



Canadian Cancer Society
Société canadienne du cancer

When Your Child Has Cancer

A guide to good nutrition



Let's Make Cancer History

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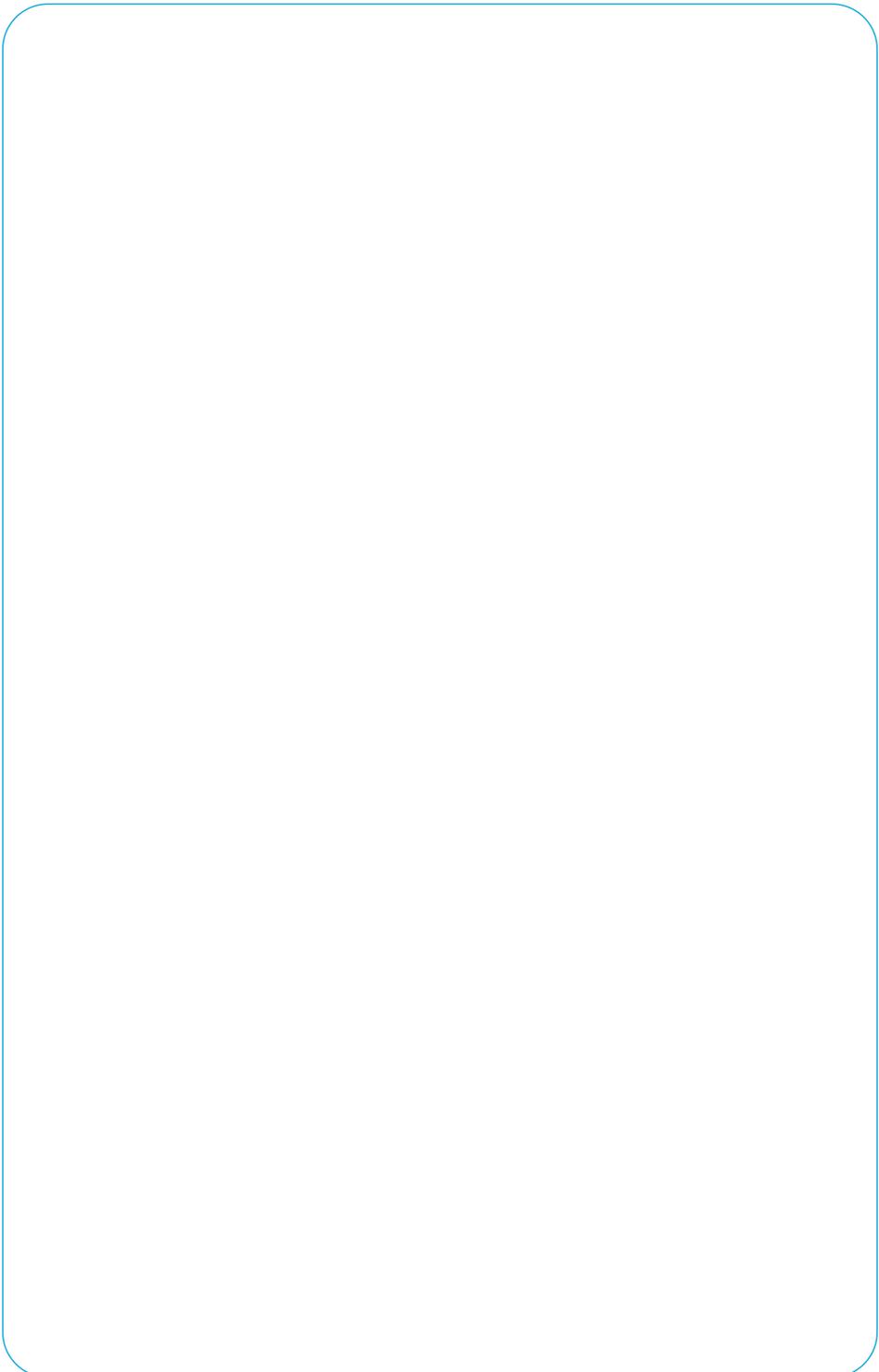


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Introduction

If your child has cancer, you've entered a whole new world. Doctor's appointments, treatment schedules, side effects that change from day to day - it's a lot to take in and plan around.

Making sure that your child eats well during this time can be very challenging. Finding the time to read up on nutrition issues and go grocery shopping is hard enough - let alone preparing food for your child, who may not even want to eat because of stress, a sore mouth or feeling sick. As is often the case with kids, in spite of our best intentions, they don't always eat the way we want them to.

This booklet can help. In it you will find information about:

- nutrition basics and why eating well during cancer treatment is important
- eating-related side effects and ways to try to manage them
- kid-friendly recipes and recipe tips

Nutrition Basics When Your Child Has Cancer

When a child has cancer, good nutrition is important. Studies show that being well nourished during cancer treatment has many benefits. It can help your child tolerate treatment better and help keep your child's strength up. It can help the immune system work better to fight infections. And it can improve your child's quality of life. Eating well helps your child continue to grow and develop, and gives your child the energy to learn and play.

Eating well with *Canada's Food Guide*

The basics of eating well before, during and after treatment can be found in *Canada's Food Guide*. The guide can help you plan healthy meals for your whole family. Depending on age, the guide recommends that children eat the following every day:

- 4-8 servings of vegetables and fruit
- 3-7 servings of grain products
- 2-4 servings of milk and alternatives (like cheese, yogurt, fortified soy milk)
- 1-3 servings of meat (like beef, pork, chicken, fish) and alternatives (like tofu, eggs, nuts, legumes)

The food guide has three key messages:

1. **Balance:** To help children get all the nutrients they need, try to include foods from each of the food groups at most meals and 1 to 2 food groups at snack time.
2. **Variety:** Try to have a variety of different foods from each food group. This will help children get the different nutrients needed.
3. **Moderation:** All foods can fit into a healthy diet – including the occasional “sometimes foods” or treats – but it's important to watch how much or how often these less nutritious foods are eaten.

Different foods have different “jobs”

The reason it's important to eat a variety of foods is that different types of food have different jobs to do in the body.

- **Protein** helps to build, maintain and repair muscles, organs, skin and hair. It also helps make antibodies (to fight diseases), and hemoglobin, which carries oxygen in the blood to all parts of the body. Protein is found in meat, dairy products, eggs, nuts and some vegetables.
- **Carbohydrates** give energy to all cells in the body.
 - > *Simple carbohydrates* are digested quickly. Examples include fruit, fruit juice, milk, yogurt, honey, molasses and sugar. Soft drinks, fruit drinks, candy and cookies are examples of simple carbohydrates that contain refined sugars and few essential vitamins and minerals. Simple carbohydrates that come from fruit, milk and yogurt are healthier choices.
 - > *Complex carbohydrates* take longer to digest. Examples are vegetables, breads, cereals, legumes and pasta. Try to choose breads, cereals, pastas and rice made from whole grains more often – they're the healthier complex carbohydrate choice.
- **Fat** is how your body stores energy for later. It helps the body stay warm, cushions and protects the organs, helps keep skin and hair healthy and helps the body use some vitamins. There are different types of fat.
 - > *Unsaturated fats* come from plants, fish and most plant oils (for example, olive, canola, corn and sunflower). Unsaturated fats are a healthy fat choice, so choose these more often.
 - > *Saturated fats* come from animal sources such as meat, poultry, butter and cheese. They are also found in tropical oils like coconut, palm and palm kernel oils.
 - > *Trans fats* are found in foods that are made with or cooked in partially hydrogenated fat. Some crackers, potato chips, baked goods, deep-fried foods and margarines contain trans fats.

