Memorial Sloan Kettering Cancer Center

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	• [redacted], [redacted]- Gatorade® • [redacted] • [redacted] • [redacted]
[redacted]	• [redacted], [redacted] Jell-O® • [redacted], [redacted]- Popsicles® • [redacted], [redacted], [redacted]

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- Eat foods rich in protein, such as chicken, fish, pork, beef, lamb, eggs, milk, cheese, beans, nuts or nut butters, and soy foods.
- Drink Double Milk and use it in recipes that call for milk or water, such as instant pudding, cocoa, omelets, and pancake mixes. To make Double Milk, mix 1 envelope (about 1 cup) of non-fat dry milk powder and 1 quart of whole milk in a blender. Store it in the refrigerator.
- Use Double Milk or ready-to-drink nutritional supplements (such as Ensure®) in hot or cold cereals.
- Add cheese and diced, cooked meats to your omelets or quiches.
- Add unflavored protein powder to creamy soups, mashed potatoes, shakes, and casseroles.
- Snack on cheese or nut butters (such as peanut butter, cashew butter, and almond butter) with crackers.
- Spread nut butters on apples, bananas, or celery.
- Try apple slices with cheese wedges and honey drizzled on top.
- Blend a nut butter into your shakes or smoothies.
- Snack on nuts, sunflower, or pumpkin seeds.
- Add nuts and seeds to breads, muffins, pancakes, cookies, and waffles.
- Try hummus with pita bread. Use hummus as a spread on sandwiches or add a spoonful to your salad.
- Add cooked meats to soups, casseroles, and salads.
- Add wheat germ, ground nuts, chia seeds, or ground flax seeds to cereals, casseroles, and yogurt.
- Choose Greek style yogurts over regular yogurt.
- Eat desserts made with eggs, such as pound cake, puddings, custards, and cheesecakes.
- Add extra eggs or egg whites to custards, puddings, quiches, pancake batter, French toast egg wash, scrambled eggs, or omelets.

- Add grated cheese to sauces, vegetables, and soups. You can also add it to baked or mashed potatoes, casseroles, and salads.
- Add cottage cheese or ricotta cheese to casseroles, pasta dishes, or egg dishes.
- Melt cheese on hamburgers and breaded cutlets.
- Add chickpeas, kidney beans, tofu, hard-boiled eggs, nuts, seeds, and cooked meats or fish to your salads.
- Use pasteurized bone broth for soups and stews.

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- [redacted] Carnation® Breakfast Essentials [redacted] Ensure®) [redacted]
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Osmolite® 1 Cal (Abbott)	[redacted] 8-[redacted] [redacted]: • 250 [redacted] • 10.5 [redacted] [redacted]
Isosource® HN (Nestlé)	[redacted] 8-[redacted] [redacted]: • 300 [redacted] • 13.5 [redacted] [redacted]
Glytrol® [redacted] (Nestlé)	[redacted] 8-[redacted] [redacted]: • 250 [redacted] • 11.3 [redacted] [redacted]

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[redacted] [redacted] (Abbott)	[redacted] 8-[redacted] [redacted]: • 255 [redacted] • 9 [redacted] [redacted]
Boost® Original (Nestlé)	[redacted] 8-[redacted] [redacted]: • 240 [redacted] • 10 [redacted] [redacted]
[redacted] [redacted] (Abbott)	[redacted] 8-[redacted] [redacted]: • 350 [redacted]

	• 13 [redacted]
[redacted] (Nestlé)	[redacted] 8-[redacted]: • 360 [redacted] • 14 [redacted]
[redacted] (Nestlé)	[redacted] 8-[redacted]: • 530 [redacted] • 22 [redacted]
[redacted] (Abbott)	[redacted] 8-[redacted]: • 160 [redacted] • 16 [redacted]
[redacted] (Nestlé)	[redacted] 8-[redacted]: • 240 [redacted] • 20 [redacted]
[redacted] (Abbott)	[redacted] 4-[redacted]: • 220 [redacted] • 9 [redacted]
[redacted] (Nestlé)	[redacted] 4-[redacted]: • 240 [redacted] • 10 [redacted]

