to include more than one food group such as protein, fruits, vegetable and/or complex carbohydrates.
Lunch	Leftover Spring Stir Fry with Chicken*	Heat up leftovers from the previous night so you don't have to cook again. Heat leftovers to a safe internal temperature of 165 °F.
Snack	1 cup of broccoli 2 Tbsp. hummus ¼ cup of walnuts or pecan halves	
Dinner	Easy Summer Lasagna* Side salad with leafy greens topped with 1 Tbsp. of Italian dressing	Refrigerate or freeze leftovers. Add your favorite veggies to the side salad—cucumbers, carrots, spinach, radishes. Use veggies not used in the Day 1 breakfast burrito.
Dessert	Frozen banana “ice cream” Top with chopped nuts.	For banana “ice cream,” peel and freeze a ripe banana for at least two hours. Blend or mash to an ice cream consistency.

*Recipes can be found starting on page 48.

Sample Meal Plan: Day 3

MEAL	FOODS	NOTES
Breakfast	Oatmeal with Fresh Fruit*	
Snack	Cottage Cheese, Cucumber and Tomato Toast*	To increase dietary fiber, choose 100% whole-grain bread.
Lunch	Leftover Easy Summer Lasagna* Side salad with leafy greens topped with 1 Tbsp. of Italian dressing	Heat up leftovers from the previous night so you don't have to cook again. Heat leftovers to a safe internal temperature of 165 °F. Add your favorite veggies to the side salad—cucumbers, carrots, spinach, radishes.
Snack	½ cup salsa 1 cup of carrot sticks Multigrain tortilla chips, 10-15 chips	
Dinner	Pan-Seared Halibut with Heirloom Tomatoes* Asparagus, roasted • Drizzle asparagus with olive oil and seasonings • Bake at 425 °F for 10-15 minutes ½ cup of cooked brown rice	
Dessert	¼ cup of chocolate-covered raisins ¼ cup unsalted nuts	

*Recipes can be found starting on page 48.

For more sample menus, visit

www.choosemyplate.gov/eathealthy/budget/budget-sample-two-week-menus
for Sample 2-Week Menus from the United States Department of Agriculture.

Meal Planning Worksheet

Planning meals in advance is a great way to include a variety of healthy foods in your menu each week. A written meal plan can also remind you of leftovers to use for lunch or snacks later in the week. It takes the guesswork out of mealtimes. Refer to this worksheet while planning your grocery list so you'll have all the ingredients you'll need on hand.

The Week of _____

DAY	MENU ITEMS	LEFTOVERS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

[illegible]

Grocery List

Pantry. Keep your pantry stocked with healthy food options. Use this suggested grocery list to get started. Keep in mind that these foods are only suggestions. Make changes, as necessary, to accommodate food allergies or to follow the nutrition guidelines recommended by the healthcare team.

Grains

- ☐ Whole-grain breads
- ☐ Crackers
- ☐ Whole-grain rice and pasta
- ☐ Oatmeal and hot cereal
- ☐ Couscous, bulgur wheat and quinoa
- ☐ Cereal
- ☐ Natural popcorn
- ☐ Flour and breadcrumbs
- ☐ Whole-grain cereal

Fruits/Vegetables

- ☐ Canned and dried fruits
- ☐ Applesauce (unsweetened)
- ☐ Potatoes and sweet potatoes
- ☐ Onions and garlic
- ☐ Canned tomatoes and veggies
- ☐ Instant mashed potatoes

Dairy

- ☐ Nonfat dry milk or whey protein powder

- ☐ Evaporated milk

Proteins

- ☐ Canned fish and chicken (packed in water)
- ☐ Natural peanut and almond butter
- ☐ Unsalted nuts and seeds
- ☐ Canned and dried beans/peas
- ☐ Protein bars

Fats and Oils

- ☐ Olive and canola oil
- ☐ Cooking spray

Other

- ☐ Low-sodium soup and stock
- ☐ Dried herbs and spices
- ☐ Assorted vinegars
- ☐ Decaffeinated teas
- ☐ Decaffeinated coffee
- ☐ Flavored drink mixes
- ☐ Pudding and gelatin
- ☐ Honey, sugar or stevia

