

Weight Loss

Side Effects – Symptoms & Solutions

Why am I losing weight?

About half of all cancer patients experience weight loss from the disease itself or its treatment. In fact, weight loss is one of the most common symptoms that may prompt a diagnosis of many cancers. In addition, patients receiving chemotherapy can experience weight loss due to nausea, vomiting, appetite changes, dehydration, or diarrhea.

What are the dangers of excessive weight loss?

Excessive weight loss can leave you weak, more prone to infections, unable to carry out your daily activities, and can affect your quality of life. If left unchecked, it can lead to the development of cachexia (kah-KECK-see-ah), which is the “wasting away” often seen in cancer, when the body is starved for protein.

How can I help keep my weight loss under control?

- Make sure your diet includes enough calories to maintain your weight and enough protein to rebuild lost or weakened tissue.

How can I help keep my weight loss under control? (cont.)

As a guideline:

- Eat at least 5 servings of vegetables and fruits every day
- Choose whole grains instead of processed (refined) grains and sugars
- Choose high-protein foods such as lean meat, fish, poultry, dairy products, nuts, dried beans, peas and lentils, and soy foods
- Avoid eating too much red meat, as well as high-fat and processed meats (such as cold cuts)
- For days when you cannot tolerate solid food, keep a supply of high-protein beverages on hand. They can be found in most pharmacies and supermarkets.
- Drink plenty of water or other non-caffeinated liquids every day. Juice, soup, and other fluids can provide important nutrition and can often be tolerated even when you do not feel like eating.
- If nausea, vomiting, or other side effects from chemotherapy affect your usual eating habits, tell your doctor or nurse. They may recommend medications, changes in diet, or other strategies to help you get back on track.

The information contained herein is not comprehensive and is intended only as a guide.

Eat Well. Eat Right.

- You'll feel better
- You'll cope better with side effects
- You'll stay stronger
- You'll cut your risk of infection

Other suggestions from your healthcare providers:

SUGGESTED FLAVORING FOR NUTRITIONAL SUPPLEMENTS

The following amounts flavor an 8 oz. cup

CHOCOLATE – add one heaping teaspoon or more to taste. Brand names: Hershey's Instant, Nestle's Quick, Fountain Chocolate Syrup.

MALT flavoring – can be purchased at any grocery store in granular or powder form; look in the flavoring section of the store. Add one heaping teaspoon to the 8 oz. cup. Stir well. Serve.

FRUIT JUICE flavoring – juices are a good addition; however, they add to volume of product consumed; 4 oz. juice plus 8 oz. nutritional supplement equal 12 oz. Extra calories and vitamins. Peach, apricot, etc, nectars.

EXTRACTS – Look in spice section of grocery stores: vanilla-almond-lemon-orange. Few drops only to taste (types and brands vary in strength.)

COFFEE – For the coffee lover, add one level teaspoon instant coffee with small amount nutritional supplement, add to rest of 8 oz. can. Very strong brewed coffee may be substituted for the instant.

MOCHA – Add instant coffee and chocolate flavorings. Cinnamon or nutmeg may be used for topping, sprinkle lightly.

BUTTERSCOTCH – Add butterscotch syrup or butterscotch powdered pudding mix. One teaspoon syrup or one tablespoon powder, stir well, serve. Try a little brown sugar for more flavor.

DRY GELATIN – These offer a wide variety of fruit flavors. Add one level tablespoon, stir well. If allowed to set in refrigerator, may thicken.

FRUIT PUREE – Add 8 oz. nutritional supplement with ¼ to ½ cup canned or fresh fruit (peaches, pears, banana, etc.). Place in blender, whirl, serve.

PEANUT BUTTER – (For those with no fat restrictions) Add one teaspoon to 8 oz. glass nutritional supplement, whirl in blender, serve.

POWDERED EGG CUSTARD MIX – For those who like the eggnog flavor, without danger of contamination from raw eggs. Mix is available in the pudding section of the grocery store. Add one tablespoon powder to 8 oz. nutritional supplement, whirl to blend. Vanilla flavoring may be added for extra flavor. Sprinkle with nutmeg, if allowed in diet. Prepare only what will be used immediately, may thicken if refrigerated.

"MILK" SHAKE – For those with no cholesterol, fat, or lactose problems. Add your favorite ice cream to nutritional supplement, whirl in blender. Very good frozen for a change. May add fruits when blending.

