Easy Snacks, Juices, and Smoothies: Recipes to Keep You Healthy During and After Cancer Treatment

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Overview

• Quick review of plant-based foods

• Discuss easy snacks, juices, and smoothies

• Provide resources for nutrition information and recipes that you can use at home
“Snow White was poisoned by an apple, Jack found a giant in his beanstalk, and look what happened to Alice when she ate the mushroom! And you wonder why I won’t eat fruit and vegetables!?”
Let’s do a quick review...

- Consider nutrition during treatment like a moving target
  - It depends on how you feel!

- If you experience any treatment related side effects during treatment, you may modify your diet

- Otherwise, try to emphasize plant based foods in your diet
Plant Based Foods

- Plant based foods include fruits, vegetables, whole grains, and legumes

- Contain naturally occurring vitamins, minerals, and phytochemicals

- Contain fiber

- Helpful for healthy weight maintenance
  - They are low in energy density!
    - For example, an apple is low in energy density because it is high in water and fiber
    - Many fruits, vegetables, and beans are good choices of foods low in energy density
  
  - Basically, you can eat more food and consume less calories
What are phytochemicals?

• Naturally occurring plant chemicals
  – “Phyto” means plant in Greek
  – May help to boost the immune system, prevent damage to your DNA, and slow down the growth rate of cancer cells

• Give plant foods their color, odor, and flavor

• The best way to get phytochemicals in your diet is to eat a variety of fruits, vegetables, whole grains, and legumes
### Examples taken directly from the American Institute for Cancer Research (AICR)

<table>
<thead>
<tr>
<th>Phytochemical(s)</th>
<th>Plant Source</th>
<th>Possible Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin)</td>
<td>Red, orange, and green fruits and vegetables including broccoli, carrots, cooked tomatoes, leafy greens, sweet potatoes, winter squash, apricots, cantaloupe, oranges, and watermelon</td>
<td>May inhibit cancer cell growth, work as antioxidants and improve immune response</td>
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<tr>
<td>Flavenoids (such as anthocyanins and quercetin)</td>
<td>Apples, citrus fruits, onions, soybeans and soy products, coffee and tea</td>
<td>May inhibit inflammation and tumor growth; may aid immunity and boost production of detoxifying enzymes in the body</td>
</tr>
</tbody>
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www.preventcancer.aicr.org/site/PageServer?pagename=elements_phytochemicals
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<tr>
<th>Phytochemical(s)</th>
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<th>Possible Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoles and Glucosinolates (sulforaphane)</td>
<td>Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower, and Brussels sprouts)</td>
<td>May induce detoxification of carcinogens, limit production of cancer-related hormones, block carcinogens and prevent tumor growth</td>
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<tr>
<td>Inositol (phytic acid)</td>
<td>Bran from corn, oats, rice, rye and wheat, nuts, soybeans and soy products</td>
<td>May retard cell growth and work as an antioxidant</td>
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</tbody>
</table>
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<tr>
<td>Isothiocyanates</td>
<td>Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower, and Brussels sprouts)</td>
<td>May induce detoxification of carcinogens, block tumor growth and work as antioxidants</td>
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www.preventcancer.aicr.org/site/PageServer?pagename=elements PHYTOCHEMICALS
Are there any specific plant based foods that I should eat during and after treatment?

No, go for a variety and eat the rainbow!
Let’s talk snacks…

“The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!”
Tips for Snacks

• Snacks can help provide you with energy between meals
  – Make sure to keep calories and portion sizes in mind

• Only snack when you are hungry!

• Snacks can also be used in place of large meals
  – During treatment, 6-8 small meals/snacks may be better tolerated by some individuals
Tips for Snacks

• Plan for snacks ahead of time
  – Helps you to fit any calories from snacks into your overall eating plan

• Think about the logistics
  – When do you plan to eat your snack?
  – What is your schedule for the day?
  – Do you have a refrigerator nearby or do you need to keep a snack in your purse or bag?
Easy and Healthy Snack Ideas

• 1 cup of sliced vegetables (consider peppers, cucumbers, and/or carrots) dipped into ¼ cup of hummus
  
  – For variety, consider dipping veggies into ¼ cup of Guiltless Guacamole (see recipe in your packet) or regular guacamole

• Homemade trail mix made with 1/3 cup of whole grain cereal, ¼ cup of almonds (or any nut of your choice), and ¼ cup of dried fruit