Saturated and trans fats are less healthy than unsaturated fats. It's best to take it easy on foods that are high in them.

- **Vitamins and minerals** help the body work properly, grow, develop and stay healthy. For example, vitamin A helps with vision, vitamin D makes strong bones, vitamin E protects the skin. Some of the most important minerals for children are zinc (found in meat, fish and poultry), iron (found in red meat, liver and some cereals) and calcium (found in dairy foods like milk, yogurt, many cheeses and ice cream).
- **Water** doesn't have any calories or nutrients, but it is as important as food to the body. It helps carry nutrients, regulate body temperature, and is important for healthy cells and organs. It also helps carry wastes through the body.

What about “junk” food?

Junk food and food from fast-food restaurants is usually high in sugar, salt and fat, and low in important nutrients like protein, complex carbohydrates and vitamins and minerals. Eating too much “sometimes foods” like chips, fries, chocolate, cake and cookies or processed foods can leave less room for healthy foods. It can also lead to problems like obesity.

Avoiding food battles

Parents and children can clash over food. While this isn't unique to a cancer experience, it may come up as an issue during treatment. Since you can't control the cancer or its treatment, it's natural to try to control what children eat in order to make sure that they are well nourished. At the same time, children with cancer also have very little control over their life, and often want to be in charge of what they eat. Struggles over food and eating can make mealtime unpleasant. These tips may help:

- Try to avoid food battles or forcing food on your child. A good rule of thumb is that adults decide *what*, *when* and *where* to eat, and children decide *whether* and *how much* to eat.
- Offer small portions. Large portions of food can overwhelm your child. Too many choices may also be overwhelming.

- Find healthy foods that your child likes to eat and serve them often.
- Don't worry too much if you're serving the same thing a lot. Variety is important, but so is getting enough healthy calories – without food battles! If your child is eating healthy food, it's okay to serve the same thing again and again.
- Keep mealtimes to 20 minutes. Remove the food when your child loses interest.
- Serve meals and snacks at regular times. Routine is important.
- Be flexible – remember that there is no “perfect” or “magic” diet for children with cancer. Do your best to offer a balanced, healthy diet as much as possible, but don't forget to give yourself a break once in a while.

A registered dietitian can help

Your child's healthcare team will likely include a dietitian who focuses on your child's nutrition needs during treatment. This member of the team helps make sure children get all the nutrients they need during treatment and supports you when your child has troubles with eating.

If you have any concerns about your child's eating and drinking during cancer treatment, a dietitian can help. If one isn't already part of your team, you can ask to be referred to one.

Managing Eating-related Side Effects

When your child is diagnosed with cancer, a healthcare team of many different specialists puts together a treatment plan. This may include surgery, radiation therapy, chemotherapy, biological therapy or stem cell transplant. Your child may have a combination of treatments. All of these treatments damage some healthy cells along with the cancer cells. This damage to healthy cells is what causes side effects. Many of these side effects can make it hard for your child to eat, or can interfere with the body's ability to get nutrition from the food eaten.

Every child is unique

Side effects can vary from day to day and from child to child. Not all children with cancer have problems with eating. Your child's healthcare team can tell you what side effects you might expect. Even children who have some problems also have days when eating is a pleasure. Eating-related side effects should fade away after treatment ends. In the meantime, doing what you can to manage side effects can help your child eat as well as possible.

The following are some of the more common side effects of cancer treatment that can affect nutrition.

Constipation

Pain medication, some chemotherapy drugs, radiation to the stomach and abdomen, or the location of a tumour can all cause constipation. A low-fibre diet, a lack of exercise and not drinking enough fluids are also possible causes. You can:

- Offer lots of high-fibre foods, including breads, cereals, pastas and rice made from whole grains; fruit, especially berries, dried fruit and citrus fruit; vegetables, especially broccoli, carrots, corn, leafy greens; lentils and beans.
- Add extra fruit and vegetables to your child's food. You can add fruit to smoothies, gelatin, desserts or as a topping to yogurt or pancakes and waffles. Try adding extra vegetables to soup, pasta sauce, salads or sandwiches. It's okay to use the blender or food processor to hide vegetables in foods. Most kids like spaghetti sauce, chili, curry or shepherd's pie. Puréed fruit or shredded veggies can be added into muffin mixes and pancake batters too.
- Sprinkle unprocessed bran on cereal. Start with 10 mL (2 teaspoons) a day and gradually increase the amount up to 30 mL (2 tablespoons) a day.
- Give lots of fluids, including water, milk, soup or juice. Prune juice is a natural laxative and provides extra fluids.
- Avoid foods that can cause constipation such as cheese, chocolate and eggs.
- Encourage your child to be more active, if able.

If your child is having trouble with bowel movements, talk to your child's healthcare team. They may prescribe medicine or recommend a stool softener or laxative.



*Try the High-fibre Super Mix and High-fibre Frost recipes
on pages 32 and 39.*



Diarrhea

Children may have loose or watery stools (bowel movements) as a side effect of cancer treatment. It's important to recognize and treat diarrhea early so that your child doesn't become dehydrated. These tips may help with diarrhea:

- Be careful of the type of fibre your child eats. There are two types of fibre: *soluble* and *insoluble*. Both are important for good health, but too much insoluble fibre (sometimes called *roughage*) can make diarrhea worse.
 - > Limit foods with insoluble fibre, such as whole grain breads and most raw vegetables and fruit, including berries, citrus fruit, dried fruit, and vegetables or fruit with skin.
 - > Offer foods with soluble fibre, such as oatmeal, potatoes, oat bran cereal and bread, applesauce, bananas and rice. Canned or well-cooked vegetables and fruit may also be easier to digest.
- Avoid foods that produce gas such as beans, lentils, broccoli, cauliflower, cabbage, carbonated beverages and chewing gum.
- Limit high-fat foods like fried meats, French fries, greasy snack foods, higher-fat milk products, rich desserts and added fats like butter or margarine.
- Limit foods that contain lactose, including milk, milkshakes, pudding, cheese or ice cream. You can, however, offer yogurt, since it contains "good" bacteria that help with digestion.
- Avoid large amounts of sweetened beverages like fruit drinks, juice, punch, pop or iced tea.
- Give your child foods high in salt and potassium if the diarrhea is severe and lasts a long time. Store-bought broths and soup are a good source of sodium and provide extra fluids. Sports drinks may also help, but check with your child's dietitian. Potatoes and bananas are high in potassium and also contain soluble fibre. Your child's doctor may also prescribe potassium supplements.

- Give liquids between meals and increase fluids after each loose stool.
- Continue to breast-feed infants.
- Keep your child quiet after meals with quiet play or a nap to slow down bowel action.
- Resume your child's normal diet gradually once the diarrhea goes away.

If your child can't drink enough ...

Try to make up for it with food. Offer soup, popsicles, gelatin desserts, pudding, applesauce, ice cream and sherbet. Many vegetables and fruit can also provide extra fluids. Try celery, cucumbers, lettuce, watermelon, cantaloupe and oranges.

