

A Dartmouth-Hitchcock Affiliate

You know what you eat is important---you have been hearing that since childhood. You probably even talked to your own children about eating right. Just to review why it's important...

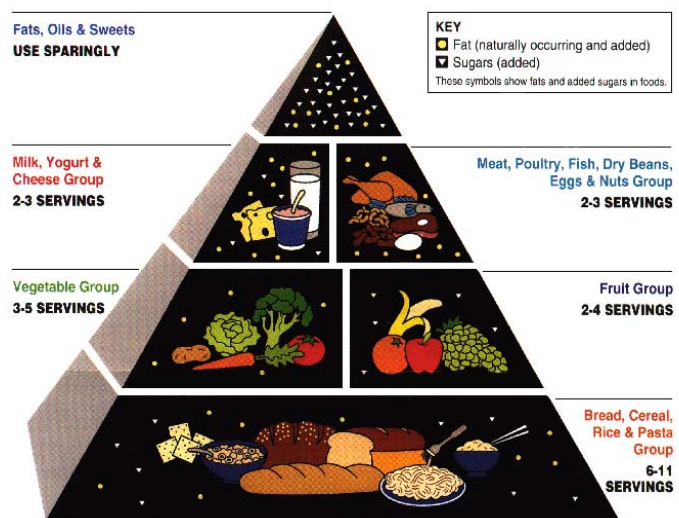
- ❖ Good nutrition gives your body the fuel it needs to run.
- ❖ It gives you the ammunition to help fight off infection.
- ❖ Fiber helps keep your bowels functioning normally.
- ❖ Patients who are well nourished before their illness or surgery recover faster.
- ❖ Good nutrition after you have been sick or had surgery will help you get better faster.
- ❖ If you eat right...you feel better, both physically and mentally.

General Suggestions

- ❖ Eat frequently. Four or five smaller meals might be easier to handle than three larger ones.
- ❖ Keep snacks readily available.
- ❖ You may need to eat even when you are not hungry. Set a clock and schedule your meals.
- ❖ When your appetite is good eat as many healthy foods as you can.
- ❖ Choose those foods which you like the most and which you tolerate the best.
- ❖ Keep trying new foods.
- ❖ Monitor your weight weekly. When you are losing weight you probably are not eating enough.
- ❖ Be sure that all foods and beverages consumed contribute to calories. Choose juice, milk, hot chocolate, shakes and supplements instead of coffee or tea.
- ❖ Add a little more salt or sugar to foods to enhance their flavor.

The Food Pyramid

When you do not like certain foods, try substitutes within the same group. Good nutrition means eating adequate amounts of calories to be sure that you get nutrients, such as protein, carbohydrates, fat, vitamins, minerals and water. The Food Guide Pyramid shows you how to select a variety of foods that will supply enough of the nutrients that you need.



Guide to Good Food

Food Group	Suggested Daily Servings	What Counts as a Serving	Comments
Grains	Aim for 6-11 servings or more each day	1 slice bread 1 oz cold cereal ½ cup cooked cereal, rice or pasta	Provides carbohydrates for energy, B vitamins and fiber. 1 serving provides 80 calories, 3 g. protein
Fruits & Vegetables	Aim for 5 or more servings each day	Choose dark green, orange, and yellow ones. 1 medium fresh fruit. ½ cup cooked, chopped, raw or canned vegetable or fruit ¾ cup vegetable juice ½ cup fruit juice	Good source of vitamin A and vitamin C. 1 serving vegetable provides 28 calories 2 g. protein 1 serving fruit provides 60 calories
Meats	Aim for 2-3 servings or more each day	Amount should total 5-7 oz of cooked meat, poultry, or fish. Count as 1 oz of meat: 1 egg ½ cup cooked dried beans or peas and seeds 2 TBSP peanut butter 4 oz tofu 1 oz cheese ¼ c. cottage cheese	Provides protein that helps your body heal itself and fight infection. One serving provides: 80 calories 7 g. protein
Dairy Foods	Aim for 2-3 servings or more each day	1 cup whole milk 8 oz whole milk yogurt 1 ½ oz natural cheese 2 oz processed cheese	Provides protein, calcium, and many vitamins. One serving provides: 150 calories 8 g. protein

Eating Problems and Helpful Hints

Loss of Appetite

- ❖ Try eating smaller, more frequent “mini-meals.”
- ❖ Try to eat meals with someone else.
- ❖ Keep nutritious snacks nearby.
- ❖ Eat your favorite foods.
- ❖ Try foods of different textures and tastes.
- ❖ Eat slowly and remain calm and relaxed. Don’t hurry meals.
- ❖ Keep mealtime pleasant.
- ❖ Try stimulating your appetite with a short walk before you eat.

