



# Hello! Welcome...

- 5** About Us
- 6** Five general dietary tips for cancer patients
- 9** Nutrient rich foods, elimination & restriction
- 10** Fruit and vegetables
- 11** Carbohydrate foods
- 12** Protein foods
- 14** Snack suggestions
- 17** Fluids
- 18** Dietary tips for common health problems associated with cancer treatment
- 22** Recipes – family options
- 26** Recipes – meals for one
- 28** Recipes – light options
- 32** Recipes – breakfast
- 34** Recipes – smoothies
- 36** Recipes – flapjacks

## About Us

At Cavendish Cancer Care we support local people who are living with cancer. We give them and their families the chance to talk in confidence and offer support to help alleviate both the emotional strain of cancer, and the physical side effects of the illness and its treatment.

We're an independent Sheffield charity and since 1991, we've been helping people across South Yorkshire, North Derbyshire and Nottinghamshire.

We're just a phone call away on **0114 278 4600**. We are a self-referral service, so you don't need to be referred by a healthcare professional. We'll aim to see you within 5 working days of you making contact with us.

The services we offer are 100% free of charge and are tailored to each individual's needs. We provide a place where people can share feelings and thoughts without guilt or the fear of upsetting anyone. We'll listen to the things people can't always say to their loved ones, with no judgement.

We are a charity, and rely on the generosity of the public to keep our doors open. This includes donations and fundraising from supporters and former clients, and the hard work of our amazing volunteers.

We work alongside the NHS, offering professional counselling and therapy that complements and supports medical treatment. Our team of skilled counsellors and therapists specialise in supporting those with cancer. We have spent the last 20 years talking to patients and loved ones about their concerns, dilemmas and difficulties with diet so have produced this booklet to support that work.



# Healthy Eating

## A Guide Designed by Cavendish Cancer Care

Simple dietary changes can make a real difference at a time when your physical and mental health is undergoing a difficult time after a cancer diagnosis. The following information outlines some dietary considerations and suggestions which may help support you during cancer treatment and beyond.

These dietary recommendations are intended as guidelines and NOT rules. There is no 'one size fits all' but you can take away the evidence-based information and use it appropriately, as fits with your lifestyle and preferences.

The following information is not intended as specialist advice about individual dietary requirements and should not over-ride specific recommendations made by your consultant or dietitian.

### 5

## General Dietary Tips for Cancer Patients

### 1. Make your diet as enjoyable as possible

Avoid anything that feels punishing. In the longer term, you will not stick with dietary changes unless you enjoy them. There are no 'good' foods or 'bad' foods, all food has a role in a balanced, healthy diet. Give yourself permission to eat what you enjoy.

### 2. Keep an open mind

Challenging your habits and experimenting with new foods and tastes. What at first may taste unfamiliar may quickly become enjoyable. You may find that your body has different needs and desires at the moment, so be open and flexible in your approach to food. However, if you really don't fancy certain foods at the moment, even the healthy ones, that's perfectly OK too!

### 3. Focus on what you can add in, not take away

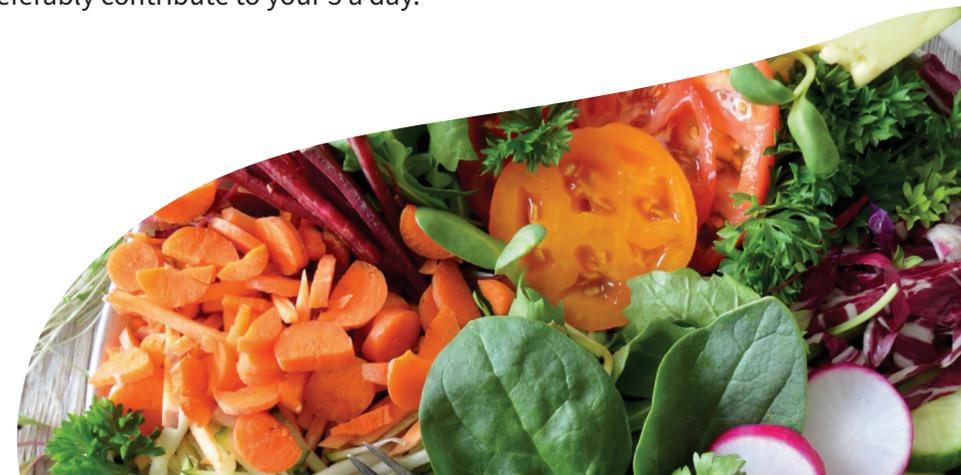
Focus on what you can add in, not take away. Rather than focusing on elimination and restriction, build a positive relationship with food after a cancer diagnosis by focusing on what you can add in to the diet to improve general health. In terms of what to add in, more fruit and vegetables is a good place to start. Lean protein sources such as pulses, eggs, fish and chicken are also good things to include, as are foods containing fibre such as wholemeal bread, brown rice and wholewheat pasta.