Some common signs of dehydration are:

- dry skin or mouth
- no tears when crying
- urinating less often, and small amounts of dark-coloured urine

If your child can't drink enough, or is losing too much water because of vomiting or diarrhea, the healthcare team can give extra fluids and electrolytes intravenously (directly into the blood through a vein).

Dry mouth

Surgery and radiation therapy to the head and neck area and some kinds of chemotherapy can cause your child's mouth to be dry. To help with this side effect:

- Offer moist foods and liquids with foods. This will help your child swallow more easily.
- Have an older child suck on a hard candy or chew gum to increase saliva. Sucking on ice chips can also help moisten the mouth.
Alert: choking hazard for young children.
- Offer cut-up frozen grapes, strawberries or blueberries, or popsicles.
- Offer your child sweet or sour foods. These foods help stimulate saliva production.
- Add butter, margarine, sauces, mayonnaise, gravy or salad dressing to vegetables, pasta, meat or baked goods. This will help moisten foods and make them easier to swallow.
- Encourage your child to drink lots of fluids, especially water, throughout the day.



Try the Yogurt Juicicles recipe on page 37.



A dry mouth can lead to tooth decay

It's important to take extra care of your child's teeth and mouth during cancer treatment.

- Your doctor or dentist may recommend using a fluoride mouth rinse or gel. Check with your doctor before buying a mouthwash, as many can cause burning pain if your child has mouth sores.
- Children, especially those having radiation therapy, should rinse their mouths often during the day. One suggested mouth rinse is to mix 2 mL (½ teaspoon) of salt and 2 mL (½ teaspoon) of baking soda in a cup of water.
- To care for infants' and toddlers' mouths, wrap a soft cloth around your finger and gently wipe the teeth and gums with the mouth rinse. Soft oral swabs (available in drugstores) can also be used to apply the rinse to the child's mouth.

Food aversions

Sometimes, children can associate getting sick or other unpleasant feelings, like pain or nausea, with certain foods. When children associate a food with something unpleasant, they may develop an aversion (an intense dislike) to that food and not want to eat it. For example, your child may associate the hospital with feeling sick and not eat well during a hospital stay.

To help your child avoid food aversions:

- Don't offer favourite foods or drinks while your child is in pain or nauseated. Your child may start to associate these foods or drinks with the side effect. Taking a break from these favourites may help avoid a food aversion in future.
- Offer plain, bland food, like dry toast or crackers, pretzels, plain rice or pasta with a bit of butter.

Mineral and vitamin loss

Some cancer treatments (especially chemotherapy or surgery) and medications (such as steroids) can use up certain minerals and vitamins in the body. If needed, your child's doctor may prescribe magnesium, phosphorus, potassium, calcium or other supplements. The dietitian on your child's healthcare team can help you plan meals and snacks that are high in specific minerals and vitamins. The lists below can get you started.

Foods rich in magnesium

- wheat bran, whole grain bread and pasta, brown rice, fortified oatmeal
- bananas, raisins, dried apricots
- cooked peas and lentils, sweet potato, spinach, baked potatoes (with skin)
- yogurt, cheese, milk
- fish, meat, poultry, tofu
- baked beans, lima beans, kidney beans, chickpeas
- seeds, nuts (especially almonds and cashews)

Foods rich in phosphorus

- bran cereals, bran muffins, corn bread, whole grain bread, commercial mixes for pancakes, waffles or biscuits
- green peas
- milk, cheese, yogurt, ice cream, cream soups
- baked beans, dried beans (navy, pinto, kidney), chickpeas, seeds and nuts (almonds, cashews, peanuts)
- meat, fish, clams, crab, shrimp, poultry
- cocoa, chocolate, cola products

Foods rich in potassium

- avocado, cantaloupe, bananas, mangoes, kiwi, prune juice, orange juice, dried fruit, oranges
- potatoes, tomato sauce, vegetable juices, winter squash, spinach, bok choy, corn
- milk, yogurt, ice cream
- dried beans and peas, seeds and nuts
- molasses, chocolate

Foods rich in calcium and vitamin D

- milk
- fortified orange juice
- fortified soy beverages

Your child can also get smaller amounts of calcium from other food sources such as almonds, bok choy, kale and broccoli.

Mouth sores

Mouth sores (*mucositis*) are a common side effect of chemotherapy and radiation therapy. They often occur in both the mouth and throat, and can be very painful. Children with mouth sores may need pain medication or anesthetic cream in order to eat and drink. If your child has mouth sores, the following ideas may help prevent more pain or irritation, and make eating easier:

- Offer soft or moist foods that are easy to chew and swallow, such as:
 - > pudding, yogurt, custard or gelatin
 - > hot cereals (cooled to room temperature) or dry cereal soaked in milk
 - > soft fruit, like pears or peaches, canned or puréed fruit, bananas or applesauce
 - > well-cooked vegetables or mashed potatoes
 - > pancakes, French toast or waffles with lots of butter and syrup
 - > soft casseroles, macaroni and cheese or eggs
 - > baby foods or puréed meats, pastas, vegetables
- Offer popsicles, ice cream or ice chips to provide needed fluids and to comfort inflamed areas.
- Avoid food or drinks that can irritate the mouth, including:
 - > citrus fruit or juices (lemonade, orange, grapefruit or tomato)
 - > spicy or salty foods (chicken wings, pepperoni, chili, pickles)
 - > carbonated drinks
 - > rough, coarse or dry foods (raw vegetables, crackers, chips, nachos, toast)
- Serve foods at room temperature. Hot or cold foods may irritate the mouth and throat.
- Make every bite count by giving your child food and drinks that are high in calories and protein. The tips beginning on page 23 can help. Liquid nutritional supplements or milkshakes are also good options if your child is eating less.

- Have your child use a mouth rinse recommended by your doctor or dietitian after every meal.
- Use cotton or glycerin swabs (available in drug stores) to clean teeth and help remove pieces of food from the mouth.
- Try a lanolin lip ointment if your child has dry lips that are cracked and irritated.



Try the Yogurt Juicicles recipe on page 37.



Nausea and vomiting

Chemotherapy and radiation can often make children feel nauseated or throw up (vomit). Sometimes, just the thought of having these treatments or being in the hospital can make children feel sick.

It's often easier to prevent nausea than to treat it once it happens. Your child's doctor can prescribe anti-nausea medication (called *anti-emetics*), and may direct your child to take it before chemotherapy or radiation therapy and for a few days after. Different drugs work for different children, and your child may need more than one drug to feel better.

These tips may also help prevent and manage nausea and vomiting:

- Offer bland, starchy foods to help absorb stomach acid. An empty stomach can make your child feel sicker. Your child can nibble on dry foods like crackers, toast, dry cereals or bread sticks after waking up and every few hours during the day.
- Offer easy-to-digest foods, such as soup broth, clear liquids, soda crackers, toast, white rice, pretzels, dry cereals, gelatin, arrowroot or digestive cookies.

