**Nutrition for Weight Gain and Muscle Support for Patients with Cancer**

### 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
   - Ensure® Enlive®

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 Enlive

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**Tips for eating healthier:**
- Eating the right kinds of foods before, during, and after cancer treatment can help you feel better and stay stronger.
- Stick to an eating schedule so you eat even when you aren't hungry.
- Include protein-rich foods with every meal and be sure to eat them first.
- Pack snacks with you to eat in between meals.
- Keep water or another beverage with you all day to stay hydrated and possibly add extra calories to your diet.
Easy tips to get the nutrients you need:

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

- 1/2 plate of vegetables and fruits
- 1/4 plate of protein foods
- 1/4 plate of whole grain foods

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

Eating only part of your meal can result in nutrition gaps

Adding a nutrition drink can help fill the nutrition need

If you eat less than half of your daily meals, add an Ensure Enlive to help fill the nutrition needs in your diet.

1. Snack on foods high in protein, vitamins and minerals:
   - Try snacks like smoothies made with yogurt and berries, whole wheat crackers topped with peanut butter, a handful of nuts, or some cheese cubes and crackers
   - Nutrition drinks like Ensure® Enlive®

2. If you have trouble eating enough calories:
   - Freeze small portions that can be heated easily
   - Try eating 4 to 6 small snack-like meals
   - Add nutrition drinks like Ensure Enlive

3. Talk to your doctor, nurse or care coordinator if:
   - You’re having trouble:
     - Drinking enough fluids
     - Eating enough foods
     - Chewing and swallowing food
   - You have:
     - Increased shortness of breath
     - Sudden weight gain
     - Weight loss without trying
     - Loss of appetite

Ensure® Enlive®
Advanced nutrition with an all-in-one blend including 20 grams of protein, HMB, vitamins and minerals. Ensure Enlive helps support muscle health.