Extra Pantry Groceries:

Refrigerator and Freezer

Grains

- ☐ Whole-grain waffles
- ☐ Whole-grain breads

Fruits/Vegetables

- ☐ Fresh fruits and veggies
- ☐ Packaged salad
- ☐ 100% juice concentrate
- ☐ Tomato or fruit salsa

Dairy

- ☐ Low-fat milk
- ☐ Low-fat yogurt
- ☐ Low-fat cheese
- ☐ Low-fat cottage and ricotta cheese
- ☐ Fortified soy, almond and rice milk
- ☐ Sherbet, yogurt and ice cream

Proteins

- ☐ Eggs
- ☐ Skinless chicken breast

- ☐ Lean pork
- ☐ Lean beef
- ☐ Turkey breast
- ☐ Hummus
- ☐ Fish or shrimp

Fats and Oils *(Use full-fat choices if weight loss is an issue)*

- ☐ Low-fat mayonnaise
- ☐ Low-fat salad dressings
- ☐ Low-fat sour cream
- ☐ Soft *trans*-fat-free margarine (in a tub)

Other

- ☐ Fortified 100% juice
- ☐ Sports drinks
- ☐ Nutrition drinks
- ☐ Popsicles
- ☐ Ready-to-eat meals

Extra Groceries:

Other Organizations

Nutrition Education and Recipes

The Academy of Nutrition and Dietetics (AND)

www.eatright.org

(800) 877-1600

The Academy of Nutrition and Dietetics (AND) is the world's largest organization of food and nutrition professionals. The eatright.org website provides educational nutrition information and a locator to find a registered dietitian by zip code and expertise.

American Institute for Cancer Research (AICR)

www.aicr.org

(800) 843-8114

AICR focuses its research on the link between diet and cancer and translates the results into practical information for the public and provides funding for research at leading universities, hospitals and research centers throughout the United States and abroad. The AICR website offers nutrition information, recipes, interactive web tools and more.

ChooseMyPlate

Choosemyplate.gov

The United States Department of Agriculture (USDA) provides this website which includes nutrition information, recipes and the option to create a personalized MyPlate Plan.

Cook for Your Life

www.cookforyourlife.org

Cook for Your Life teaches healthy cooking to people touched by cancer. The website offers recipes and videos that can be searched by dietary needs.

National Cancer Institute

www.cancer.gov/publications/patient-education/eating-hints

(800) 4-CANCER ([800] 422-6237)

Eating Hints: Before, During, and After Cancer Treatment is a free booklet for people who are either having or are about to have cancer treatment.

Food and Financial Assistance

2-1-1

www.211.org

Dial 211

Find local resources such as food pantries, meal delivery, soup kitchens and other assistance programs by dialing 211.

Feeding America

www.feedingamerica.org

(800) 771-2303

The Feeding America website provides an online search tool to connect individuals with their local food banks.

Food and Nutrition Service (FNS)

United States Department of Agriculture (USDA)

<https://www.fns.usda.gov>

The USDA's Food and Nutrition Service (FNS) works with states to facilitate the programs below (among others).

- **Supplemental Nutrition Assistance Program (SNAP).** This program provides nutrition assistance to eligible low-income individuals and families. This program is sometimes referred to as “food stamps.” Visit www.fns.usda.gov/snap/applicant-recipient for more information about eligibility and how to apply.
- **USDA National Hunger Hotline.** This hotline, operated by Hunger Free America, helps people seeking food assistance. Call (866) 3-HUNGRY ([866] 348-6479).

Resources and Information

LLS offers free information and services to patients, caregivers and families affected by blood cancers. This section of the book lists various resources that can be helpful to you. Use this information to learn more, to ask questions and to make the most of your healthcare team members' knowledge and skills.