- Offer lots of fluid between meals to keep your child hydrated and to dilute stomach acid. Have your child drink 30 minutes before the meal rather than with the meal. You can give flat ginger ale, water, diluted juices, sports drinks or drinks that replace electrolytes that are made for children. Cool liquids may be easier to drink than very hot or very cold liquids. Sucking on ice chips may also help.
- Avoid foods that are acidic, spicy, strong-flavoured, sweet, greasy or fried, or have a strong odour.
- Avoid gas-producing vegetables such as broccoli, cauliflower, cucumbers, green peppers and cabbage.
- Serve food at room temperature or colder.
- Keep your child away from the smell of cooking and food preparation.
- Give an older child a hard candy to suck on to get rid of a bad taste in the mouth. **Alert: choking hazard for young children.**
- Encourage your child to rinse often (with a saltwater solution or water) to get rid of bad tastes in the mouth.

Call your healthcare team if your child cannot stop vomiting or if vomiting continues more than 24 hours after treatment, even if your child is taking anti-emetics as directed.

Taste and smell changes

Cancer treatments can change children's senses of taste and smell. Familiar foods may taste different or unappealing. The smell of food cooking may make your child feel sick. You can:

- Offer a variety of foods. Your child may develop new favourites.
- Serve food when your child is hungry rather than at set mealtimes.
- Offer other sources of protein if your child finds that red meat tastes bitter or metallic. Try chicken, turkey, eggs, dairy products, fish or seafood.
- Try using plastic instead of metal cutlery to decrease a metallic taste.

- Offer tart foods – like citrus juices, pickles or cranberry juice – to decrease metallic taste. These foods can also improve taste when everything seems to be tasteless. *Don't* offer tart foods if your child has a sore mouth.
- Try barbecuing or cooking outside to reduce kitchen odours.
- Offer foods at room temperature. Do not offer steaming-hot foods, as the steam vapours increase the foods' smells.
- Try different spices and seasonings to enhance the flavour of food. Some children find they have more taste for sweet or salty foods.
- Have your older child hold herbal tea for a short time in the mouth. This may help make the taste buds less sensitive to sweet foods.
- Encourage your child to rinse often to help get rid of bad tastes in the mouth.

Weight gain

Sometimes, children gain too much weight during or after cancer treatment. It may be that they're less active than before or are eating too much for comfort or boredom. Certain medications, such as steroids, can also lead to weight gain.

Weight gain and steroids

Steroids (for example, *prednisone* and *dexamethasone*) are drugs that are often used and very important in cancer treatment. Steroids make your child feel hungry more often, which can lead to weight gain. Other side effects include weak and brittle bones and increased retention of salt and water, which can lead to swelling (*edema*).

Try these tips to help your child maintain a healthy weight during cancer treatment, especially when taking steroids.

Limit salt

Steroids can raise salt (or sodium) levels in the body, causing water to build up, often in the ankles or face. The extra water can also cause weight gain. To decrease salt in your child's diet:

- Get rid of the salt shaker at the table.
- Limit high-salt foods, including salted popcorn, pretzels, chips, French fries, canned soups or gravy, store-bought or take-out meals, soy, steak and Worcestershire sauce, sea salt, garlic salt and celery salt.
- Use condiments like ketchup and relish sparingly. They have a lot of salt in them.
- Try unsalted butter or margarine.
- Limit salted crackers, prepared rice, pasta or potato mixes or canned pastas.
- Watch out for high-sodium cereals. You may not think your child's favourite cereal has a lot of salt, but check the label.
- Limit pickles, pickled vegetables and canned vegetables.
- Limit portions of most cheeses, which are high in salt. Examples include processed cheese, cheese spreads or sauces, cottage, feta, Parmesan, Swiss, cheddar and blue cheeses.
- Limit high-sodium meats, including deli meats (especially bologna), pepperoni and ham, bacon, sausage and hot dogs.
- Limit canned beans, battered fish, pickled meat or pickled eggs, and salted nuts.

Lower the calories, fat and sugar

You can help prevent weight gain by providing healthy meals and snacks, and preparing food in healthy ways:

- Avoid food or snacks that are fried or high in fat or sugar.
- Offer lots of high-fibre foods, including vegetables, fruit and whole grains. These can help make your child feel full longer.
- Offer lower-fat milk, yogurt or cheese products.
- Choose leaner cuts of meat or choose legumes, egg whites and tofu.
- Trim visible fat or skin from meats.
- Bake, broil or barbecue food instead of frying.
- Limit added fats like butter, mayonnaise, salad dressings and sauces.
- Use spices or seasonings instead of high-fat sauces, butter or gravy.
- Offer an extra serving of vegetables or fruit as “seconds”.
- Encourage your child to drink water. This can help the stomach feel full. Limit the amount of soft drinks, juices, punch, sweet tea or lemonade.
- Encourage your child to have healthy, nutritious snacks that are low in fat, sugar and salt if hungry between meals. Try:
 - > low-fat granola or cereal bars
 - > unsalted pretzels and plain popcorn
 - > apples and cinnamon
 - > sugar-free gelatin
 - > sliced fruit and plain, low-fat yogurt (less than 2% milk fat)
 - > raw vegetables and low-fat dip
 - > low-salt or unsalted vegetable juice and celery
 - > low-fat cheese (less than 20% milk fat) and Melba toast
 - > an unsalted peanut butter sandwich on whole wheat bread

Alert: allergy hazard.

Watch the portion size

To limit weight gain, try to keep portion sizes appropriate to your child's age.

Some examples of “child-size” servings of healthy food are:

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit, or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit
- 1 slice bread or ½ bagel
- ½ pita or ½ tortilla
- 125 mL (½ cup) cooked rice, pasta or couscous
- 30 g cold cereal or 175 mL (¾ cup) hot cereal
- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1½ oz) cheese
- 75 g (2½ oz) or 125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 tbsp) peanut butter **Alert: allergy hazard.**

Set a good example

It's very hard for children to eat low-fat, low-sugar foods when the rest of the family feasts on cheeseburgers, fries and milkshakes. Help your child by making sure the whole family eats a healthy diet.

You can also be as active as possible and encourage your child to be active. This will help limit weight gain and will help keep your child's bones and muscles strong.

Weight loss

Children can lose weight during cancer treatment. The cancer itself can interfere with getting enough nutrients, while the physical and emotional side effects from cancer treatment can make children feel sick or find food less appealing. This can lead to loss of appetite and weight loss.

Make every bite count if your child is losing weight. You can:

- Offer small meals and snacks frequently throughout the day. Remind your child to eat for fuel and energy – even if not hungry. Setting regular times for meals and snacks may help.
- Have high-calorie, high-protein snacks prepared ahead of time so that you can give them immediately if your child asks. A snack should consist of food from at least two food groups. Try cheese and crackers, grapes and cheese, granola and yogurt, yogurt and fruit, hummus and pita, cottage cheese and fruit, veggies and crackers, or a peanut butter sandwich. **Alert: allergy hazard.**
- Make beverages count. Instead of low-calorie drinks like water, clear broth, tea or diet pop, offer higher-fat milk, milkshakes, soups and juices. Offer water between meals rather than at meals to make your child feel less full at mealtime.
- Use a high-calorie formula if your child still takes a bottle.
- Make eating pleasant and fun. Never underestimate the power of novelty, especially for young children. Try different coloured foods, use garnishes, try new seasonings, and let your child help prepare meals if up to it. Cut sandwiches and pancakes into shapes using large cookie cutters.
- Don't force your child to eat. Only a few kinds of food may appeal to your child on some days. Try to avoid food battles.
- Offer fewer low-nutrient foods such as candy, chocolate and chips. These foods can make your child feel full without providing the nutrients your child needs.