### 4. Variety is key

Eating a wide variety of fruit and vegetables is important on so many levels. Fundamentally, eating a variety of foods will help ensure your body has all the nutrients it needs to withstand the effects and stresses of cancer treatment. Variety is also crucial for a healthy gut, which is frequently adversely affected by cancer treatment. It's important for stabilising blood sugar which will improve your energy levels. So, experiment with increasing the variety of foods that you eat in your diet so that your body has access to a greater range of nutrients and fibre.

### 5. Eat little and often

For many cancer patients, it can help to avoid big meals and eat little and often. This may be helpful for those with a poor appetite, heartburn or digestive upsets and feelings of nausea, in addition to those suffering with fatigue and low mood. In practice this means eating smaller portions at regular mealtimes and having regular small snacks in between, at roughly two-three hourly intervals. Try to avoid skipping meals where possible, and keep a daily structure around the foods you eat. It is important to focus on snack quality, so that they contain ample nutrients and preferably contribute to your 5 a day.





## Nutrient Rich Foods

The term 'superfood', frequently used in relation to diet after a cancer diagnosis, is a common misconception and marketing ploy. There is no single food or supplement that is known to significantly improve cancer prognosis. The current advice for people with a cancer diagnosis is to follow the same guidelines as for cancer prevention. This is to eat a varied and balanced diet.

Having said this, many foods have been found to help support the immune system, some foods and herbs may help reduce the symptoms of cancer treatment and certain foods are known to reduce future cancer risk. However, rather than focusing on an exhaustive list of single foods, aim to eat a wide variety of foods, particularly fruit and vegetables (5 a day minimum). This is the best way to support the immune system and general good health.

## Elimination & Restriction

There is currently no convincing scientific evidence to suggest that eliminating certain foods or food groups, such as sugar or dairy, improves prognosis after a primary or secondary cancer diagnosis. If you are interested in more information on this, take a look at the World Cancer Research Fund (WCRF) website which provides an accessible summary of the current scientific research.

If you eliminate or severely restrict foods or food groups you may become deficient in certain nutrients and/or fibre. Malnutrition can have implications for your physical and mental health and how well you tolerate treatment, including both drug treatments and surgery.

Research suggests that if certain foods are severely restricted we crave them more. This means that the very thing you are trying to reduce is much more likely to be over-eaten. Dietary restriction can play havoc with your psychology and result in a disordered relationship with food. Enjoying food and drink with your loved ones contributes to your general health and wellbeing. Remember, a little of what you fancy does you good!

## Fruit & Vegetables

We all know that eating plenty of fresh fruit and vegetables enhances our health in so many ways but how do we increase our intake? Here's a few practical tips:

### Fruit

- Consider cutting up fruit at times when you have more energy, for ease of consumption later.
- Make a smoothie from fruit if chewing is an effort.
- Lightly stew fruit (such as apples or berries) if this is easier to eat and digest. You can try flavouring stewed fruit with lemon juice, cinnamon and fresh ginger and sweetened if necessary with a little pure fruit cordial (from health food shops) and/or honey.
- Add fruit on the sides of other dishes, e.g. with teacakes, with porridge, with cheese and biscuits.

### Vegetables

- Try to eat some raw vegetables, in salads and as snacks.
- Think about adding in a portion of veg at every meal, e.g. broccoli on the side of a pasta dish, spinach in sandwiches or chilli or instead of 'meat and two veg', try 'meat and three veg'.
- Make big pans of soup with lots of different vegetables (anything goes!) and freeze in small portions for future easy meals.
- Root vegetables can be mashed together to make them even easier to digest, or they can be roasted as well as steamed.
- Think about eating a rainbow – different coloured fruits and vegetables typically contain different nutrients, so a rainbow on your plate will be giving you the variety you need for optimum nutrition.
- Frozen vegetables are equally nutritious as fresh and can be useful if you are lacking in time or energy, as are tinned vegetables and pulses.

