

### Maximize Your Nutrition with Mini-Meals

Getting adequate nutrition may be a challenge during cancer treatment. Common symptoms such as nausea, fatigue and feeling full quickly may make meals seeming very unappealing. Another common symptom that may be caused by pain medications or other drugs is constipation. There are some nutrition tips that can help to alleviate constipation.

Many patients find it much easier to take on 4-6 mini-meals rather than 3 larger ones. Aim to eat small amounts of nutrient dense foods every few hours. Making changes to help manage constipation should include eating a diet high in fiber and ensure you are getting adequate fluids. Fiber and hydration will help move things through your bowel and hopefully alleviate this constipation. Some products like Senna tea may be useful in keep you regular. It is also important to discuss this with your doctors to get on a good bowel regimen that works for you.

### Mini-Meal Menu Ideas (for Constipation management)

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Option #1	1 cup Shredded Wheat Cereal ½ cup skim milk 1 banana  OR	1 whole pear (skin on) 1 low-fat string cheese  OR	Spinach salad (½ cup spinach) with ¼ cup chopped walnuts, apple slices and ¼ cup raisins w/ 1 tsp apple cider vinegar and 1 tbsp olive oil  OR	½ cup Edamame (cooked soy beans)  OR	4 oz. baked haddock or salmon w/ lemon juice ½ cup brown rice Small salad (spinach, carrots, tomato) w/ 1 Tbsp. oil, 1 tsp vinegar  OR	½ cup ice cream or Tufutti (soy based) frozen dessert ¼ cup chopped almonds (or other nut)  OR
Option #2	¾ cup oatmeal or Cream of Wheat made w/ whole or soy milk 1 Tbsp. raisins 1 Tbsp. walnuts  OR	1 cup fresh berries 1 cup yogurt 1 tbsp ground flax seed  OR	1 small 6" whole wheat tortilla 2 Tbsp. hummus ½ avocado 2 slices tomato (other vegetable if desired)  OR	Smoothie: 1 cup milk, ice cream, or Tofutti (soy based) 1 scoop protein powder 1 cup strawberries (or any berries) and ice  OR	Stir Fry: 4 oz. beans or tofu, ½ cup broccoli, ½ cup onions, ½ cup yellow pepper, ½ cup carrots, 1 ½ tsp. oil ½ cup brown rice OR	¼ cup dried prunes ¼ cup almonds  OR
Option #3	2 scrambled eggs ½ (small 4 oz) whole wheat bagel w/ 1 Tbsp butter	½ cup roasted chick peas (Roast in oven at 350° for 15-20 minutes or until they begin to brown)	¾ cup cold chicken, egg, or tofu salad 1 tbsp. mayonnaise 1 oz cheese ½ pita bread	½ cup raw carrots, ½ cup raw broccoli, ½ cup celery ¼ cup hummus	4 oz. chicken breast ¾ cup cooked vegetables ½ baked sweet potato (skin on)	<u>Apple/Prune Sauce</u> 1/3 cup unprocessed bran 1/3 cup applesauce 1/3 cup mashed stewed prunes 8 oz water**