- Offer chewing gum, which can help stimulate your child's appetite.
Alert: choking hazard for young children.
- Avoid "light", diet or low-fat foods.
- Choose higher-fat meats such as dark chicken, regular ground beef, wings or ribs.
- Fry foods using a vegetable oil such as canola or olive oil.
- Add extra calories and protein to foods and drinks.

Tips on adding extra calories and protein

Whole milk

250 mL (1 cup) = 150 calories (kcal) and 8 g protein

- Use whole milk instead of skim, 1% or 2% milk.
- Add whole milk to soup, pudding, custard, milkshakes, baked goods and mashed potatoes.

Skim milk powder

60 mL (¼ cup) = 20 kcal and 3 g protein

To prevent lumps from forming, mix skim milk powder with a little water to make a paste before adding to foods

- Add 30 mL–60 mL (2–4 tablespoons) to milk, milkshakes, smoothies, hot cereal, pudding, yogurt, custard, mashed potatoes, scrambled eggs or omelettes, soup or baked goods.
- Add 60 mL (¼ cup) to ground beef or hamburgers, meatloaf, casseroles or chili.

Cream or whipped cream

15 mL (1 tbsp) = 25–50 kcal

- Add to cream soups, hot chocolate, milk, milkshakes, puddings or smoothies.
- Use as a topping on fruit, cake, pie, pancakes, waffles, custard or pudding.

High-fat yogurt (2–4% M.F.)

15 mL (1 tbsp) = 33 kcal and 3 g protein

- Add to fruit, cereals, waffles or pancakes, or make fruit smoothies or fruit dips.

Sour cream

15 mL (1 tbsp) = 25 kcal

- Add to mashed potatoes, rice, casseroles, stews or soups, or make dressings or dips for vegetables, chips or pitas.

Ice cream

60 mL (¼ cup) = 100 kcal, 2 g protein

- Add as a topping to cake, pies, fruit, desserts, gelatin desserts or custards.
- Make milkshakes, sundaes or floats.

Cheese

30 g (1 oz) = 100 kcal and 7 g protein

- Add brick, processed or cream cheese to sandwiches, burgers, pastas, soups, vegetables, eggs, casseroles, mashed potatoes, crackers, sauces or bagels.
- Eat cheese as a snack with crackers, vegetables and fruit. Try cheese strings, shredded cheese, cubes and strips for variety.

Butter or margarine

15 mL (1 tbsp) = 100 kcal

- Add to mashed potatoes, soups, rice, eggs, noodles, toast, muffins, hot cereal, gravies, vegetables, sauces and sandwiches.

Mayonnaise

15 mL (1 tbsp) = 60 kcal

- Spread on sandwiches, toast, French fries or crackers.
- Use as salad dressing or dip.

Oil

15 mL (1 tbsp) = 40 kcal

- Try adding canola or olive oil to pasta, rice, potatoes, soups, pizza, breads or gravy.

Meat, fish and poultry

30 g (1 oz) = 50 kcal and 6 g protein

- Add extra chicken, beef, tuna or ham to casseroles, sauces, salads or soups.

Tofu

60 mL (¼ cup) = 50 kcal and 5 g protein

- Add to soups, salads, scrambled eggs, stir-fries and casseroles.

Legumes

60 mL (¼ cup) = 60 kcal and 5 g protein

Examples: lentils, kidney beans, garbanzo beans and baked beans

- Add to casseroles, spaghetti sauce, salads, vegetable dishes and soups.

Eggs or egg substitute

1 egg = 80 kcal and 6 g protein or 60 mL (¼ cup) egg substitute = 25 kcal and 5 g protein

Alert: do not give raw eggs to children, especially when the immune system is weak.

- Add to casseroles, hamburgers.
- Cut hard-boiled eggs into salads or make egg-salad sandwiches.
- Whisk an egg and add to broth-based soups, such as chicken noodle. Make sure the egg is completely cooked before serving soup.
- Use eggs in baked goods, such as angel food cake, sponge cake, French toast, bread pudding, custards or rice pudding.

Nuts

60 mL (¼ cup) = 150 kcal, 5 g protein

Alert: allergy and choking hazard.

- Add to baked products like muffins and cookies.
- Sprinkle on yogurt, cottage cheese, ice cream, pudding, custard and fruit, or mix with dried fruit for a snack.

Peanut butter

15 mL (1 tbsp) = 100 kcal and 5 g protein

Alert: allergy hazard.

- Make sandwiches, or spread onto muffins, crackers or celery.
- Add to milkshakes or smoothies, or use in baked products.

Dried fruit

25 g (1 oz) = 60 kcal

- Eat raisins, prunes, apricots, apples, peaches, figs and dates as a snack.
- Add dried fruit to hot or cold cereal, salads, baked goods and puddings.

Wheat germ

15 mL (1 tbsp) = 25 kcal and 2 g protein

- Sprinkle on fruit, cereal and desserts.
- Add to casseroles, muffins, pancakes and bread.
- Use wheat germ instead of bread crumbs in hamburgers and meatloaf.

When your child can't eat enough

Nutritional supplements

Nutritional supplements are products that are rich in calories, protein, vitamins and minerals. They are available as drinks, puddings, powders and bars. They can help give your child nutrients when eating enough is a challenge. Nutritional supplements can be bought at most pharmacies and grocery stores. Talk to your dietitian about which supplement is best for your child. Sometimes, your doctor can prescribe them.

- Liquid supplements come in several flavours (like chocolate, vanilla and strawberry), and often taste best when they are chilled or on ice. They can be drunk on their own or added to milk, ice cream or yogurt to make high-calorie, high-protein milkshakes or smoothies.
- Powder or liquid calorie boosters can help add extra carbohydrates and calories. They have a sweet flavour.
 - > Try adding 30 mL (2 tbsp) to juice, milk, muffin or pancake batter, canned fruit, gelatin desserts or hot cereal. *Note: 30 mL = 50 kcal*
- Powdered protein supplements can help add extra protein and calories to drinks and food.
 - > Try adding 15 to 30 mL (1 to 2 tbsp) to milk, water, shakes, smoothies, eggs, soups, sauces, meat dishes or baked goods.
Note: 15 mL = 18 kcal and 4 g protein

Feeding tubes

If your child cannot get the calories and nutrients needed by eating and drinking, then your child's healthcare team, including your registered dietitian, can suggest ways to deliver nutrition directly to the stomach, small intestine or bloodstream.

Enteral nutrition delivers a specially prepared formula directly to the stomach by a feeding tube, either a *nasogastric (NG) tube* (a tube through the nose that goes to the stomach), a *nasojujenal (NJ) tube* (a tube through the nose that goes to the small intestine) or a *gastrostomy tube* (a tube that delivers food directly to the stomach through the stomach wall).

Parenteral nutrition is nutrition delivered directly into a vein through a peripheral or central line. It is used when the stomach doesn't work properly or can't be used for an extended period of time. Doctors will usually try other ways of feeding first.

Food Safety Guidelines

Take extra care when buying, preparing and storing food when your child has cancer.

Shop for food with care

- Avoid buying bruised, damaged or over-ripe fresh vegetables and fruit. Canned produce and vegetables and fruit that can be peeled are good options.
- Avoid buying foods in damaged containers or cans.
- Check the expiry or best-before date on packages before buying.