• ¼ cup of nuts and 1 piece of fresh fruit

• 1 sliced apple dipped into 1 tablespoon of almond butter
  
  – For variety, consider dipping celery and/or carrot sticks into almond butter
Easy and Healthy Snack Ideas

• 1 cup of oatmeal topped with fresh fruit, dried fruit, and/or nuts

• Whole grain crackers topped with 1 tablespoon of almond butter

• 1 cup of soup (consider a low calorie soup like tomato soup or vegetable soup) topped with a couple of whole grain crackers

• Mix black beans into salsa and use as a dip
  – Dip veggies or whole grain chips for a snack

• Top 3 cups of popcorn with herbs, spices, or 2 tablespoons of parmesan cheese

• Top 6 ounces of plain Greek yogurt with fresh fruit and/or a handful of nuts
Let’s talk juices and smoothies...

"Now that you've eaten it, I can tell you what it was."
Benefits

• Smoothies and juices can be a great way to add fruits and vegetables to your diet
  – Ideally, you want to try to eat at least 5 servings of fruits and vegetables each day
  – Servings of fruits and vegetables range from ½ cup to 1 cup
  – Smoothies and juices should not be used in place of eating whole fruits and vegetables if your appetite and weight is stable

• If you are experiencing side effects of treatment that make eating fruits and vegetables difficult, smoothies and juices may be consumed more often
Tips for Juices and Smoothies

• Food safety
  – All fruits and vegetables should be well washed
  – Make sure to thoroughly clean all equipment

• Watch the calories
  – Remember fruit adds up in calories
    • In juices, consider adding 1 fruit to sweeten up a mostly vegetable based juice

• Consider pairing your juice with a protein and some fat

• Make sure to keep the pulp
  – Try to use the pulp in another way as it has fiber and can help fill you up
Tips for Juices and Smoothies

• Be creative and experiment!
  – Always go for a variety of fruits and vegetables in your diet

• Other considerations
  – Remember looks count!
  – Consider making juices with foods that you would want to eat
  – If you add any spices or herbs like ginger or mint, remember a little goes a long way
Let’s check out a recipe

• Homemade smoothie
  – Blend together plain Greek yogurt, milk or milk alternative (e.g., almond milk), blueberries (fresh or frozen), and raspberries (fresh or frozen)
  – Add ice, milk, or milk alternative for desired consistency
  – Try variations with other fruits like bananas, peaches, blackberries, or strawberries

• Additional recipes are included in your handouts
What if I am experiencing treatment related side effects?

• If you have difficulty swallowing
  – Consider making a homemade smoothie or juice
  – Consider a pureed vegetable soup
  – Try drinking fruit or vegetable juice

• If you have a decreased appetite
  – Add fruit to Greek yogurt
  – Dip vegetables into hummus or guacamole
  – Top fruit with cottage cheese
  – Add avocado or almond butter to smoothies
  – Top crackers with almond butter
What if I am experiencing treatment related side effects?

• If you have mouth sores
  – Try mashed sweet potatoes
  – Try a homemade smoothie with fruits like bananas or peaches
  – Consider a pureed vegetable soup

• If you have constipation
  – Top a high fiber cereal with berries
  – Try dipping vegetables into hummus
  – Add beans to salsa or soup
  – Always try prunes
  – Make sure to add pulp from homemade juices if it is has been separated
  – Add fruit with skins like apples or blueberries to oatmeal
What if I am experiencing treatment related side effects?

• If you have diarrhea
  – Try topping oatmeal with a banana
  – Consider a pureed vegetable soup
  – Always consume cooked vegetables and fruits
  – Make a homemade juice without the pulp

• If you have nausea
  – Eat small frequent meals every 2-3 hours
  – Consider making a homemade juice or smoothie
  – Try a freezing your homemade juice and making it into a fruit popsicle
Recipes and Nutrition Resources
Fruits and Veggies More Matters

www.fruitsandveggiesmorematters.org/
Additional Resources

American Cancer Society
www.cancer.org

Academy of Nutrition and Dietetics
www.eatright.org

National Cancer Institute
www.cancer.gov
Final Thoughts

• Try to emphasize plant based foods in your diet by adding them to snacks, juices, and smoothies!
  – They will help keep you healthy during and after cancer treatment

• Try new recipes and use the nutrition resources in your handout

• Happy Eating!