For Help and Information

Consult With an Information Specialist. Information Specialists are master's level oncology social workers, nurses and health educators. They offer up-to-date disease and treatment information. Language services are available. For more information, please

- Call: (800) 955-4572 (Monday through Friday, 9 am to 9 pm ET)
- Email: infocenter@LLS.org
- Live chat: www.LLS.org/InformationSpecialists
- Visit: www.LLS.org/InformationSpecialists

Clinical Trials Support Center (CTSC). Research is ongoing to develop new treatment options for patients. LLS offers help for patients and caregivers in understanding, identifying and accessing clinical trials. When appropriate, patients and caregivers can work with Clinical Trial Nurse Navigators who will help find clinical trials and personally assist them throughout the entire clinical-trial process. Please visit www.LLS.org/CTSC for more information.

Free Information Booklets. LLS offers free education and support booklets that can either be read online or ordered. Please visit www.LLS.org/booklets for more information.

Financial Assistance. LLS offers financial support including insurance premium and medication co-pay assistance as well as travel and other needs to eligible individuals with blood cancer. For more information, please

- Call: (877) 557-2672
- Visit: www.LLS.org/finances

LLS Health Manager™ App. This free mobile app helps you manage your health by tracking side effects, medication, food and hydration, questions for your doctor, and more. Export the information you've tracked in a calendar format and share it with your doctor. You can also set up reminders to take medications, hydrate, and eat. Visit www.LLS.org/HealthManager to download for free.

One-on-One Nutrition Consultations. Access free one-on-one nutrition consultations provided by a registered dietitian who has experience in oncology nutrition. Dietitians assist callers with information about healthy eating strategies, side effect management, and survivorship nutrition. They also provide additional nutrition resources. Please visit www.LLS.org/nutrition for more information and to schedule a consult.

Telephone/Web Education Programs. LLS offers free telephone/web and video education programs for patients, caregivers and healthcare professionals. Please visit www.LLS.org/programs for more information.

Podcast. *The Bloodline with LLS* is here to remind you that after a diagnosis comes hope. Listen in as patients, caregivers, advocates, doctors and other healthcare professionals discuss diagnosis, treatment options, quality-of-life concerns, treatment side effects, doctor-patient communication and other important survivorship topics. Visit www.LLS.org/TheBloodline for more information and to subscribe.

LLS Coloring For KidsSM. This free coloring app allows children to express their creativity and offers activities to help them learn about blood cancer and its treatment. It includes blank canvases, general coloring pages, and pages from the LLS coloring books. Visit www.LLS.org/ColoringApp to learn more and download.

Suggested Reading. LLS provides a list of selected books recommended for patients, caregivers, children and teens. Please visit www.LLS.org/SuggestedReading to view the titles.

Community Resources and Networking

LLS Community. The one-stop virtual meeting place for talking with other patients and receiving the latest blood cancer resources and information. Share your experiences with other patients and caregivers and get personalized support from trained LLS staff. Please visit www.LLS.org/community to join.

Weekly Online Chats. Moderated online chats can provide support and help cancer patients to reach out and share information. Please visit www.LLS.org/chat for more information.

LLS Chapters. LLS offers support and services in the United States and Canada, including the *Patti Robinson Kaufmann First Connection Program* (a peer-to-peer support program), local support groups, local education programs and other great resources. For more information about these programs or to contact the nearest chapter, please

- Call: (800) 955-4572
- Visit: www.LLS.org/ChapterFind

Other Helpful Organizations. LLS offers an extensive list of resources for patients and families. There are resources that provide help with financial assistance, counseling, transportation, patient care and other needs. Please visit www.LLS.org/ResourceDirectory for more information.

Advocacy. The LLS Office of Public Policy (OPP) engages volunteers in advocating for policies and laws that encourage the development of new treatments and improve access to quality medical care. For more information

- Call: (800) 955-4572
- Visit: www.LLS.org/advocacy

Additional Help for Specific Populations

Language Services. Let members of your healthcare team know if you need translation or interpreting services because English is not your native language, or if you need other assistance, such as the service of a sign language interpreter. Often these services are free.