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Glucerna® Shake (Abbott)	[redacted] 8-[redacted]: • 180 [redacted] • 10 [redacted]
[redacted] (Nestlé)	[redacted] 8-[redacted]: • 250 [redacted] • 14 [redacted]
Glytrol Vanilla (Nestlé)	[redacted] 8-[redacted]: • 250 [redacted] • 11.3 [redacted]

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[redacted] (Nestlé)	[redacted] 8-[redacted]: • 250 [redacted] • 9 [redacted]
Resource® Diabetishield (Nestlé) [redacted]: [redacted] [redacted] [redacted] [redacted] [redacted]	[redacted] 8-[redacted]: • 150 [redacted] • 7 [redacted] • 30 [redacted]

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Carnation [redacted]™ (Carnation) [redacted]: [redacted]	[redacted] 8-[redacted]: • 280 [redacted] • 12 [redacted]
[redacted] ([redacted]) Carnation [redacted] (Carnation)	[redacted] 8-[redacted]: • 210 [redacted] • 14 [redacted]
Scandishake® (Aptalis) [redacted]: [redacted]	[redacted] 11-[redacted]: • 600 [redacted] • 12 [redacted]

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Scandical® ([redacted]) (Aptalis)	[redacted]: • 35 [redacted]
Benecalorie® ([redacted]) (Nestlé)	[redacted] 1.5 [redacted]: • 330 [redacted] • 7 [redacted]
Unjury® [redacted]™ ([redacted]) (Unjury)	[redacted] 24-[redacted]: • 90 [redacted] • 21 [redacted]

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Nepro® (Abbott)	[redacted] 8-[redacted]: • 425 [redacted] • 19 [redacted]
Suplena® (Abbott)	[redacted] 8-[redacted]:

	• 425 [redacted] • 11 [redacted]
Novasource® [redacted] (Nestlé)	[redacted] 8-[redacted]: • 475 [redacted] • 21.6 [redacted]
Renalcal® (Nestlé)	[redacted] 8.45-[redacted]: • 500 [redacted] • 8.5 [redacted]

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[redacted] [redacted] [redacted] (Abbott)	[redacted] 4-[redacted]: • 250 [redacted] • 9 [redacted]

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Glucerna® [redacted] (Abbott)	[redacted]: • 150 [redacted] 160 [redacted] • 10 [redacted] 11 [redacted] [redacted]: [redacted].

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Orgain™ (Nutricia)	[redacted] 11-[redacted]: • 255 [redacted] • 16 [redacted]
[redacted]	[redacted] 11-[redacted]: • 255 [redacted] • 16 [redacted]

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- Abbott Nutrition
  800-258-7677
  www.abbottstore.com
- Aptalis
  800-472-2634
  http://store.foundcare.com/aptalis
- Carnation
  800-289-7313
  www.carnationbreakfastessentials.com
- Nestlé
  800-422-ASK2 (800-422-2752)
  www.nestle-nutrition.com
- Nutricia
  800-365-7354
  www.Nutricia-NA.com
- Unjury
  800-517-5111
  www.unjury.com
- Orgain
  888-881-GAIN (888-881-4246)
  www.orgain.com
- Kate Farms
  805-845-2446
  www.katefarms.com

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- [redacted] Pedialyte®
- [redacted]/[redacted]
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- [redacted], [redacted]/[redacted], [redacted] DripDrop®
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A sore mouth or throat can make eating difficult. The way you eat can make a difference. The following are some tips to avoid irritating your mouth:

- Cook your foods until they’re soft and tender. Use a blender to purée foods.
- Cut your foods into small pieces that are easy for you to chew.
- Rinse your mouth often. Try using a mouth rinse of 1 teaspoon salt, 1 teaspoon baking soda, and 1 quart (4 cups) of warm water. If this does not help, ask your doctor for other mouth rinse recommendations.
- Use a straw to drink. This keeps liquids from touching your sore mouth.
- Brush your teeth and tongue, if your doctor or dentist says it’s OK.
- Drink more liquids to help to keep your mouth clean.

