

## protein sources:

3oz. chicken .....	23g
3oz. pork .....	22g
3oz. beef .....	21g
3oz. shrimp .....	19g
3/4 cup tofu .....	19g
3oz. salmon .....	17g
1 cup greek yogurt .....	17g
1/2 cup cooked soybeans .....	15g
1/2 cup cooked lentils .....	9g
1 cup milk .....	8g
2 tbsp. peanut butter .....	7g
1 egg .....	7g
1 oz. cheese .....	7g
1 oz. nuts .....	6g
1/4 cup hummus .....	5g
2 tbsp. seeds .....	4g
1/2 cup cooked quinoa .....	4g

# pink broomstick<sup>®</sup> nutrition



## side effect tips:

### fatigue:

- rest when fatigue is the worst
- be active when you have energy
- have snacks & meals ready to go
- choose nutrient-dense foods

### nausea:

- eat small meals throughout the day
- try bland foods like bananas, dry toast, lightly salted crackers, soups, and broths
- avoid spicy, greasy, and acidic foods

### taste and smell changes:

- try tart flavors like lemon wedges and vinegars
- marinate foods in juices or acidic dressings
- cover drinks with a lid and straw
- eat cold or room temperature foods; heated
- foods smell stronger

### mouth sores:

- get plenty of calories and protein to heal
- use a straw to bypass sore spots
- avoid crunchy and rough foods
- eat soft, bland foods

Contact your treatment center dietitian if your side effects prevent you from eating.

## day of chemo:

- before chemo, eat a low-fat, light meal
  - ◆ oatmeal      ◆ cereal
  - ◆ toast
- take snacks with you to treatment
- after treatment, try to eat something with protein for dinner
  - ◆ ham & cheese sandwich
  - ◆ soup with meat or beans
- hydrate with water and add lemon