Keep work surfaces and kitchen equipment clean

- Use hot, soapy water to clean cutting boards, countertops and utensils. Using a dishwasher is the best option for sanitizing.
- Use hot, soapy water to clean all surfaces and dishes that come in contact with foods, especially raw meat, dairy or eggs.

Prepare, cook and store foods with care

- Wash hands thoroughly before and after handling food.
- Wash all vegetables and fruit thoroughly before serving or eating. Some vegetables, like cauliflower, broccoli and lettuce, are difficult to clean. Clean these well or cook them (or both). You may want to choose smoother vegetables that can be washed or peeled more easily.
- Thaw all meat in the microwave or refrigerator (not on the counter).
- Avoid using raw eggs. Throw away any eggs with cracked or damaged shells.
- Keep cold foods cold and hot foods hot. Bacteria multiply in the temperature “danger zone” of 4°C (40°F) to 60°C (140°F).
- Don’t leave foods containing eggs, cream or mayonnaise sitting out at room temperature for more than one hour.
- Put foods that can spoil in the refrigerator within 2 hours of serving.

After Cancer Treatment

Eating well after treatment will help with recovery by allowing your child's body to regain strength and rebuild healthy cells. It will also help your child feel better.

After completing treatment, your child's interest in food should gradually return and the side effects that affected eating will start to improve. It might not happen as quickly as you would like – but it will happen.

Changes will not happen overnight so try to be patient. The body needs plenty of time to recover. If side effects persist, talk to your child's healthcare team about how to manage them as your child gradually returns to usual activities.

Many children with cancer lose weight during treatment because they cannot eat as much as usual. While recovering, children may still need to take in extra calories and extra protein until they reach a healthy weight. As children become more active, it's important to make sure they're eating enough to support their activity levels and maintain a healthy weight.

Following *Canada's Food Guide* can help you plan meals to make sure your child and the rest of your family get all the nutrients they need. A registered dietitian can help you work towards these recommendations as recovery progresses. As your child grows and develops, it will be important to promote a healthy weight and healthy eating habits.

Many parents wonder if a healthy diet can prevent cancer from returning. For now, research hasn't answered this question. However, some research suggests that eating well might help.

Living with advanced cancer

If your child's cancer hasn't responded to treatment, you will have different challenges in trying to help your child eat well and maintain body weight. Talk to your child's dietitian about ways to meet nutrition needs. Eating as healthy a diet as possible will help your child feel better, keep up strength and cope with side effects such as fatigue and loss of appetite.



Recipes and Recipe Tips

Most parents of children with cancer want to prepare healthy foods that are fast and easy, but don't have a lot of time to shop for special ingredients. Side effects may also affect what your child can eat. The recipes and tips below will help.

For children who aren't eating well, these recipes will help boost their intake of calories and protein. Children who are eating well and don't need help gaining or maintaining weight can still enjoy these foods – just use lower-fat products (such as 1% or 2% milk rather than whole milk) in the recipes.

Most recipes are one serving, unless indicated otherwise. Nutrient values are approximate and do not include "optional" ingredients.

Meals and snacks

Anything Goes Dip

This recipe is good when your child's tastes seem to change. Keeping the basics for this dip on hand, and varying the flavour and what you serve with the dip may help keep your child interested in eating.

The main ingredients in dip are usually mayonnaise, yogurt or sour cream. The rest of the flavour can be anything you like – or maybe whatever you have on hand. Try dill, onion and parsley to go with raw veggies. On another day, mix in a little salsa and have with pitas or tortillas. Or try tossing in garam masala and eat with naan.

For a twist, try a bit of cinnamon, ginger and nutmeg to make a dip for fruit.

250 mL (1 cup) yogurt or sour cream (for more calories and fat)

75 mL (½ cup) mayonnaise

30–45 mL (2–3 tbsp) of seasoning (your choice)

Combine all ingredients well and serve.

Makes about 330 mL (1⅓ cup)

55–65 calories per serving of 30 mL (2 tbsp)

Cheese Puffs

Great for snacks when full meals are hard to eat.

500 mL (2 cups) grated cheddar cheese
115 g (¼ lb) butter or margarine
250 mL (1 cup) all purpose flour
pinch of salt

Preheat oven to 180°C (350°F). Use a non-stick cookie sheet or spray a cookie sheet with a small amount of cooking spray.

Combine all ingredients and blend until smooth. Roll into small balls the size of marbles. Bake for about 15 minutes, until lightly browned. Cool and serve.

Makes 24 puffs

85 calories and 3 grams protein per puff

Cheese Shreddies

250 mL (1 cup) Shreddies or similar cereal
60 mL (¼ cup) grated cheddar cheese

Spread cereal in a shallow baking pan. Sprinkle with cheese. Broil until cheese is melted. Cool and serve.

Store tightly covered in the fridge.

315 calories and 12 grams protein per serving

High-fibre Super Mix

Try this easy recipe if your child is constipated. Try to give your child 2 servings every day.

30 mL (2 tbsp) bran

250 mL (1 cup) applesauce

150 mL (¾ cup) prune juice

Combine all ingredients. Spread on whole grain bread or crackers and serve.

Store in the fridge and discard after 48 hours.

Makes about 375 mL (1½ cups)

80 calories, 1 gram protein and 3 grams fibre per serving of 125 mL (½ cup)

Macaroni and Cheese

Don't worry too much about exact measurements if you're making home-made mac 'n' cheese. This adaptable recipe can be made just how your child likes it – for example, more cream will make it runnier.

60 mL (¼ cup) heavy cream (18% M.F.)

30 mL (2 tbsp) butter

125 mL (½ cup) processed cheese spread or grated cheese

750 mL (3 cups) cooked egg noodles

Combine all ingredients together in a casserole dish. Bake at 190°C (375°F) for about 25 minutes or until the cheese is golden brown and the casserole is hot throughout.

Makes about 875 mL (3½ cups)

380 calories and 10 grams protein per serving of 250 mL (1 cup)

Source: Adapted from a recipe suggested by a parent of a child with cancer

Make-ahead French Toast

This recipe is high in protein and in calories. It's good when you really need to make every mouthful count for your child. Serve with butter, syrup, jam, fruit or whipped cream. Try different kinds of bread for variety and nutrient value – for example, whole wheat, egg, brioche and sunflower.

Make the whole loaf and freeze it. Cool each piece after cooking and put it back in the bread bag for the freezer. When your child wants 1 or 2 slices, just remove from freezer and toast them.

1 egg

15 mL (1 tbsp) skim milk powder

1 slice of bread

Beat the egg and skim milk powder. Dip the slice of bread in the egg mixture. Fry in lots of butter.

300 calories and 12 grams protein per slice

Source: Adapted from a recipe suggested by a parent of a child with cancer



Potato Cakes

Potato cakes are lovely with butter for an evening snack or breakfast the next morning. They reheat really well and are easy to make.

500 mL (2 cups) mashed potatoes

1 egg

250–500 mL (1–2 cups) all-purpose flour

250 mL (1 cup) grated cheese

pinch of salt and pepper

Optional: 3 or 4 cloves roasted garlic

Preheat oven to 180°C (350°F).

With a wooden spoon combine potato, egg, cheese and seasoning. Add flour a little at a time until mixture forms a soft, non-sticky dough. Flour work surface and roll out dough until 1–2 cm ($\frac{1}{4}$ – $\frac{3}{4}$ inches thick). Cut into pieces about the size of your palm and place on a floured baking sheet. Bake for 10 to 15 minutes until dough starts to brown around edges (should still be soft inside).