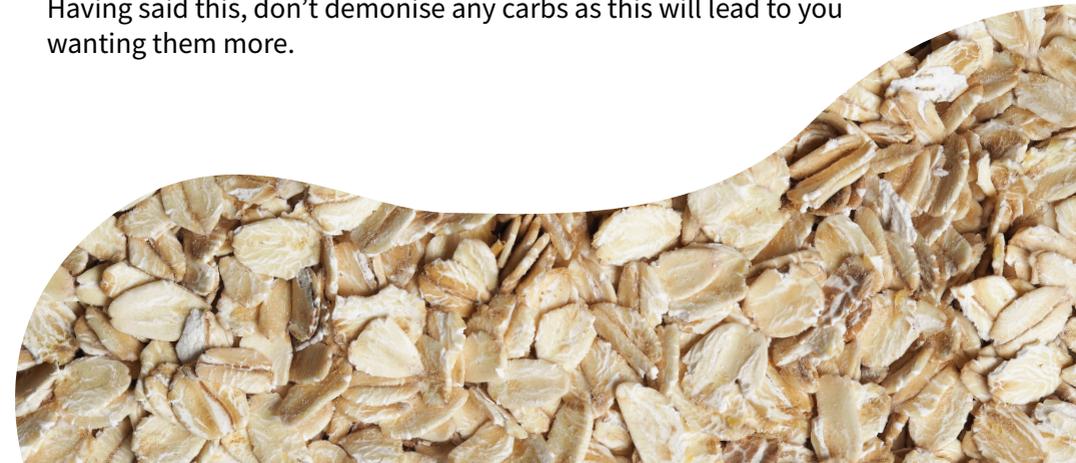
## Carbohydrate Foods

Carbohydrates are the main source of energy for our bodies and indeed our brains rely solely on glucose to function. It is recommended that for optimum health, around half of our diet is derived from carbohydrates. Starchy carbohydrates such as potatoes, rice, pasta, bread, porridge, oatcakes and cous-cous contain a vast array of micronutrients.

Currently only 10% of the adult population in the UK eat sufficient fibre. To increase your intake, choose the wholegrain versions of the carbohydrate sources, such as wholemeal bread and rye bread, brown rice, wholewheat pasta and cous-cous. You can also leave the skin on potatoes and certain vegetables such as carrots and squash to increase fibre.

For many people, wheat-based products such as bread and pasta form the basis of their healthy diet and this is great if it suits you. However, for some people, wheat is not well tolerated by the gut and in which case there are some alternatives. Oats are a healthy carbohydrate option and many people find them easy to digest. Porridge and overnight oats are good breakfast options which help stabilise blood sugar in the mornings. Quinoa (pronounced 'keen-wa') is available in health food shops, is easy to cook and digest, contains a great many nutrients and can be incorporated into the meal like rice or sprinkled on salads. Barley is delicious added to soups and stews.

Not all carbs are created equal. Some carbohydrate sources, particularly those made with added sugar, are nutrient poor and calorie dense. As part of a healthy diet, you can still enjoy processed foods with added sugar such as cakes, ice cream, biscuits, tomato sauce, some cooking sauces and ready meals, but choose these foods less often and in smaller portion sizes. Having said this, don't demonise any carbs as this will lead to you wanting them more.



## Protein Foods

It is generally accepted now that we need to reduce our red meat consumption in favour of white meat (chicken, turkey and fish) and that we should try to decrease the animal protein in our diet overall and increase non-animal protein sources. You can reduce meat content in dishes and replace it with more vegetables, e.g. a chicken curry can be packed with colourful peppers and chickpeas.

To reduce the risk of bowel cancer and heart disease, if you choose to eat red meat, aim for less than 500g of red meat per week. Eat processed meats such as bacon, salami, ham and chorizo only infrequently.

A variety of fish can be consumed but those of the oily variety are especially good for us, such as salmon, sardines, trout, pilchards and mackerel. These do not have to be fresh and can be tinned. The NHS recommends consuming 2-3 portions of fish per week, one of which should be oily.

