The Complete Resource Kit for Oncology Nutrition: Contents

Notes for the Health Care Provider:

a. Nutrition Impact Symptoms:
   i. Anorexia and Cachexia
   ii. Bowel Complications
   iii. Constipation
   iv. Dehydration
   v. Diarrhea
   vi. Dysphagia
   vii. Early Satiety
   viii. Esophagitis and Gastroesophageal Reflux Disease
   ix. Fatigue
   x. Gastrointestinal Tract Cancers and Treatments
   xi. Lactose Intolerance
   xii. Malabsorption
   xiii. Medication-Induced Hyperglycemia
   xiv. Menopausal Symptoms
   xv. Myelosuppression
   xvi. Nausea and Vomiting
   xvii. Oral Infections and Candidiasis
   xviii. Oral Mucositis and Stomatitis
   xix. Radiation Enteritis
   xx. Taste and Smell Alterations
   xxi. Weight Management: Unintended Weight Loss and Unintended Weight Gain
   xxii. Xerostomia and Thick Saliva

b. Food-Medication Interactions

c. Complementary, Alternative, and Integrative Therapies

d. Prevention, Survivorship, and Palliation
   i. Cancer Prevention
   ii. Healthful Eating During and After Treatment
   iii. Cancer Survivorship
   iv. Palliative Care and Advanced Cancer

e. Nutrition Support

Handouts:
1. Anemia
2. Blood Glucose Management
3. Blood-Thinning Medications
4. Bowel Obstruction and Ileus Prevention
5. Calcium
6. Caregiver Support
7. Choosing Therapies for Cancer Care
8. Clear Liquid Diet
9. Constipation
10. Cookbooks
11. Dehydration
12. Diarrhea
13. Diet After a Colostomy or Ileostomy
14. Diet After an Esophagectomy or Gastrectomy
15. Dry Mouth or Thick Saliva
16. Easy-to-Chew-and-Swallow Foods
17. Eloxatin (oxaliplatin)
18. Fatigue
19. Feeding Tube Use and Care
   i. Bolus/Syringe Feedings
   ii. Gravity Tube Feedings
   iii. Pump Feedings
20. Fiber for Bowel Management
21. Food Safety
22. Full Liquid Diet
23. Gas
24. Increasing Calories and Protein
25. Iron
26. Lactose Intolerance
27. Low-Fat Diet
28. Low-Fiber Diet
29. Low-Iodine Diet
30. Magnesium
31. Making the Most of Each Bite
32. Menopausal Symptom Management
33. Nausea and Vomiting
34. Nutrition and Your Well-Being in Palliative or Hospice Care
35. Nutrition and Your Well-Being in Palliative or Hospice Care
36. Nutrition for Breast Cancer Survivors
37. Nutrition for Cancer Survivors
38. Oral Care
39. Pancreatic Enzymes
40. Plant-Based Diet
41. Poor Appetite
42. Potassium
43. Probiotics and Prebiotics
44. Resources for Cancer Patients, Cancer Survivors, and Their Caregivers
45. Soft and Moist High-Protein Menu Ideas
46. Sore Mouth
47. Sore or Irritated Throat
48. Soy and Breast Cancer
49. Swallowing Difficulties (Dysphagia)
50. Taste and Smell Changes
51. Tyramine-Reduced Diet
   i. for People Taking Linezoid (Zyvox)
ii. for People Taking Matulane, Nardil, or Parnate

Recipes:
1. **Comfort Recipes**: Baked Eggs; Egg Omelet with Cottage Cheese; Quick Deviled Egg Salad; Basic Sauce; Blender Cream Soups; Gazpacho; Potato Soup; Turkey Vegetable Soup; Cheese Strata; Cheesy Baked Potato; Creamy Macaroni and Cheese; Tuna Casserole; Ginger Snap Cookies; High-Protein Gelatin
2. **High-Protein, High-Calorie Beverages**: Basic High-Protein Drink; Buttermilk Smoothie; Cheesecake Milkshake; Chocolate Mint Shake; Fall Spice Latte; Juice Smoothie; Mexican Chocolate Shake; Orange-Pineapple Smoothie; Peanut Butter Banana Shake; Sherbet Shake
3. **Oral Care Recipes**: Homemade Mouth Rinse, Homemade Mount Lubricant
4. **Recipes to Help with Constipation**: Fruit 'n Bran; Raisin Bran Muffins; Prune Pudding
5. **Reduced-Sugar Recipes**: Reduced-Sugar Baked Custard; Reduced-Sugar Milkshake; Reduced-Sugar Strawberry Mousse
6. **Refreshing Beverages**: Fruit Freezers; Health Shake; Ginger Tea; Three-Fruit Sipper
7. **Rice Porridge Recipe (for Diarrhea)**
8. **Sick Day Recipes**: High-Protein Gelatin; Homemade Electrolyte Solution; Rice Porridge
9. **Warm High-Calorie Recipes**: Hot Cocoa; Pumpkin Latte; Tres Leches Beverage; Baked Custard; Bread Pudding; Chocolate Peanut Butter Pudding; Easy Microwave Custard; Flan; Stovetop Rice Pudding; Timbale

Appendixes:
- Common Terminology Criteria for Adverse Events (CTCAE)
- Medications and Supplements
- Common Nutrition-Related Symptoms and Adverse Effects
- Stool Color Chart
- Professional Resources

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