Information for Veterans. Veterans who were exposed to Agent Orange while serving in Vietnam may be able to get help from the United States Department of Veterans Affairs. Please visit www.publichealth.va.gov/exposures/agentorange or call the Department of Veterans Affairs at (877) 222-8387 for more information.

World Trade Center (WTC) Survivors. People involved in the aftermath of the 9/11 attacks and subsequently diagnosed with a blood cancer may be eligible for help from the World Trade Center (WTC) Health Program. People eligible for help include

- Responders
- Workers and volunteers who helped with rescue, recovery and cleanup at the WTC-related sites in New York City (NYC)
- Survivors who were in the NYC disaster area, lived, worked or were in school in the area
- Responders to the Pentagon and the Shanksville, PA, crashes

For more information, please

- Call: WTC Health Program at (888) 982-4748
- Visit: www.cdc.gov/wtc/faq.html

Feedback. Please visit www.LLS.org/PublicationFeedback to give suggestions about this book.

References

The Leukemia & Lymphoma Society (LLS) has educational materials available, many of which were used to create this book. Visit **www.LLS.org/booklets** and **www.pearlpoint.org** for more information.

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NOTES

APPLE CINNAMON FRUIT LEATHER

Ingredients

5 medium apples,
chopped

½ cup water

1 large date, pitted

1 tsp cinnamon



Directions

1. Place chopped apples in a medium saucepan with water. Bring to a simmer, cover and cook for about 10 minutes.
2. Add pitted date and cinnamon and mash. Cover and cook another 2-3 minutes on low heat.
3. Place mixture in a blender or food processor and process until smooth.
4. Pour onto a baking sheet lined with parchment paper or a non-stick baking mat and spread with a spatula into a thin layer.
5. Bake at 175-200 °F (as low as your oven will go) for 2-3 hours or until it's tacky but doesn't stick to your finger.

Makes 12 servings (3 oz). Per serving: 45 calories, 0 g total fat (0 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 12 g carbohydrates, 0 g protein, 2 g dietary fiber, 0 mg sodium, 9 g sugar, 0 g added sugar.

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CHERRY BERRY YOGURT POPSICLES

Ingredients

1 ½ cup pitted fresh or
frozen cherries

½ cup fresh or frozen
blackberries

1 Tbsp. honey

24 oz. vanilla Greek
yogurt

12 (3 oz.) paper cups
and 12 popsicle sticks



Directions

1. In small mixing bowl mash cherries and blackberries. Drizzle on honey and mix together.
2. In paper cups, layer alternating spoonfuls of yogurt and fruit until full. Place popsicle stick or plastic spoon in each cup. Freeze.
3. When ready to serve, tear paper cup off popsicle and enjoy.

Makes 12 servings (1 popsicle). Per serving: 70 calories, 0 g total fat (0 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 11 g carbohydrates, 5 g protein, 1 g dietary fiber, 20 mg sodium, 10 g sugar, 1 g added sugar.

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COTTAGE CHEESE, CUCUMBER AND TOMATO TOAST

Ingredients

- | | |
|------------------------------|---|
| 1 slice whole grain bread | 2-3 thin tomato slices, cut into quarters |
| ¼ cup low fat cottage cheese | Cracked black pepper (to taste) |
| 4-5 thin cucumber slices | |



Directions

1. Toast bread.
2. Spread cottage cheese on bread.
3. Top with cucumber slices, tomato slices and black pepper.

Makes 1 serving. Per serving: 2.5 g total fat (1 g saturated fat, 0 g *trans* fat), 5 mg cholesterol, 17 g carbohydrates, 10 g protein, 0 g dietary fiber, 280 mg sodium, 6 g sugar, 0 g added sugar.