If you have a sore mouth or throat, trying softer, bland, lukewarm, or cool foods can be helpful. Avoid foods that may increase pain, such as dry foods and foods that are spicy, salty, sour, or acidic.

Follow the eating and drinking guidelines below if your mouth or throat is sore.

Foods to Try	Foods to Avoid

Bland, soft, puréed foods, such as: • Plain casseroles, mashed potatoes, macaroni and cheese, and scrambled eggs • Soft-cooked or puréed chicken and fish • Creamed soups • Cooked cereals • Baby food (tapioca and plain flavors) • Butter, sour cream, oils, and mild sauces (as tolerated) added to foods • Breads, crackers, and other baked goods dipped in milk or tea Cold foods, such as: • Milkshakes, smoothies, yogurts, gelatin, custards, pudding, cottage cheese, and nutritional supplements like Ensure	Rough or dry foods, such as: • Dry meats • Dry breads, crackers, and pretzels • Coarse, raw fruits and vegetables Spicy, salty, and acidic foods, such as: • Foods made with large amounts of spices, such as pepper or chili powder • Foods high in salt or made with vinegar • Citrus fruit products (such as orange juice and lemonade) • Tomato products (such as pasta sauce, tomato juice, or tomato soup)

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If your food seems tasteless

- Change the texture of your foods. For example, you may like mashed potatoes more than baked potatoes.
- Change the temperature of your foods. Some foods may taste better cold or at room temperature.
- Choose and make foods that look and smell good to you.
- Use more spices and flavorings, as long as they don’t cause discomfort. For example:
  - Add sauces and condiments (such as soy sauce or ketchup) to your food.
  - Marinate your meats or meat substitutes in salad dressings, fruit juices, or other sauces.
  - Use onion or garlic to flavor your vegetables or meats.
  - Add herbs (such as rosemary, basil, oregano, and mint) to your food.
  - Blend fruit into your milkshakes or yogurt. You can also try mint or coffee-flavored milkshakes.
- Try sour and tart foods. These may help stimulate your taste.
- Try alternating bites of different-tasting foods within a meal. For example, try:
  - Cottage cheese and pineapple.
  - Canned fruit and plain yogurt.
  - Grilled cheese and tomato juice.

If there’s a bitter or metallic taste in your mouth

- Rinse your mouth with water before meals.
- If meats taste bitter, try marinating them in sauces or fruit juices or squeeze lemon juice on them. Only do this if your mouth isn’t sore.
- Include meat substitutes (such as dairy products and beans) for protein.
- Use plastic utensils.
- Try sugar-free mints or gum.
- Avoid canned food items (such as sauces and soups). Choose items in a glass or

plastic jar or a box instead.

If foods taste too sweet

- Add some salt to the food.
- Dilute sweet drinks with water.
- If everything tastes sweet, try more acidic foods, such as foods with lemon.

If foods taste or smell different than usual

- Avoid foods with strong odors (smells). Because beef and fish have the strongest odors, try eating poultry, eggs, and dairy products.
- When cooking, open lids of pots and pans away from you so that the smell moves away from you, not towards you.
- Open windows while cooking if the smell of foods cooking bothers you.
- Choose foods that can be eaten cold or at room temperature. Let foods cool down before eating. Room-temperature or cold foods have less smell than warm foods.
- Experiment with different seasonings and food combinations, such as:
  - Adding sauces to foods.
  - Changing the temperature and texture of foods.
- If your mouth isn’t sore, try tart foods (such as lemon wedges or citrus fruits) to stimulate taste.
- Rinse your mouth out before and after you eat.
- Drink small sips of liquid throughout your meals to rinse out the taste of the food.

