

# 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

#### 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.

### 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

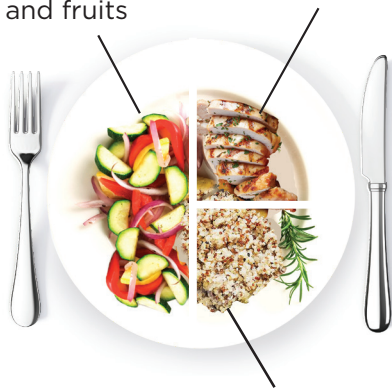


# Easy tips to get the nutrients you need:

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

½ plate of vegetables and fruits

¼ plate of protein foods



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

¼ plate of whole grain foods

If you eat less than half of you 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.

Use as part of a healthy diet.

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