Store in a covered container in the fridge.

Makes 12 slices

145 calories and 5 grams protein per slice

Tip *If you've got a lot of leftover potatoes, make lots of potato cakes. Let them cool, then freeze in freezer bags. To enjoy later, just thaw, toast and serve!*

Potato Casserole

This recipe is good on its own, or try it as a topping for meat pie.

250–375 mL (1–1½ cups) mashed potatoes
2 eggs
300 mL (1¼ cups) grated cheese, any kind
paprika

Preheat oven to 180°C (350°F).

Add eggs and 250 mL (1 cup) grated cheese to mashed potatoes. Beat well. Spread in casserole dish. Sprinkle with paprika and remaining cheese. Bake for approximately 15 to 20 minutes or until top is golden brown and casserole is heated throughout.

Makes about 750 mL (3 cups)

210 calories and 11 grams protein per serving of 125 mL (½ cup)

Tip *Save time by preparing extra potatoes, rice or pasta when you're already cooking them for part of a family meal. Use them up the next day with one of these leftover recipes:*

- *Macaroni and cheese*
- *Potato cakes*
- *Potato casserole*
- *Potato pancakes*
- *Rice muffins*

Potato Pancakes

You can serve these pancakes sweet or savoury – whichever your child prefers. Try with maple syrup, applesauce and cinnamon, or sour cream with chives or onions.

250–375mL (1–1½ cups) shredded, mashed or bite-sized potatoes

875 mL (3½) cups flour

1 egg

vegetable oil (for frying)

Mix all ingredients (except vegetable oil) well. Heat oil in frying pan. Drop mixture using a serving spoon into frying pan and brown on both sides.

Makes about 12 pancakes

375 calories and 11 grams protein per 2 pancakes

Tip *Spread peanut butter (or other nut butter) and a favourite jam on leftover pancakes, potato cakes or even waffles for sandwiches. The novelty may get your child to eat.*



Rice Muffins

Rice muffins are very good in lunches and as snacks, and are a good way to get a variety of food groups into one food. You can use whatever leftovers you have on hand, or whatever is in your cupboard.

250 mL (1 cup) cooked rice
125 mL (½ cup) grated cheese
50 mL (¼ cup) black olives or green olives
onions or bell peppers or dill pickles to taste
1 can tuna or salmon, or leftover ham, chicken or turkey
1 egg
Salt and pepper to taste

Preheat oven to 200°C (400°F). Spray mini-muffin tins with oil or butter spray.

Mix ingredients together. (Mixture should be moist, but not sticky or runny. The cheese and egg will bond together when cooking.) Season with salt and pepper. Press into mini-muffin tins. Bake for 10 to 15 minutes. Let cool before removing from tray.

Makes 24 mini-muffins

70 calories and 5 grams protein per 3 mini-muffins

Yogurt Juicicles

This nutritious, frozen snack on a stick is good when your child has a dry mouth.

625 mL (2½ cups) plain yogurt
1 small can of frozen juice concentrate
Optional: 250 mL (1 cup) chunks of unsweetened frozen, fresh or canned fruit

Blend yogurt and fruit with frozen juice concentrate. Freeze in popsicle containers or small paper cups. Add a stick when the mixture is almost frozen.

Makes about 12 juicicles

100 calories and 3 grams protein per juicicle

Drinks, shakes and smoothies

For most shakes and smoothies, it's easiest to use a blender. If you don't have one, a whisk or electric mixer will probably work, as long as the recipe doesn't call for ice. These recipes are good for a sore mouth or when your child just doesn't feel like eating. Some have special twists – like extra protein or an extra calorie boost.

Tip *Increase the calorie and protein content in almost any shake or smoothie by adding skim milk powder to milk. As a rough guide, mix 30–60 mL (2–4 tbsp) skim milk powder to 250 mL (1 cup) milk or liquid.*

Fruit and Cream Milkshake

250 mL (1 cup) milk or liquid nutritional supplement

250 mL (1 cup) of fruit (your choice – try mango, pineapple, coconut, soursop, peach, any type of berry)

250 mL (1 cup) vanilla ice cream

5 mL (1 tsp) honey or 2 mL (½ tsp) vanilla

Blend ingredients. Serve immediately.

Makes about 500 mL (2 cups)

300 calories and 7 grams protein per serving of 250 mL (1 cup)

Fruity Shake

250 mL (1 cup) whole milk or soy milk (chilled)

125 mL (½ cup) silken tofu or yogurt (vanilla or fruit-flavoured)

500 mL (2 cups) fresh or frozen fruit of your choice

30–45 mL (2–3 tbsp) honey

2–3 ice cubes

Combine all ingredients in a blender. Mix on high until smooth. Serve immediately.

Makes about 750 mL (3 cups)

150 calories and 10 grams protein per serving of 250 mL (1 cup)

High-calorie, High-protein Milkshake

- 250 mL (1 cup) whole milk
- 1 package instant breakfast
- 125 mL (½ cup) ice cream

Combine ingredients in a blender and mix well.

If you don't have a blender, mix instant breakfast with milk first. Let ice cream get slightly soft and then add. Mix well with a spoon and serve.

Makes about 375 mL (1½ cups)
410 calories and 15 grams protein per serving

High-fibre Frost

An easy way to increase fibre when your child is constipated.

- 45 mL (3 tbsp) unprocessed bran (wheat or oat)
- 80 mL (⅓ cup) whole milk
- 250 mL (1 cup) strawberries (fresh or thawed)
- 250 mL (1 cup) pear halves (fresh or canned)
- 1 package Carnation Breakfast Anytime! or other instant breakfast
- 15 mL (1 tbsp) sugar
- 125 mL (½ cup) ice cubes

Soak bran and milk for 2 to 3 minutes in a blender. Add strawberries. Cover and blend until smooth. Add remaining ingredients. Blend until ice cubes are crushed.

Makes about 250 mL (1 cup)
485 calories, 12 grams protein and 11–14 grams fibre per serving

Source: Adapted from Recipes from the Nestlé Kitchens

Hot Chocolate

½ bar of milk chocolate

1 tsp butter

1 cup cream (10% M.F.)

Melt chocolate bar and butter in microwave. Mix with cream. Microwave to desired temperature. Add marshmallows if desired.

Makes about 250 mL (1 cup)

420 calories and 10 grams protein per serving

Mocha Latte Shake

This recipe may appeal to your teen who is missing “coffee time” with friends.

250 mL (1 cup) whole milk

1 packet chocolate Carnation Breakfast Anytime! or other instant breakfast

1 mL (¼ tsp) instant coffee granules

2 ice cubes

Combine all ingredients in a blender and blend until smooth. Sprinkle with cinnamon or cocoa.

Makes about 375 mL (1½ cups)

300 calories and 15 grams protein per serving

Source: Adapted from Recipes from the Nestlé Kitchens

Nutty Butter Smoothie

1 can chilled vanilla nutritional supplement

15 mL (1 tbsp) smooth peanut butter

Optional: ½ ripe banana

Combine ingredients in a blender, mix well and serve.

