



Nutrition News and Views

A NEWSLETTER FOR GEISINGER MEDICAL GROUPS, STAFF AND PATIENTS

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May/June 2011



Book Review

WHAT TO EAT During Cancer Treatment

J. Besser, K. Ratley, S. Knecht, M. Szafranski
American Cancer Society, Atlanta, 2009

Are you a cancer patient or a caregiver for someone going through cancer treatments? If so, then you know how hard a simple question like, "What should I eat?" is to answer.

Side effects from cancer treatments can quickly become obstacles that make eating a chore. The registered dietitian authors along with the American Cancer Society's 'Dietitian on Call' program, teamed up with Jeanne Besser, cookbook expert, to help you eat during cancer treatments. They created a 100 recipe cookbook filled with delicious foods to help soothe symptoms from those side effects.

The authors organized the chapters in *WHAT TO EAT* according to the side effect. They start each chapter with a brief explanation as to why the side effect occurs and what can be done to manage it. Recipes then follow designed for that specific side effect.

There are a total of six chapters, each devoted to consequences of common cancer treatments: nausea, diarrhea, constipation, sore mouth and difficulty swallowing, changes in taste, and unintentional weight loss. This allows you to quickly locate the recipes recommended for the corresponding side effects.

Unfortunately, most cancer patients experience several side effects at the same time. The authors

address this dilemma by including color coded symbols with each recipe. These symbols make it easy to know which recipe would be good for which side effects.

For example, the recipe for brown-sugar oatmeal muffins falls into the section labeled 'diarrhea,' but the recipe has three symbols. It has an 'N' for nausea, a 'D' for diarrhea, and a 'SM' for sore mouth. This lets you know that the muffins are also appropriate for someone who is experiencing nausea or a sore mouth, or all three of those symptoms.

The cookbook features photographs of about one third of its recipes; most recipes have 10 or fewer ingredients. The majority of those ingredients are common household foods. Those foods that you may need to buy such as buttermilk or dry milk appear in several recipes.

The authors go one step further to simplify grocery shopping by including a two page 'Kitchen Staples' guide. This allows you to stock your kitchen to have most ingredients at your fingertips.

Another plus of the book, is that none of the recipe's directions consist of more than five steps. This is a huge perk for cancer patients who find themselves tired or caregivers who lack time.

In addition to the recipes, the authors also included tips for dining out, avoiding excess weight gain during treatments, preparing a traveling food survival kit, advice for the caregiver, and a list of resources to learn more about coping with cancer.

You can purchase *WHAT TO EAT* online through the American Cancer Society at www.cancer.org or other online bookstores, or by calling, 1-800-227-2345.

Book review by Katie Berkowitz, dietetic intern



Healthy Kitchen

Katie Berkowitz, reviewer of *WHAT TO EAT*, recommends these recipes. The muffins may help with nausea, diarrhea, and sore mouth; the tuna salad for constipation and changes in taste; the tea for nausea and diarrhea.

Brown Sugar-Oatmeal Muffins

1 cup old-fashioned rolled oats	½ teaspoon salt
1 cup low-fat buttermilk	2 eggs
1 cup all-purpose flour	½ cup (packed) light brown sugar
1 teaspoon baking powder	½ cup applesauce
¾ teaspoon ground cinnamon	1/3 cup canola oil
½ tsp baking soda	1 teaspoon vanilla extract

1. Preheat the oven to 400°F. Coat a muffin tin with nonstick cooking spray or fill with paper liners.
2. In a bowl, combine the oats and buttermilk. Set aside for 25 minutes.
3. Meanwhile, in a bowl, combine the flour, baking powder, cinnamon, baking soda, and salt.
4. In a separate bowl, beat the eggs. Add the brown sugar, applesauce, oil, and vanilla and stir to combine. Add to oat mixture, stirring well to combine. Add the dry ingredients and stir gently to incorporate. Spoon the batter evenly into muffin cups.
5. Bake for 13 to 18 minutes, or until the tops just bounce back when touched. Leave in the tin for 5 minutes before transferring to a cooling rack.

Yields 12 muffins

Tuna-Bean Salad

2 (5-ounce) cans with tuna packed in water, drained	1 celery stalk, chopped
2 scallions, thinly sliced	1 (15-ounce) can chickpeas, rinsed and drained
1 tomato, chopped	¼ cup chopped fresh Italian parsley (optional)
1 red bell pepper, seeded and chopped	1/3 cup balsamic vinaigrette or other dressing
1 carrot, chopped	Salt and freshly ground pepper

1. In a bowl, flake the tuna. Add the scallions, tomato, red pepper, carrot, celery, chickpeas, and parsley (if using) and stir to combine. Drizzle with vinaigrette and stir gently to incorporate. Season with salt and pepper.

Yields 6 servings

Ginger-Mint Tea

1 cup water	1 mint tea bag
1 (1-inch) piece fresh ginger, peeled and thinly sliced	1 Tablespoon honey

1. In a saucepan over low heat, combine the water and ginger. Simmer for 5 minutes. Remove from heat, cover, and let steep for 5 minutes.
2. Strain into a mug and add the tea bag and honey. Let steep for another 3 to 5 minutes.