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EASY SUMMER LASAGNA

Ingredients

- 2 eggplants (about 3 lbs.), quartered lengthwise
- 6 medium zucchini (about 3 lbs.)
- Canola oil cooking spray
- 15 oz. low-fat ricotta or low-fat cottage cheese (or a combination of both)
- 2 eggs
- ½ cup grated Parmesan cheese
- ½ tsp. ground nutmeg
- ½ tsp. garlic powder
- 4 cups low-sodium tomato sauce
- 1 lb. whole-wheat, no-boil lasagna noodles
- 3 cups part-skim mozzarella cheese

Makes 12 servings. Per serving: 360 calories, 11 g total fat (5 g saturated fat, 0 g *trans* fat), 65 mg cholesterol, 44 g carbohydrates, 23 g protein, 9 g dietary fiber, 400 mg sodium, 12 g sugar, 0 g added sugar.

Directions

1. Preheat oven to 450 °F. Grease a 13 x 9 x 2-inch baking pan, set aside.
2. Slice the eggplant and zucchini in ½-inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for about 40 minutes.
3. Reduce the oven temperature to 375 °F.
4. Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.
5. To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta. Spread ⅓ of the ricotta mixture on top of pasta. Sprinkle ¼ of the mozzarella over the ricotta. Spoon ⅓ of the roasted vegetables on top. Top with ½ cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.
6. Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.



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OATMEAL CHOCOLATE CHIP BITES

Ingredients

2 cups old fashioned oats	½ cup mini unsweetened chocolate chips
1 cup almond flour	2 tsp. vanilla extract
¾ cup ground flaxseed	1 cup pure maple syrup
½ tsp. salt	½ cup natural almond butter
2 tsp. baking powder	



Directions

1. Preheat oven to 350 degrees F.
2. Combine dry ingredients including chocolate chips in large bowl. In another bowl, mix wet ingredients. Add wet ingredients to dry ingredients and stir to combine.
3. Drop dough into 24 even mounds on greased baking sheet. Lightly press down to flatten (cookies will not flatten much during cooking). Or pour batter into greased 9 x 13-inch baking pan.
4. Bake 12-15 minutes, until cookies are set in the center.

Makes 24 servings (1). Per serving: 150 calories, 8 g total fat (1.5 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 17 g carbohydrates, 4 g protein, 3 g dietary fiber, 60 mg sodium, 10 g sugar, 9 g added sugar.

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OATMEAL WITH FRESH FRUIT

Ingredients

½ cup old fashioned rolled oats	⅛ tsp. cinnamon
1 ¼ cups almond milk, or other plant-based or dairy milk, divided	½ cup chopped pineapple
1 tsp. ground flaxseed, or to taste	¼ cup sliced strawberries
	2 Tbsp. chopped walnuts, optional
	1 tsp. honey, optional



Directions

1. In small pan, cook oatmeal with 1 cup milk according to package directions.
2. Place oatmeal in serving bowl. Pour ¼ cup milk over oatmeal (heat milk if preferred). Sprinkle on flaxseed and cinnamon.
3. Top with pineapple, strawberries, walnuts and honey, if desired.

Recipe may be double, tripled or quadrupled.

Makes 1 serving. Per serving: 370 calories, 16 g total fat (1.5 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 50 g carbohydrates, 10 g protein, 8 g dietary fiber, 200 mg sodium, 16 g sugar, 0 g added sugar.

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PAN-SEARED HALIBUT WITH HEIRLOOM TOMATOES



Ingredients

Halibut

Two 5 oz. halibut fillets
Salt and freshly ground black pepper, to taste
1 tsp. olive oil
1 tsp. butter
1 tsp. fresh thyme, chopped
Juice of ½ lemon

Heirloom Tomato Topping

½ lb. heirloom tomatoes, chopped (juices saved)
1 tsp. fresh basil, chopped
½ tsp. olive oil
1 tsp. shallot, minced
1 tsp. chives, chopped
1 tsp. white balsamic vinegar (or regular balsamic)
Salt and freshly ground black pepper, to taste

Halibut: Makes 2 servings (4 oz. cooked per serving). Per serving: 170 calories, 6 g total fat (2 g saturated fat, 0 g *trans* fat), 75 mg cholesterol, 1 g carbohydrates, 26 g protein, 0 g dietary fiber, 110 mg sodium, 0 g sugar, 0 g added sugar.