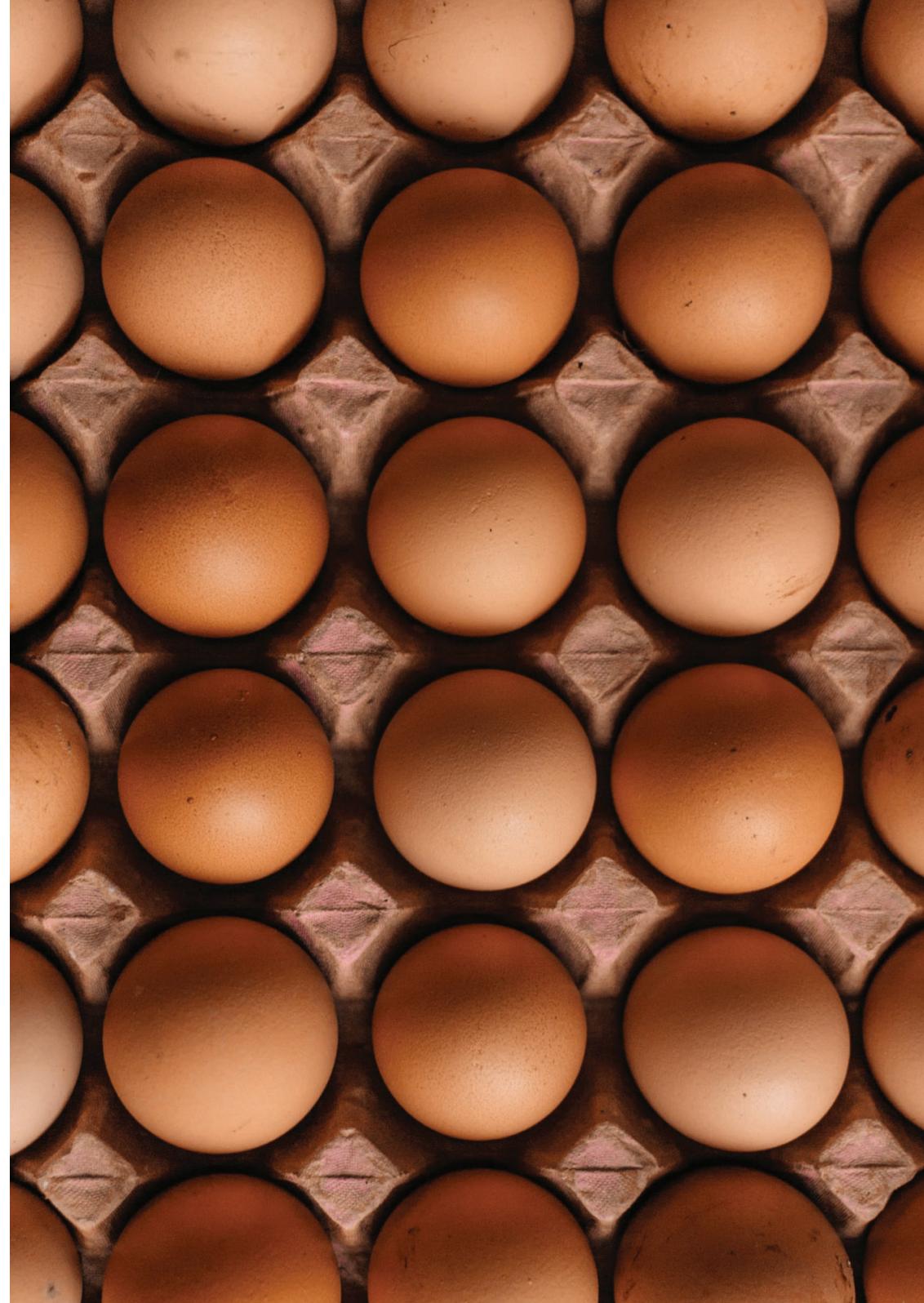
Cheese should be eaten in moderation due to the high saturated fat content. Consider trying goat and sheep's cheeses which are often well tolerated in individuals with intolerances.

Eggs are a great source of protein that can constitute a light and easy meal, and are very flexible to cook with, for example, boiled, poached scrambled or in an omelette.

Nuts and seeds should be non-salted and there is a wonderfully wide variety to choose from. Keeping nuts in the fridge may help to preserve the oils. To enhance flavour, they can be very gently and lightly toasted in a dry frying pan on a low heat immediately before adding to salads or rice dishes.

Soya is a valuable source of protein which is simplest to consume in the shape of soya milk and tofu. Soya milk can be used as a direct replacement for cow's milk. Tofu can be bought in a pack, cubed and added to a variety of dishes, either 'raw' or lightly fried in olive oil. It can also be marinated beforehand in garlic, lemon juice, soya sauce and a little oil.

The power of pulses such as chickpeas, lentils, butter beans etc. cannot be underestimated. A fantastic source of protein, nutrients and fibre, they are very affordable too. They can be bought dried (if dried, follow guidelines on soaking and cooking), or tinned, and can be added to soups, stews or even salads.



## Snack Suggestions

Many people's snacks are devoid of nutrients and high in sugar, fat and therefore calories. Instead, try to see snacks as an opportunity to eat the nutrients you need for health, preferably contributing to your five a day.

Think of snacks as 'mini-meals' and balance them with some carbohydrate, protein and fibre as you would a main meal. This ensures greater nutrient intake and also steadier blood sugar which increases energy and reduces fatigue.

In the snack suggestions below, you can take options from each section and combine them together, for example have some apple with oatcakes and cheese, or have a yogurt with some nuts, or a chocolate biscuit with some berries!

- Include a big range of colourful fresh or tinned fruit, including some of the more exotic ones. It can be useful to pre-prepare fruit so it is ready and easy to eat when you fancy a snack. Fruit can be made into smoothies if this is more palatable.
- There is a big variety of dried fruit to choose from including dates, prunes, apricots, figs, banana chips, sultanas. Eat in small quantities to avoid raising your blood sugar levels too much and avoid the sugar or chocolate-coated dried fruits.
- High in protein and fibre, nuts and seeds are an excellent snack for maintaining stable blood sugar and energy levels. Try to choose non-salted versions where possible.
- Raw vegetables such as carrots, sugar snap peas, celery, tomatoes and cucumber. These can be dipped in salsa, guacamole or hummus.
- Oatcakes, rice cakes, rye crackers with hummus, nut butter, cream cheese or cheddar cheese.
- Plain popcorn.
- Edamame beans.
- Falafels.
- Yoghurts or glass of kefir, avoiding those with added sugar.
- Flapjacks or cereal bars with chopped nuts rather than dried fruit and if not home-made then check labels for sugar content.





## Fluids

It is recommended that men drink around 2.5 litres of fluid per day and women around 2 litres. Being even slightly dehydrated increases fatigue, reduces concentration and can result in constipation. Water is the best drink, and it's free.

