

# Tips For Those Experiencing Difficulty Eating Meat



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Nutrition is very important during cancer treatment. Consuming enough calories and protein in your diet will help your body maintain strength and energy levels, fight infections, recover faster, and improve your tolerance to treatment.

Unfortunately, cancer treatment can cause side effects that may affect your ability to do so. For example, a low appetite, fatigue, taste changes, and pain can make preparing meals or finding foods you enjoy eating difficult. Here are some tips to provide your body with the nutrition it needs during treatment when experiencing difficulty eating meat.

## Experiment with texture

### Choose tender meats

- Opt for tender meats that are easier to chew and swallow
  - Chopped, ground or pureed meats
  - Poultry
  - Fish



### Use cooking/preparation methods to add moisture

- Stewing
- Braising
- Slow-cooking
- Oil-based marinades
- Mix into sauces, gravies, soups, or casseroles



## Choose other protein sources

- Eggs & egg whites
- Tofu
- Tempeh
- Lentils
- Beans
- Peas
- Nuts & nut butters
- Seeds
- Quinoa
- Dairy products: milk, cheese, yogurt, cottage cheese



## Eat a protein source at every meal and snack

Meat contains a lot of protein and protein is essential for overall health and well-being. If you are struggling to eat meat, it is important to choose alternative protein sources to have at every meal/snack to help meet your body's needs.



## Use high-protein nutritional supplements

You can find pre-made shakes in individual containers or powders that you can mix with water, milk, smoothies, or even in soft foods like oatmeal. See examples below



Name	Serving Size	Calories	Protein
Boost Plus	8 oz (237 mL)	360	14g
Boost High Protein	8 oz (237 mL)	240	15g
Boost Original	8 oz (237 mL)	240	10g
Boost Glucose Control	8 oz (237 mL)	190	16g
Novasource Renal	8 oz (237 mL)	475	22g
Boost Breeze	8 oz (237 mL)	250	9g
Boost Very High Caloire	8 oz (237 mL)	530	22g
Boost Pudding	5 oz (1 container)	230	7g
Boost Original Powder	55g (7 Tbsp)	220	10g
Ensure Enlive	8 oz (237 mL)	350	20g
Ensure Plus	8 oz (237 mL)	350	13g
Ensure Clear	8 oz (237 mL)	240	8g
Ensure Max Protein	11 oz (330 mL)	150	30g
Ensure High Protein	8 oz (237 mL)	160	16g
Ensure Surgery	8 oz (237 mL)	330	18g
Ensure Original	8 oz (237 mL)	220	9g
Glucerna Original	8 oz (237 mL)	180	10g
Nepro	8 oz (237 mL)	425	19g
Ensure Pudding	4 oz (1 container)	170	4g
Beneprotein	1 packet	25	6g
Benecalorie	44 ml (1 container)	330	7g
Prostat	1 oz (30 mL)	100	15g
Premir Protein	11 oz (1 carton)	160	30g



Name	Serving Size	Calories	Protein
Pemir Protein Whey Powder	39 g (2 scoops)	150	30g
Orgain Organic Meal Powder	57 g (2 scoops)	230	20g
Orgain Orgainc Plant-Based Protein	46 g (2 scoops)	170	21g



**Disclaimer:** Please note that the information provided herein is intended to serve as a general guideline and may not meet the unique nutritional needs of individual patients. The distribution of these materials is at the discretion of the physician. The creator does not hold responsibility for their application or outcomes on individual health conditions. All patients are advised to consult with their physician for personalized advice tailored to their unique needs and circumstances.