Directions

1. In a medium bowl, combine the tomatoes and their juices with the basil, olive oil, shallots, chives and vinegar. Season with salt and pepper (to taste) and set aside.
2. Pat dry the halibut fillets with paper towels to remove extra moisture, and season with salt and pepper.
3. In a medium nonstick skillet, heat 1 tsp. of olive oil over medium-high heat.
4. Add the halibut and cook until browned on the bottom (or skin has turned crispy), about 5 minutes.
5. Flip the fillets and add the butter, thyme and lemon to the skillet; spoon the liquid over the fillets as they cook, about 2 minutes longer.
6. Transfer the halibut to a plate. Spoon 2 Tbsp. of the tomato mixture on top of each fillet.

Heirloom Tomato Topping: Makes 8 servings (2 Tbsp. per serving).

Per serving: 10 calories, 0 g total fat (0 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 1 g carbohydrates, 0 g protein, 0 g dietary fiber, 25 mg sodium, 1 g sugar, 0 g added sugar.

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PASTA SHELLS WITH GARLIC AND KALE



Ingredients

1 Tbsp. extra-virgin olive oil
5 cloves garlic, minced
¼ tsp. red pepper flakes (or to taste)
10-12 cups pre-washed baby kale, loosely packed, coarsely chopped
½ cup fat-free, reduced-sodium vegetable broth
1 Tbsp. Parmesan cheese
8 oz. small whole-wheat pasta shells, cooked to package directions
Salt and freshly ground black pepper, to taste

Directions

1. In large skillet over medium heat, heat oil. Sauté garlic with red pepper flakes for about 2 minutes.
2. Stir in broth and half the greens, season to taste with salt and pepper. Increase heat to medium-high, cover, and cook until greens wilt, about 3 minutes. Stir in remaining greens, cover and cook an additional 12 minutes or until greens are tender. Stir occasionally.
3. Place cooked, drained pasta in saucepan. Add greens mixture and gently toss until well combined.
4. Sprinkle with cheese and serve.

Makes 4 servings (about 1 ¼ cup per serving). Per serving: 210 calories, 7 g total fat (1 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 33 g carbohydrates, 12 g protein, 8 g dietary fiber, 250 mg sodium, 4 g sugar, 0 g added sugar.

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QUICK EIGHT-VEGETABLE SOUP

Ingredients

- | | |
|---|---------------------------------------|
| 1 Tbsp. extra virgin olive oil | ½ cup frozen tri-colored bell peppers |
| 1 chopped onion | 2 tsp. dried oregano or thyme |
| 4 cup low-sodium vegetable broth | Pinch of dried red pepper flakes |
| ½ cup frozen baby lima beans | 1 cup frozen broccoli florets |
| 1 (15 oz.) can no salt added black, Great Northern, or navy beans | Salt, to taste |
| 1 cup frozen mixed vegetables | ¼ cup grated Parmesan cheese |

Directions

1. In a large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, about 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.
2. Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer covered for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste. This soup keeps covered in refrigerator for 3 days. Reheat in covered pot over medium heat.
3. To serve, divide soup among deep bowls. Option to top each serving with 1 tablespoon of Parmesan cheese.

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Makes 4 servings (1 ⅓ cup). Per serving: 250 calories, 8 g total fat (2 g saturated fat, 0 g *trans* fat), 5 mg cholesterol, 32 g carbohydrates, 10 g protein, 9 g dietary fiber, 410 mg sodium, 5 g sugar, 0 g added sugar.

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SOUTHWESTERN BEAN SALAD

Ingredients

- | | |
|---|--|
| 1 can (15 oz.) low sodium black beans, rinsed and drained | 1 cup chopped green, red or yellow bell pepper |
| 1 cup no-salt-added canned corn kernels | 1 cup chopped carrots |
| | ¾ cup mild tomato salsa |
| | 1 Tbsp. olive oil |

Directions

1. In large salad bowl, combine beans and corn. Add chopped pepper, chopped carrots, salsa and olive oil.
2. Mix together with large spoon and serve.