Regular tea and coffee do count towards fluid intake, up to a maximum of 3 to 4 cups a day. However, consider reducing or eliminating caffeine because even a light caffeine intake can lead to sudden drops in energy due to caffeine withdrawal, and can also increase feelings of anxiety, both of which are not ideal when undergoing cancer treatment.

In addition to water, other good options for fluids include sugar free squash and herbal or decaffeinated teas. Red Bush (Rooibos) tea is naturally occurring non-caffeinated. Green tea has less caffeine than regular tea and is rich in antioxidants. Herb teas may be helpful with certain symptoms and there is a wide variety to choose from.

Limit fruit juice and smoothies to one small glass per day (150ml). Although nutrient dense, they are very high in sugar which can contribute to erratic blood sugar and in turn, greater fatigue.

Drinking fluids between meals, leaving 15-20 minute gaps between fluid and food intake, can be helpful if you have any digestion issues.

Consider reducing or eliminating alcohol to protect your liver and immune system, and to stabilise your energy levels and mood. If you choose to drink alcohol, remember to drink plenty of water at the same time. Tips for reducing alcohol intake include adding sparkling water to your wine, choosing low alcohol beer, using a smaller glass, or alternating alcoholic drinks with soft drinks.

## Dietary tips for common health problems associated with cancer treatment

### For poor appetite and feelings of nausea:

- Eat little and often, even in tiny amounts.
- Avoid altogether trying to eat large meals.
- Eat something in bed before you get up in the morning.
- Avoid foods you 'don't fancy'.
- Drink fluids between, not with, food intakes, leaving at least 15 minute gaps.
- Eat warm, cooked, gentle, nourishing foods, such as porridge and soups which may aid digestion.
- Try ginger tea either in tea bag form or by grating a little fresh root into a cup, pouring boiling water over it and steeping about 5 minutes. Strain and sip throughout day.
- Chew your food well, eat slowly and relax while doing so.

### For constipation:

- Drink plenty of water and other fluids.
- Avoid both caffeine and alcohol.
- Eat plenty of citrus fruits (grapefruit, lemons, oranges) and kiwis.
- Eat dark dried fruits (prunes, dates, figs, unsulphured apricots)
- Buy some golden linseed, soak overnight and add to porridge or eat on its own. You can also grind it (in a coffee grinder) and add to cereal. About 1-2 tablespoons daily is sufficient.
- Blackstrap Molasses 1-2 tablespoons daily, on its own, as a sweetener in cereals or mixed with warm water and drunk.
- Psyllium husks which can be bought from herbal shops - try 1 tsp mixed with a little plain yoghurt or kefir about 15 mins before breakfast in the morning.

### For low energy:

- Eat regular meals and snacks.
- Drink plenty of fluids, avoiding fruit juice and smoothies.
- Graze on fruit, raw vegetables and bits of protein such as nuts and cheese.
- Increase levels of oats in diet (in the form of porridge, oatcakes and flapjacks).
- Avoid caffeine and alcohol.
- Avoid products with added sugar.
- Eat a large range of fresh fruit and vegetables.
- Eating some protein and fibre at every meal/snack will help stabilise your blood sugar which will help you feel more energised.



### For low iron levels (Anaemia) eat the following foods:

- Blackstrap molasses (1-2 tablespoons daily mixed with food or warm water)
- Apricots (normal unsulphured variety or 'Hunza'), fresh or dried, and other dried fruit.
- Organ meats such as liver and kidneys and egg yolks.
- Plenty of dark green leafy vegetables.
- Nuts and seeds (especially sunflower seeds and walnuts).
- Oatmeal.
- Bananas.
- Beetroot.
- Foods rich in Vitamin C (which enhances iron absorption).
- Avoid caffeine, which can inhibit iron absorption, as do polyphenols in tea.

### For hot flushes:

Much of the general dietary advice above may help to ease severity of hot flushes. In addition, the following may help some individuals, this is trial and error to see if it helps you personally:

- Include more foods in your normal diet that are rich in phytoestrogens such as soya produce (see above), linseed, alfalfa and chickpeas.
- Try taking vitamin E or evening primrose oil supplements for 2 months (try one at a time) and monitor improvements.
- Avoid caffeine and alcohol as much as possible.
- Ask a Medical Herbalist about what herbs you can safely take.
- Take measures to address problems with sleep and stress levels as these will directly affect hot flushes.



## Recipes

### Family Options

Here are a few nice recipes for you to try that are packed with nutrients and contain a good balance of protein, fat and carbohydrate. They are suitable for everyone, including those undergoing cancer treatment.

#### Main Meals – One-Pot Chicken

A meal which can be served straight from the pot with no additional accompaniments. It is a good balance of carbohydrate, protein and fat, and packed with micronutrients. Don't be alarmed by the amount of garlic, when roasted it is not overpowering. Serves 6.