Makes about 250 mL (1 cup)

450 calories and 14 grams protein per serving

Protein Power Shake

- 250 mL (1 cup) milk
- 1 packet chocolate instant breakfast
- ½ ripe banana
- 60 mL (¼ cup) skim milk powder

Combine ingredients in a blender and mix well.

Makes about 375 mL (1½ cups)
365 calories and 20 grams protein per serving

Sherbet Float

- 150 mL (¾ cup) sherbet (any flavour)
- 125 mL (½ cup) ginger ale or similar soda
- 15 mL (1 tbsp) canola oil
- 30 mL (2 tbsp) corn syrup

Blend ingredients. Serve immediately.

Makes about 375 mL (1½ cups)
400 calories and 1 gram protein per serving

Strawberry Smoothie

- 250 mL (1 cup) yogurt (2–4% M.F.)
- 125 mL (½ cup) cream (10% M.F.)
- 250 mL (1 cup) frozen strawberries
- 5 mL (1 tsp) honey

Blend ingredients. Serve immediately.

Makes about 500 mL (2 cups)
250 calories and 7 grams protein per serving of 250 mL (1 cup)

Yogurt Smoothie

250 mL (1 cup) milk

1 packet vanilla instant breakfast

175 g (6 oz) fruit-flavoured yogurt

250 mL (1 cup) ice cubes

Combine all ingredients in a blender. Mix on high until smooth.

Makes 500 mL (2 cups)

225 calories and 10 grams protein per serving of 250 mL (1 cup)



Resources

Canadian Cancer Society

Helping you understand childhood cancer

Trained information specialists at our *Cancer Information Service* take the time to answer your questions over the telephone and search for the information you need about:

- nutrition
- side effects of treatment and ways to manage them
- many other childhood cancer-related issues

You may also find our booklet *Childhood Cancer: A guide for families* useful.

Talking with someone who has been there

If you have been touched by cancer and would like to talk to someone who has had a similar cancer experience, we can help you connect with a trained volunteer.

To contact the Canadian Cancer Society:

- Call us toll-free at **1 888 939-3333** Monday to Friday, 9 a.m. to 6 p.m.
- E-mail us at info@cis.cancer.ca.
- Visit our website at www.cancer.ca.
- Contact your local Canadian Cancer Society office.

Our services are free and confidential.



Finding a registered dietitian

A registered dietitian (RD, RDN, Pdt, RDt or Dt.P.) is a healthcare professional who has clinical training and a university degree in nutrition. Most childhood cancer centres have a registered dietitian on staff who can provide one-on-one counselling and answer your questions on diet and nutrition throughout your child's treatment and recovery.

If your treatment centre does not have a dietitian on staff, try these options to find one near you:

- Ask your healthcare team.
- Ask your family doctor.
- Call Dietitians of Canada toll-free at 1 888 901-7776 or visit www.dietitians.ca.

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British Columbia and Yukon

565 West 10th Avenue
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inquiries@bc.cancer.ca

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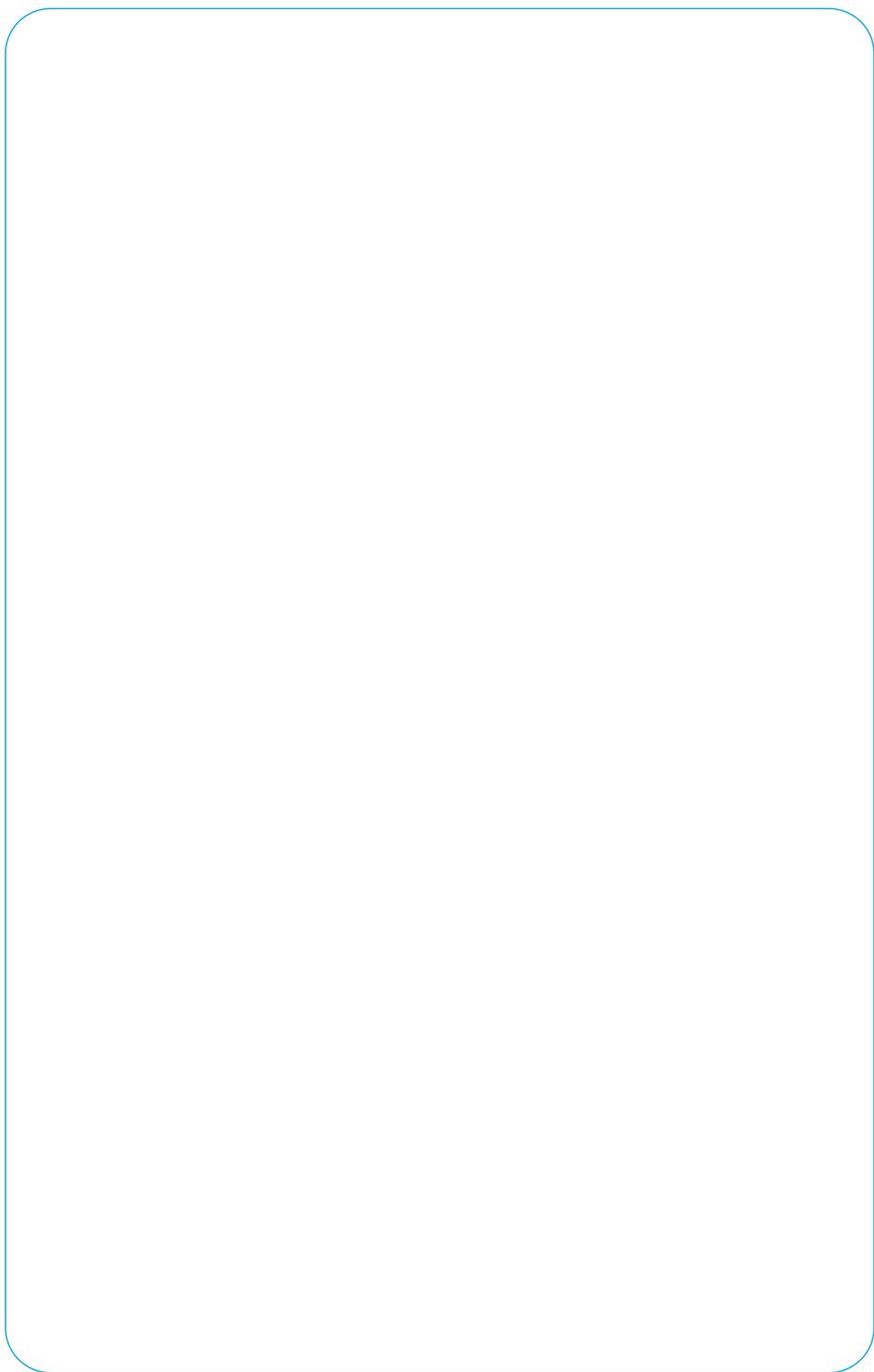
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What we do

Thanks to the work of our volunteers and staff, and the generosity of our donors, the Canadian Cancer Society is leading the way in the fight against cancer. The Canadian Cancer Society:

- funds excellent research for all types of cancer
- advocates for healthy public policy
- promotes healthy lifestyles to help reduce cancer risk
- provides information about cancer
- supports people living with cancer

Contact us for up-to-date information about cancer, our services, or to make a donation.



Canadian Cancer Society
Société canadienne du cancer

Let's Make Cancer History
1 888 939-3333 | www.cancer.ca

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It is not intended to replace the advice of a qualified healthcare provider.

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