

Good nutrition is an essential part of your health.

During treatment for cancer, it is even more important to eat a balanced diet and maintain your fluid intake. The Kellogg Cancer Center offers Medical Nutrition Therapy tailored specifically to help with possible side effects of cancer and treatment. Our nutritionists are registered dietitians specializing in the prevention, treatment and survivorship of cancer.

Medical Nutrition Therapy will help you:

- Manage symptoms such as nausea, taste changes and bowel changes.
- Prevent or correct nutritional deficiencies.
- Improve your ability to tolerate treatment.
- Achieve and maintain a healthy weight.
- Manage food/herb and medication interactions.

In addition, our oncology nutritionists are available for consultation immediately following your treatment to assist you in attaining a healthy nutrition lifestyle and preventing cancer recurrence.

If you have questions or would like to schedule a consultation, please call the nutritionist at the location where you receive treatment.

Kellogg Cancer Center Nutritionists

Evanston Hospital	(847) 570-4089
Glenbrook Hospital	(847) 503-1193
Highland Park Hospital	(847) 480-3867

Kellogg Oncology Nutrition Orientation

For New Patients and Their Caregivers

Each Kellogg Center has a dedicated oncology dietitian available to partner with you to help individualize nutrition recommendations based on your diagnosis, preferences and symptoms. The dietitians can help you answer the important question, “What should I eat?”

Evanston

Lisa Zoberman,
MPH, RDN, LDN
(847) 570-4089

Glenbrook

Kiley Telles,
RDN, LDN
(847) 503-1193

Highland Park

Lori Bumbaco,
RDN, CSO, LDN
(847) 480-3867

Click here or enter the following URL to download a free copy of **Healthy Eating During Treatment**:

northshore.org/kellogg-cancer-center/our-services/support-services/nutrition-counseling/

A healthful, balanced diet during cancer treatments will help you:

- Provide the nutrients you need to keep up your strength.
- Maintain your weight.
- Heal as quickly as possible.

Kellogg Dietitian Tips:

- Always bring food and drink and/or money to purchase food from the cafeteria during treatments. Remember to be prepared in case you experience any unexpected delays. Refer to the lists in this section for both snack and “mini meal” suggestions.
- Plan and prepare nourishing meals to maximize energy levels and promote nutritional health. Strategies to conserve your energy while promoting your nutrition are listed on the next page.
- Apply the principle “Food First,” which means that food can provide you with optimal nourishment. If you are taking a dietary supplement or would like to take one, please inform the treatment team. The Kellogg dietitians can provide you with specific guidance about dietary supplements.

Nourishing Travel-Friendly Snacks:

- Apple slices with almond butter
- Fresh vegetables with hummus
- Plain yogurt with berries and chopped walnuts
- Whole wheat tortilla with mashed beans
- Homemade trail mix
- Fresh veggies with yogurt dip
- Hard-boiled egg with whole grain crackers
- Lentil and vegetable soup
- String cheese and piece of fruit
- Oatmeal cup

Strategies to conserve energy and maximize nutrition:

- Batch-cook meals to separate in small containers, and reheat when ready to eat.
- Use passive cooking methods, such as a Crock Pot, which requires minimal time and energy spent cooking.
- Consider smoothies and soups as nourishing options for mini meals. Your dietitian will have numerous suggestions for you.
- Take advantage of convenience foods and prepared meals available at local grocery stores. The frozen section has a variety of options, such as whole grain and bean dishes, and can be stored for months until you are ready to use.
- Try meal and food delivery services. The dietitian can suggest local services for you.
- Nutrition supplements may be an option for you, and your dietitian will recommend suggestions, if necessary.

Seeking inspiration for recipes?

The Kellogg dietitians recommend the following resources:

- **Cook for Your Life** healthy cooking tips and recipes for patients and their caregivers
cookforyourlife.org/?s=fatigue
- **American Cancer Society** American Cancer Society's recipes specific to symptom management
cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes
- **Fueling the Fight: Recipes with Cancer-Fighting Benefits**
northshore.org/kellogg-cancer-center/our-services/support-services/nutrition-counseling/fueling-the-fight-ebook

Portable Mini Meals

½ cup plain Greek yogurt
¼ cup almonds
½ cup berries

Pita Pocket:

¼ cup chickpeas
1 oz. feta cheese
1 tablespoon olive oil & vinegar
½ pita pocket

Whole wheat tortilla

¼ mashed avocado
mixed with lime
½ cup mashed beans

Trail Mix:

2 tablespoons dried fruit
2 tablespoons mixed nuts

1 slice whole wheat bread
1 tablespoon peanut butter
½ sliced banana

Chicken Salad:

1 cup cooked chicken,
diced & cooled
¼ cup diced celery
1 tablespoon olive oil,
1 teaspoon mustard

1 hard-boiled egg
½ whole wheat pita
½ cup carrot & zucchini sticks

Quinoa Salad:

½ cup cooked quinoa, cooled
½ cup diced peppers & celery
1 tablespoon olive oil

½ cup cottage cheese
6 whole wheat crackers
Cucumber slices