#### Ingredients

- 6 chicken thighs
- 800g sweet potato, cut into chunks
- 200g chorizo sausage, sliced
- 1 bulb of garlic, broken into cloves
- 2 tbsp rapeseed or vegetable oil
- 200ml chicken stock
- 1 lemon, halved
- 2 courgettes, cut into thick batons
- 1 red chilli, deseeded and sliced
- 240g baby spinach
- 2 tbsp flat leaf parsley, chopped
- 1 pinch salt
- 1 pinch black pepper

#### Method:

1. Heat the oven to gas 7, 220 degrees C or fan 200 degrees C.
2. Place the chicken, skin side up, in a roasting tin with sweet potato chunks.
3. Leaving the skin on, lightly crush the garlic cloves and place amongst the chicken.
4. Drizzle oil over the pan and add the chicken stock, then season.
5. Squeeze in the lemon juice before adding the juiced halves to the tray.
6. Bake in the oven for 45-50 minutes. About 30 minutes in add the chorizo, courgettes and chilli.
7. Cut the thickest part of the thigh to check that the chicken is cooked through with no pink showing, then remove from the oven and allow to rest for a few minutes.
8. Mix the spinach and parsley (if you have it) through the hot chicken mix and serve.



## Kale and Butterbean Stew

This is the perfect example of how meat eaters can still eat a 'plant-based' diet. This dish is based on veggies (mostly canned) with some bacon for flavour (optional). Extremely delicious, fabulously nutritious and wonderfully cheap. Serves 6.

### Ingredients

- Two small onions, finely chopped
- 4 cloves of garlic, crushed
- 200g finely lardons/finely chopped bacon/chorizo (can be omitted)
- Slosh of olive oil
- Splash of sherry or white wine
- 3 tins butter beans, drained
- 1 tin of chopped tomatoes
- A LOT of kale (it shrinks)
- Sprinkle of thyme (dried is fine but you can use fresh)
- Squeeze of lemon (or a shake of bottled juice)
- Salt and freshly ground pepper

### Method:

1. Fry the onions, lardons (if using) and garlic in the olive oil until softened in a large frying pan.
2. Add a splash of sherry or white wine and reduce it down.
3. Add the tinned tomatoes, butter beans and thyme and a splash of boiling water if you want a wetter consistency.
4. Cut the kale into strips, removing the hard stalks, or use a ready prepared bag (or two) and add to the pan.
5. Stir well, turning the beans over the kale so that it cooks through.
6. Add a squeeze of lemon juice, salt and freshly ground pepper to taste.
7. Serve with mashed potatoes or crusty bread.



## Recipes

### Meals for One

Here are a couple of 'meal for one' suggestions, but they can easily be scaled up for more people. This is an extremely quick weeknight meal, ready in less than 10 minutes! You can use leftover chicken from a roast or buy ready cooked. Serves 1.

#### Chicken Noodle Soup

##### Ingredients

- 75g cooked chicken (will work with quorn pieces too)
- 1 portion of dried egg noodles
- 350ml vegetable stock
- 50g frozen peas
- 50g frozen sweetcorn

##### Method:

1. Defrost a mixture of sweetcorn and peas in a pan of boiling water or in the microwave.
2. Make some good quality veggie stock, for example, Marigold Swiss Vegetable Bouillon powder.
3. Boil the noodles in the stock, but do not tip the stock away.
4. Microwave the chicken, ensuring it is fully heated through, and roughly pull it apart with two forks.
5. Place the noodles and stock in a soup bowl, add in the veg and cooked chicken on top.
6. If you have any fresh herbs in, e.g. parsley or coriander, throw them on!
7. If desired, add chilli sauce to taste.

#### Prawn and Leek Frittata

Eggs are so versatile and absolutely great at keeping blood sugar steady. The eggs and prawns make this dish rich in iron and protein, yet low in calories. The leeks add a sweetness, providing a good source of vitamins A and C and magnesium. Serves 1.

##### Ingredients

- Splash of olive oil
- 1 leek, thinly sliced
- 75g cooked prawns, fresh or thoroughly defrosted
- 2 large eggs
- 40g garlic & herb Boursin or cream cheese
- Salt and pepper

##### Method:

1. Preheat the grill to medium-hot.
2. Heat olive oil in a small frying pan with a metal handle.
3. Fry the leek for about 5 minutes until softened.
4. Beat the eggs together and whisk through half the Boursin cheese. Season with salt and pepper.
5. Pour the eggy mixture over leeks, sprinkle the prawns evenly across the pan, dot over the remaining Boursin and cook on a medium heat for 5 mins.
6. Place the pan under a medium-hot grill for 2 mins to cook the top until only just set – there should still be a slight wobble.
7. Serve with some crusty bread.

## Recipes

### Light Options

#### Salads

There are many ingredients that can be put into salads that will make them both nutritious and taste good. Consider trying some of the following and try different combinations to see what you like best.

