



Tips For Those Experiencing Fatigue Making it Difficult To Prepare Meals

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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 feeling fatigued.

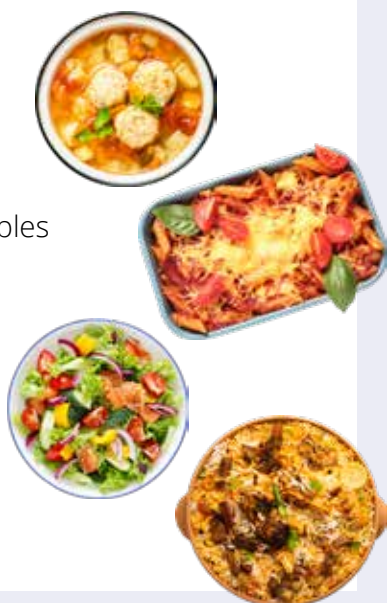
Simplify recipes

Choose simple and easy-to-prepare recipes that don't require a lot of time and energy

- One-pot dishes
- Casseroles
- Slow-cooker meals

Use convenience foods

- Pre-cut fruits/vegetables
- Frozen foods
- Canned goods
- Pre-washed salads
- Pre-cooked proteins
- Pre-portioned, microwavable rice



Meal prep

On days when you have more energy:

- Cook a meal in bulk or make multiple meals and then refrigerate or freeze the leftovers to eat them later
- Portion out your leftovers into single-serving containers so they can thaw and reheat quickly



Choose ready-to-eat, nutrient-dense snacks

- Protein bars
- Pre-packaged/seasoned tuna with crackers
- Hummus with pretzels
- Apples & peanut butter
- Cottage cheese & peaches
- Nuts & grapes
- Hard-boiled eggs
- Greek yogurt & berries
- Rice cakes & nut butter
- Cheese & crackers
- Beef jerky
- Dark chocolate-covered almonds
- Trail mix



Use high-calorie/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.

Examples include:

- ▶ Boost Plus
- ▶ Boost Very High Calorie
- ▶ Ensure Enlive
- ▶ Ensure Plus
- ▶ Ensure Surgery
- ▶ Benecalorie
- ▶ Orgain Nutrition Shake
- ▶ Orgain Organic Meal Powder



Eat more at your best time of the day

- ▶ If fatigue worsens throughout the day, eat a larger breakfast or lunch

Accept help

- ▶ Don't hesitate to accept help from friends, family, and support networks. They can assist with meal preparation, grocery shopping, and/or provide pre-cooked meals



Seek A Meal/Grocery Delivery Service

- ▶ Meals on Wheels
 - Check with your local Area Agency on Aging to determine your eligibility
- ▶ Mom's Meals
 - May qualify for insurance coverage
- ▶ Savor Health
- ▶ Magnolia Meals at Home
 - Only if you live in New Jersey, New York, Massachusetts, New Hampshire, Connecticut, or North Carolina
- ▶ MamaSezz
 - Strictly vegan meals
- ▶ Nutrition for Longevity
- ▶ MealPro
- ▶ Performance Kitchen
 - May qualify for insurance coverage
- ▶ Humana
 - Call Humana customer service to see if you are eligible
- ▶ Amazon EBT
 - Groceries can be ordered online and delivered to your door using SNAP benefits

Please note that certain types of cancer may have specific dietary restrictions. Speak with your doctor before starting any meal delivery service program to make sure the meals are right for you.

Make eating enjoyable to boost energy levels

- › Eat with others
- › Watch TV
- › Play music
- › Listen to a podcast

Stay Hydrated

- › Drink plenty of fluids throughout the day
- › Drink at least eight cups of water per day

Eat foods that boost your energy. Avoid foods that make you tired

- › Include a protein source at every meal/snack
- › Avoid excessive amounts of sugar and alcohol

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.