Regular beans can be used in place of low-sodium beans. Rinse beans thoroughly in colander and drain before using to significantly decrease sodium content.

Makes 6 servings (1 ¼ cups per serving). Per serving: 3 g total fat (0 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 21 g carbohydrates, 5 g protein, 5 g dietary fiber, 250 mg sodium, 4 g sugar, 0 g added sugar.

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TURKEY, SPINACH AND APPLE WRAP

Ingredients

1 Tbsp. reduced-fat mayonnaise*	2 cups baby spinach, washed and dried, loosely packed
2 tsp. honey mustard	4 thin slices (4 oz.) turkey breast
2 (8-in) whole-wheat flour tortillas	¼ Granny Smith apple, sliced paper-thin



Directions

1. Combine mayonnaise and honey mustard. Lay out both wraps. Spread the edges of each wrap with the mayonnaise/mustard mixture.
2. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
3. Serve immediately or cover each wrap tightly in plastic wrap and refrigerate, seam side down. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.

*You may substitute 1 Tbsp. mashed avocado in place of mayonnaise.

Makes 2 servings (1 wrap per serving). Per serving: 230 calories, 6 g total fat (1.5 g saturated fat, 0 g *trans* fat), 35 mg cholesterol, 30 g carbohydrates, 17 g protein, 1 g dietary fiber, 420 mg sodium, 5 g sugar, 0 g added sugar.

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SPRING STIR FRY WITH CHICKEN

Ingredients

1 Tbsp. peanut oil	1 cup cabbage, chopped
5 cloves garlic	1 medium red bell pepper, chopped
1 tsp. grated fresh ginger	1 medium green bell pepper, chopped
¼ tsp. ground ginger	2 Tbsp. reduced-sodium soy sauce
6 spring onions, chopped, including the green stems	1 ½ tsp. sugar (optional)
Salt, to taste	1 Tbsp. cornstarch
1 lb. chicken, boneless and skinless, cut into ½ -inch strips	½ cup water
1 large onion, chopped	3 cups cooked brown rice



Makes 4 servings (1 ½ cup per serving). Per serving: 440 calories, 7 g total fat (1 g saturated fat, 0 g *trans* fat), 65 mg cholesterol, 62 g carbohydrates, 36 g protein, 8 g dietary fiber, 490 mg sodium, 13 g sugar, 1 g added sugar.

Directions

1. In a wok or large skillet, heat oil over medium-high heat. When oil is almost smoking, add garlic, ginger, ground ginger, spring onions and salt to taste. Stir-fry for 2 minutes. Add chicken. Stir-fry an additional 3 to 4 minutes.
2. Add chopped onion and cabbage and cook, stirring occasionally, for about 5 minutes. Add peppers and cook for 2 minutes.
3. Mix soy sauce, sugar and cornstarch into water, then add to wok or skillet. Cook uncovered until sauce thickens. Serve over hot rice.

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STRAWBERRY CHIA SMOOTHIE

Ingredients

$\frac{3}{4}$ cup skim milk	2 tsp. orange zest
4 tsp. chia seeds	$\frac{1}{2}$ tsp. chopped fresh ginger
1 cup fresh strawberries	$\frac{1}{2}$ tsp. vanilla extract
1 Tbsp. strawberry fruit spread, or to taste	



Directions

1. Place milk and chia seeds in a blender and let sit while measuring remaining ingredients.
2. Add strawberries, fruit spread, orange zest, ginger and vanilla to blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute.
3. Pour into a tall glass and serve immediately.

Makes 1 serving (1 cup). Per serving: 130 calories, 3.5 g total fat (0 g saturated fat, 0 g *trans* fat), 0 mg cholesterol, 20 g carbohydrates, 6 g protein, 6 g dietary fiber, 70 mg sodium, 14 g sugar, 0 g added sugar.

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RECIPE

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Ingredients

Directions

RECIPE _____

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Ingredients

Directions

RECIPE _____

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Ingredients

Directions

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For more information, please contact our Information Specialists
800.955.4572 (Language interpreters available upon request).

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