#### Vegetables:

Think what is in season or available at local shops (or in your garden/in window boxes etc.) Generally more roots and 'harder' veg will be appropriate in winter months and 'softer' greens (lettuces, peas/mange-tout, watercress, etc.) in summer. Grated raw carrots, grated raw beetroot and grated raw celeriac, red/yellow/orange sweet peppers, raw spinach (rolled up and sliced finely), watercress, rocket, chicory/endive (sliced finely), celery and fennel bulb (cut finely), radishes, cucumber, tomatoes, raw peas and French and broad beans, mange tout, mushrooms, spring onions and olives. Experiment with the variety of lettuces available: flat, frizzy, red, endive, oak leaved, etc.

#### Herbs:

Be bold and brave with your herbs and try different ones such as: parsley, leaf coriander, leaf fennel, chives, mint, basil, lovage and dill. Chop them finely before mixing in. If you have anywhere to grow them, many of these are easy to grow, even on windowsills.

#### Sprouts:

Such as from mung and aduki beans, whole lentils, chickpeas, alfalfa and sunflower seeds (if never made sprouts before, look this up on the internet - it is easy and surprisingly cheap to do!) Raw sprouts should not be eaten by people with a weakened immune system (such as when on chemotherapy) so if this is the case please cook sprouts thoroughly until steaming hot.

#### Wild flowers from your garden:

If you can grow them, add nasturtium, borage, marigold and violet flowers.

#### Protein rich foods:

A variety of nuts and seeds are delicious and can be lightly toasted or tossed in raw, for example pumpkin and sunflower seeds, pine nuts and walnuts. Other protein rich foods such as avocados, cubed firm tofu, feta cheese, cooked, tinned oily fish, beans, chickpeas and lentils (these can be bought ready cooked and ready to sprinkle on a salad).

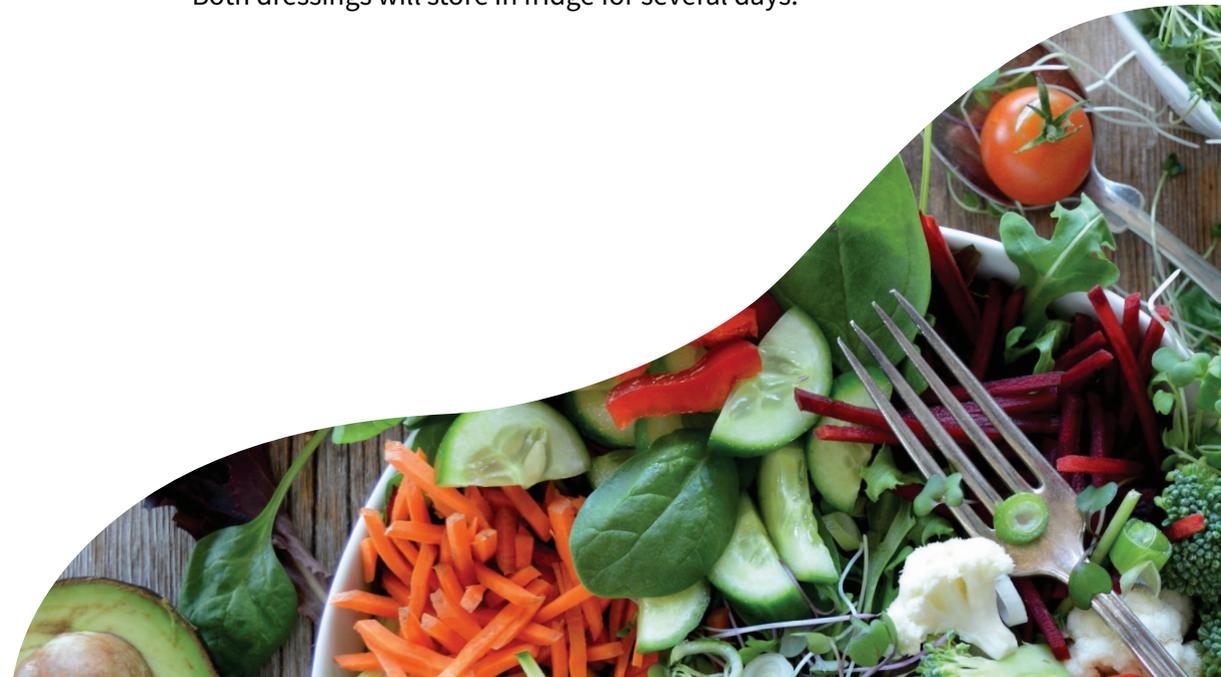
#### Salad Dressing 1:

1 tsp Dijon mustard, 1 tsp honey, 1 crushed clove of raw garlic, a little salt and pepper, 1 tbsp lemon juice and 1 tbsp balsamic/cider vinegar and 3-4 tbsps of good quality cold-pressed olive oil. Mix in jar and shake well.

#### Salad Dressing 2:

Mix some good quality mayonnaise with some lemon/lime juice and a little zested skin and mix well. Can also add a clove of garlic to this and salt and pepper.

Both dressings will store in fridge for several days.





