

Nutrition for Muscle Support for Patients with Cancer and Diabetes

What you should eat

1 Choose foods high in protein



Lean meats, poultry, fish



Low-fat milk, soy milk, cheese, yogurt



Egg whites, tofu



Tempeh, beans, edamame, lentils, and chickpeas



Glucerna®
Hunger Smart®

2 Eat whole grain and fiber-rich carbohydrates



Whole grain breads, cereals, pasta



Beans, lentils, chickpeas, peas

3 Eat healthy fats



Nuts: almonds, peanuts, walnuts



Fatty fish: salmon, tuna, trout, sardines



Seeds: sunflower, sesame



Healthy oils: olive, canola, sunflower, corn, safflower



Avocado, chia, flax, and nut butters

Tips for eating healthier:

- Eat the right kind of foods before, during, and after treatment to help you feel better and stay stronger.
- Eat smaller meals regularly including protein-rich foods, whole grains and high-fiber foods, low-fat dairy products and non-starchy vegetables.
- Avoid foods high in sugar and use sugar substitutes.
- Keep water or another beverage with you all day to stay hydrated.

4 Eat non-starchy vegetables high in vitamins, minerals, and fiber such as:



Green

Asparagus, broccoli, collards, kale, spinach, cabbage, lettuce, celery



Yellow and orange

Carrots, summer squash



Red

Tomatoes, peppers, beets



White

Onions, cauliflower

5 Drink 6 to 8 cups of water every day

- You need to drink about 2 quarts of fluids each day to stay well hydrated and to help keep your body working properly
- Try to make these drinks high in protein, vitamins and minerals - like low-fat milk or Glucerna Hunger Smart

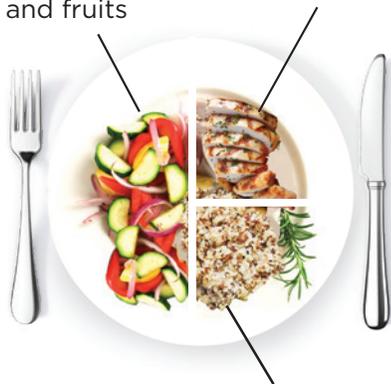


Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.

½ plate of vegetables and fruits

¼ plate of protein foods



Eat a piece of fruit for dessert

Eating only part of your meal can result in nutrition gaps

It may be difficult to eat enough of the right foods when you don't feel well.



Adding a nutrition drink can help fill the nutrition need

If skipping a meal or eating less than your nutrition requirements, add Glucerna® Hunger Smart to your daily meal plan.

1 Diabetes eating tips:

- Eat meals and snacks about the same time and in the same amount each day
- Choose lean protein foods
- Eat foods high in vitamins, minerals, and fiber (whole grains, vegetables and fruits)
- Choose non-fat milk and yogurt, and low-fat cheeses
- Limit salt, sugar, sweets, and foods high in saturated fat

2 Signs of high blood sugar:

- Early signs: Feeling thirsty, tired, or sluggish, needing to urinate often, blurred vision, nausea
- Severe signs: Stomach pain and vomiting, deep sleep or losing consciousness

3 Signs of low blood sugar:

- Early signs: Feeling shaky, nervous, cranky or irritable; breaking into a cold sweat or feeling your heart is beating too fast
- Severe low blood sugar: Trouble thinking straight, slurring speech, acting “drunk” or passing out

4 Talk to your doctor or nurse if:

- Your blood glucose is too high much of the time, or you have symptoms of high blood glucose:
 - You may need a change in your diabetes medicines or meal plan
- You have problems with your eyes or vision
- You experience tingling or numbness in your hands or feet
- You experience increased thirst or urination
- You are experiencing vomiting or diarrhea



Glucerna® Hunger Smart® has CARBSTEADY®, which includes low glycemic carbohydrates, clinically shown to help minimize blood sugar spikes in people with diabetes.

Use as part of a healthy diet.

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