

Nutrition for Muscle Support for Cancer Patients

What you should eat

1 Choose foods with a good source of protein



Lean meats, poultry, fish



Low-fat milk, soy milk, cheese, yogurt



Egg whites, tofu



Tempeh, beans, edamame, lentils, and chickpeas



Ensure® Max Protein and Ensure® Plant-Based Protein

2 Eat whole grain and fiber-rich carbohydrates



Whole grain breads, cereals, pasta



Beans, lentils, chickpeas, peas

Tips for eating healthier:

- Eat the right kinds of foods before, during, and after cancer 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.
- Get protein from foods like eggs, chicken, and cottage cheese.
- Keep water or another beverage with you all day to stay hydrated.

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

4 Eat foods high in vitamins, minerals, and fiber

Choose fruits and vegetables in a rainbow of colors to cover more of your nutritional needs. Some examples are:



Green

Spinach, broccoli, cabbage



Yellow and orange

Carrots, peaches, cantaloupe



Red

Apples, red peppers



Blue and purple

Eggplant, blueberries



White

Bananas, garlic, cauliflower

5 Drink 6 to 8 cups of water or other fluids 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 - like water or Ensure Rapid Hydration
- Try to make these drinks high in protein, vitamins and minerals - like low-fat milk or Ensure Max Protein



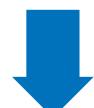
Consider ways to add more protein and nutrition to your diet:

If your diet looks like this, you might not be getting enough protein. To help maintain or restore lean muscle mass during cancer treatment, you should aim for 93-108g protein per day or roughly 20-25g protein per eating occasion (assuming 4-5 eating occasions per day).^{1,2*}



Breakfast

One egg and cheese omelet, Wheat bread with butter/jelly, 4 oz orange juice = 12g protein³



Lunch

Lunch: 1/2 Turkey sandwich with lettuce, tomato and spread, 4 oz hot chocolate with lowfat milk = 14g protein³



Dinner

2 ounces of chicken breast, 1 small baked potato with sour cream and chives, 1/2 cup green beans, 4 oz apple juice = 20g protein³



Snack

2 tablespoons peanut butter, 2 full graham cracker sheets, 4 oz lowfat milk = 13g protein³

Snack

1/2 cup fruit and nut trail mix, 4 oz cranberry juice = 11g protein³



Adding Ensure Max Protein can provide additional protein and nutrition to your daily diet = 30g protein

*Expert protein recommendations for people with cancer (1.2-1.5 g/kg/day protein)¹ based on the average weight of males (89.8 kg) and females (77.4 kg) in the United States².

References: 1. Arends J, et al. ESPEN expert group recommendations for action against cancer related Malnutrition. Clinical Nutrition. 2017; 36: 1187-1196. 2. Fryer C et al. CDC: National Health and Statistics Report. December 20, 2018; 122. <https://www.cdc.gov/nchs/data/nhsr/nhsr122-508.pdf>. 3. Source: USDA Food Data Central (<https://fdc.nal.usda.gov/>)

Use as part of a healthy diet.

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