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

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

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.
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).  

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

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

**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 protein

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

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

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


Use as part of a healthy diet.