TO REDUCE NUTRITIONAL SUPPLEMENT SWEETNESS:

- 1) Add a pinch of salt
- 2) Add instant coffee
- 3) Thin with milk or other liquids
- 4) Serve over ice

HIGH CALORIE SHAKES AND DRINKS

The US Department of Agriculture and the FDA have recommended that people whose immune systems have been weakened by cancer treatment (and other high risk populations) avoid eating raw eggs due to the possibility of salmonella enteritidis. (This does not mean cooked eggs should be avoided; they are an important wholesome food.) In all recipes below, egg substitute is called for. This product can be found in the dairy bar and freezer sections of grocery stores.

Fruit Julius (419 calories, 13 grams protein)

2 t Tang powder
½ c egg substitute
½ c juice (orange, cranberry, grape, etc.)
3 crushed ice cubes

or

¼ c egg substitute
1 c high protein milk
1 c fruit juice or canned fruit
1 T sugar or honey

Blend all ingredients except ice until smooth. Add ice and blend.

High Protein Eggnog (1 cup – 320 calories, 20 grams protein)

1 q milk
¾ c skim milk powder
½ c egg substitute
1 t vanilla
Pinch of nutmeg
Blend well.

Peach Eggnog (402 calories, 14 grams protein)

1 c whole milk
½ c pureed peaches
¼ c egg substitute
1 T concentrated orange juice

Apricot Eggnog (40 calories, 14 grams protein)

1 c whole milk
¼ c egg substitute
¾ Apricot Nectar
1 T sugar
1 t lemon juice

Supreme Shake (320 calories, 1.5 grams protein)

4 oz. non-dairy substitute (poly rich)
4 oz. sherbet, raspberry, lime, or orange
2 T polyose liquid

Cranberry Delight (230 calories, 3 grams protein, each serving)

1 c cranberry juice
¼ c orange juice
1 c vanilla ice cream
Blend – make 2 servings

(HIGH CALORIE SHAKES AND DRINKS, continued)

Cottage Cheese Smoothie (thick) (310 calories, 11 grams protein)

1/3 c cottage cheese

1/2 c ice cream

1/4 c prepared flavored gelatin

Blend and chill. Can add 2 T dry skim milk powder

Chocolate Milkshake (1 c 420 calories, 16 grams protein)

3/4 c high protein milk

1 T instant cocoa mix

1 scoop ice cream

Blend well.

Peaches and Cream Smoothie Protein-Shake (259 calories, 14 grams protein)

1 c skim milk

1/2 c vanilla ice milk

1/2 c frozen or drained canned peaches packed in their own juice

1 egg white

Combine and blend for 1 minute.

Bananocino Carbo-Shake (261 calories, 11 grams protein)

1 medium-sized banana

1/2 c skim milk

4 oz. low-fat coffee yogurt

1 t sugar

1 ice cube

Combine and blend for 1 minute.

Sherbet Shake (304 calories, 2 grams protein)

1/2 c fruit juice

3/4 c sherbet

Blend and chill.

Sherbet Drink (204 calories, 1 gram protein)

1/2 c fruit juice

1/2 c sherbet

1 c lemon-lime soda

Blend and chill.

Peanut Butter Shake (303 calories, 12 grams protein)

1/2 c cold milk

2 T non-fat powdered milk

1 T peanut butter

1 med banana

Combine and blend for 1 minute.

BLENDER RECIPES FOR INSTANT BREAKFAST

Basic Instructions for All Drinks:

Place all ingredients in blender container.
Cover and blend on high speed until well blended.
All drinks taste better if they are chilled before using.

Peach Frost (400 calories, 19 grams protein) (Makes 2 cups)

1 envelope vanilla instant breakfast mix
1 c cold whole milk
½ c peach yogurt

Chocolate Milkshake (670 calories, 24 grams protein) (Makes 2 2/3 cups)

1 envelope chocolate instant breakfast mix
1 ½ c vanilla ice cream
1 c cold whole milk

Mocha-Banana Milkshake (370 calories, 15 grams protein) (Makes 1 ¾ cups)

1 envelope chocolate instant breakfast mix
1 c cold whole milk
1 small ripe banana
½ t crushed instant coffee crystals

Orange Juice Smoothie (320 calories, 15 grams protein) (Makes 2 ¼ cups)

1 envelope vanilla instant breakfast mix
1 c cold whole milk
3 T thawed frozen orange juice concentrate
6 crushed ice cubes

Strawberry Yogurt Frost (400 calories, 19 grams protein) (Makes 2 ½ cups)

1 envelope vanilla instant breakfast mix
1 c cold whole milk
½ c strawberry yogurt
6 crushed ice cubes

Peanut Butter Protein Powder Booster (440 calories, 27 grams protein) (Makes 1 ½ cups)

1 envelope vanilla or chocolate instant breakfast mix
1 c cold whole milk
2 t wheat germ
2 t peanut butter