## Butternut Squash and Coconut Soup

The veggie base to this soup is low in calories and high in nutrients such as vitamins A and C. The protein and fibre in the beans make it filling enough for a main meal. Coconut is high in saturated fat, so you may wish to use light coconut milk, it still tastes super creamy! If you are struggling to keep your weight up then use full fat, as it's higher in calories. Serves 6.

### Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 green chillies (amount to taste), finely chopped
- 2 medium butternut squash, seeds removed and diced
- 2 large red peppers, seeds removed and diced
- 2 cans light coconut milk
- 1 can cannellini beans
- 500ml vegetable stock

### Method:

1. Fry the onion in the oil until softened.
2. Add the butternut squash and pepper to the pan and fry for a couple of minutes.
3. Add the green chilli and fry for a further minute.
4. Add the beans, coconut milk and vegetable stock. You can adjust the amount of stock depending on how thick you like your soup.
5. Bring to the boil and simmer until the veg are completely soft.
6. Take off the heat, cool slightly, and whizz until smooth. Add some boiling water if it's too thick.
7. Reheat and serve with crusty bread, or a sandwich of your choice.

## Recipes

### Breakfasts

Here are a couple of healthier alternatives to shop bought breakfast cereals which are frequently laden with added sugar.

#### Granola Cereal

It is considerably cheaper to make your own granola and you can avoid the large amounts of added sugar in many shop bought breakfast cereals. Experiment with your amounts and ratios to desired taste. Oats (main ingredient in ratio of 3 to 1 with other grains), millet flakes, barley, rice or rye flakes (some or all of these). Add to this ground almonds, a handful of any other chopped nuts you especially like, linseed and a mix of sunflower, sesame and pumpkin seeds, desiccated coconut.

Mix separately some sunflower oil, brown rice syrup, maple syrup, honey or apple juice concentrate and add this to dried ingredients. Stir well and bake at a low/medium temperature in baking tray in oven, stirring occasionally, until lightly browning (do not overcook).

When cool, if desired, mix in small amounts of dried fruit (not sugar coated), such as sultanas/raisins, prunes, sugar-free dried banana chips, dried pineapple/mango slices chopped dates and apricots.

**Bircher** (this recipe is per person)

#### Ingredients

- 4 tbsp oatbran
- 8 tbsp plain yoghurt
- Handful of frozen berries
- ½ tsp of vanilla paste (optional)

#### Method:

1. Stir all the ingredients together, cover with clingfilm then put in the fridge overnight.
2. In the morning, loosen with a splash of milk so it is the desired consistency.
3. As an alternative, Greek yoghurt, fromage frais or soya yoghurt can be used. Different frozen fruits can be used, such as mango and strawberry, or rhubarb and ginger.

Other breakfast options include eggs on toast with spinach, peanut butter on toast, smoked salmon and cream cheese on bagel, cheese on toast with tomatoes.



## Recipes

### Smoothies

These are easily made in a normal jug blender. You can amend this basic recipe, using different combinations of fruit. Frozen fruit is ideal and much cheaper but you can also use fresh. One tip is to take skin off bananas, chop in half and freeze in a freezer bag so you always have a supply ready for smoothies. It is recommended that you limit smoothies to less than 150ml per day due to the high sugar content.

#### Fruit smoothie (serves 2)

- Half a banana
- Two handfuls of frozen mixed berries
- Large handful of spinach
- Cup of milk
- Water, add to desired consistency

Other delicious fruit combinations are: apple and pear, kiwi and orange, mango and strawberry, melon and raspberry, pineapple and coconut milk.

#### Green smoothie (serves 2)

- 300ml water
- 80g cucumber
- 80 spinach/kale
- 40g rocket
- 40g celery
- ½ tomato (improves taste)
- optional extras: 20-40g avocado, chlorella, ½-1 clove garlic, 2 tsp lemon juice, pinch salt
- For nausea add ginger, okra, and mint
- Half a banana, milk or yoghurt can be added for a sweeter taste



## Recipes

### Flapjacks

#### Ingredients

- 4oz plain flour
- 1 tsp bicarbonate of soda
- 3oz rolled oats
- 2oz sultanas
- 2oz chopped apricots/dates/crystallised ginger
- 2oz sunflower/sesame seeds
- 5oz oil/butter
- 4oz honey/black molasses.

#### Method:

1. Preheat oven to 180 deg C.
2. Grease 9" square tin, melt butter/oil and honey in pan.
3. Add in other ingredients and mix well.
4. Press firmly into tin and bake for 15-20 minutes until lightly browned.

For more recipes have a look at the [World Cancer Research Fund website](#).





The material provided in this nutrition leaflet is for informational purposes only and does not constitute medical advice, treatment or guarantee of outcome.

The content of this leaflet should not be considered applicable to all situations or people and it is always advisable to seek the advice of a licensed healthcare professional. By reading this leaflet, you agree to use your own judgment and due diligence before implementing any idea, suggestion or recommendation.

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