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• Dry toast, crackers, and bagels • Angel food cake and vanilla wafers • Sherbet, low-fat ice cream, or frozen yogurt • Gelatin • Canned, unsweetened fruit Cold foods, such as: • Cold proteins, such as skinless chicken, cheeses, and yogurts • Light pasta salads • Popsicles • Chilled clear liquids, such as nutritional supplements (Ensure Clear) and juices diluted with water	• Fried foods, such as eggs and French fries • Soups with heavy cream • Creamed vegetables • High-fat, high-sugar pastries, doughnuts, and cookies • Foods made with heavy spices, such as pepper or chili pepper, onion, hot sauce, or salad dressing High-fat foods may stay in your stomach longer and are harder to digest. Many of these foods have strong odors or flavors that can cause nausea or make it worse.

General tips

- Pay attention to the amount of food you eat. Eating too much can stress your stomach.
- Try ready-made foods (such as take-out foods or frozen dinners) to prevent nausea while you cook or make foods. If you need to, ask others to cook for you.
- If food odors make you nauseated:
  - Try cold foods, such as a sandwich or salad. These foods don’t smell as strong as hot foods.
  - Leave the area while hot foods are cooking, if you can.
  - Have someone else plate your food for you.
  - Let your food cool down for a few minutes before eating.
  - Avoid places with strong odors.
- Eat small, frequent meals. This can stop you from getting too full and help you take in more food throughout the day.
- Drink most liquids between your meals. This will help you keep from feeling full too fast or feeling bloated.
- Eat slowly and chew your foods well. Avoid activity right after meals. These things help with digestion.
- Eat your meals in a pleasant setting. For example:

    - Choose a relaxing place that has a comfortable temperature.
    - Eat with friends or family. This may help distract you from your nausea.
    - Wear loose-fitting clothing to stay comfortable.
- If you have nausea in the morning, keep crackers or dry toast next to your bed. Eat them before getting out of bed.
- Avoid eating your favorite foods right before or after treatments. If you’re often nauseous during or after treatments, you may start to dislike these foods.

If nausea is a lasting problem for you, it may be useful to keep a food diary. A food diary is a record of the foods you eat, the time you ate them, and the setting in which you ate them. Record any situations when you became nauseated. Discuss this with your doctor, nurse, or clinical dietitian nutritionist.

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[illegible]

[illegible] www.cookforyourlife.org [illegible] | [illegible] | [illegible] |

FDA [illegible]

[illegible] www.fda.gov/AboutFDA/CentersOffices/OfficeofFoods/CFSAN/default.htm [illegible] |

MSK [illegible]

[illegible] www.msk.org/integrativemedicine [illegible], [illegible]/[illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (MSK) [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], 646-449-1010 [illegible] [illegible] |

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MSK-[redacted]

[redacted] MSK [redacted]:

- **Memorial Sloan Kettering Basking Ridge**
  136 Mountain View Blvd.
  Basking Ridge, NJ 07920
- **Memorial Sloan Kettering Bergen**
  225 Summit Ave.
  Montvale, NJ 07645
- **Memorial Sloan Kettering Commack Nonna’s Garden Foundation Center**
  650 Commack Rd.
  Commack, NY 11725
- **Memorial Sloan Kettering Monmouth**
  480 Red Hill Rd.
  Middletown, NJ 07748
- **Memorial Sloan Kettering Nassau**

1101 Hempstead Tpk.
Uniondale, NY 11553

- **Memorial Sloan Kettering Westchester**
  500 Westchester Ave.
  West Harrison, NY 10604

[redacted] 212-639-7312-[redacted] |

[redacted] www.mskcc.org/pe-[redacted] |

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Memorial Sloan Kettering Cancer Center [redacted]