Sore Mouth or Throat

- ❖ Drink soothing beverages such as apple juice, fruit nectars, and milk. A sore mouth or throat may be irritated by highly spiced foods and carbonated beverages or liquids containing salt (such as canned broth or vegetable juice) or those containing acid (such as orange juice).
- ❖ Drink liquids and semisolid foods through a straw.
- ❖ Select soft, moist foods such as macaroni and cheese, casseroles, canned fruits and ripe, peeled, soft fresh fruits (bananas, pears, and peaches), scrambled eggs, stews, mashed potatoes with gravy, puddings and custards, and sherbets, yogurt, ice cream, and milkshakes.
- ❖ Avoid sticky, hard to swallow foods such as peanut butter and dry rough foods such as popcorn, potato chips, and raw vegetables.
- ❖ Dunk toast, cookies, doughnuts, and crackers in milk, tea, juice, or soup to soften them.
- ❖ Use melted butter or margarine, gravy, broth, sauces, or syrup to moisten foods and make them softer.
- ❖ Make sure foods are at room temperature. Avoid foods that are very hot or very cold.

Dry Mouth

- ❖ Chew gum or suck on hard candy or Popsicles between meals.
- ❖ Drink beverages with meals. Take a sip with each bite.
- ❖ Keep your lips moist.
- ❖ Choose moist foods.
- ❖ Dunk or soak dry foods in liquids.

Changed Sense of Taste

- ❖ If red meat tastes bitter, select other foods containing protein such as cheese, eggs, poultry, yogurt, tuna, and peanut butter. Try marinating meat in soy sauce, wine, or fruit juice.
- ❖ Serve protein foods cold or at room temperature.
- ❖ Add interest to foods with seasonings and flavorings such as basil, oregano, garlic, onion, bacon bits, and lemon and lime juices.
- ❖ Add fresh or canned fruit to milkshakes and ice cream.
- ❖ Drink liquids with solids.
- ❖ Adding extra sugar can mask the flavor of salty food.
- ❖ Adding salt can decrease the sweetness of sugary foods.
- ❖ If food tastes metallic, use plastic utensils.

Nausea

- ❖ Wait until you feel better to eat full meals. Eat small frequent meals slowly rather than three large ones.
- ❖ Sip cool beverages, such as clear fruit juices and drinks and carbonated beverages (ginger ale, lemon-lime). Eat fruit ices, dry toast, or crackers to calm your stomach.
- ❖ Choose bland foods that are not greasy or too sweet, such as broth with crackers, gelatin with fruit, and apple juice.
- ❖ Eat cold main courses--chicken salad instead of hot fried chicken, for example. Cold foods have fewer aromas than hot foods.
- ❖ Stay out of the kitchen when food is being prepared, and eat in well-ventilated areas. The smell of food or cooking can add to feelings of nausea.
- ❖ Avoid large amounts of liquid at mealtimes.
- ❖ Avoid your favorite foods when you feel nauseated to prevent a permanent dislike of these foods.
- ❖ Rest after meals but avoid lying flat.

Diarrhea

- ❖ Drink plenty of fluids between meals rather than with meals.
- ❖ Decrease or avoid foods and drinks that contain fat, such as cream, sour cream, cream sauce, luncheon meats, bacon, sausage, regular cheeses, oil, mayonnaise, salad dressing, nuts, avocados, olives, peanut butter and margarine, and high-fat snack foods such as potato and corn chips.
- ❖ Try low fat alternatives (cheeses, sour cream, and salad dressings, for example).
- ❖ Decrease or avoid lactose-containing foods. Lactose-containing foods include milk, milk powder, ice cream, milk-containing desserts, soups, baked goods, cheese, and yogurt.
- ❖ Try lactose-free or lactose-reduced dairy products.
- ❖ Select foods that are easily digested and absorbed such as peeled, cooked fruits and vegetables, bananas, applesauce, cooked cereal, and rice.

- ❖ Eat small, frequent meals.
- ❖ Eat foods warm or at room temperature rather than hot.
- ❖ Limit foods and beverages that contain caffeine, such as coffee, strong tea, some sodas and chocolate.
- ❖ Limit the fiber in your diet. Eat cooked fruits and vegetables, and omit those with seeds, nuts, and tough skins. Choose refined breads and cereals rather than whole grains.

Constipation

- ❖ Eat high fiber foods such as raw fruits and vegetables and drink prune juice. (Hot prune juice may stimulate bowel activity.)
- ❖ Drink plenty of liquids (8-10 cups of liquid each day) and get as much light exercise as your condition will allow.
- ❖ Try adding unprocessed wheat bran to foods such as cereals, casseroles, and baked goods.
- ❖ Avoid pasta, pastries, cheese, rice, and foods with white sugar.

Healthy Snack Ideas

Between meal snacks can help you increase your calorie and protein intake. Try some of these ideas:

- ❖ Apples and other fresh fruit sliced and topped with peanut butter or cheese
- ❖ Canned fruit with cottage cheese or yogurt
- ❖ Gelatin salad made with fruit and sour cream or cottage cheese
- ❖ Angel cake or pound cake topped with fruit and whipped cream
- ❖ Raw vegetables with sour cream, cream cheese or your favorite dip
- ❖ Crackers with peanut butter or cheese
- ❖ Bagel half topped with cream cheese or peanut butter
- ❖ Meat and cheese cubes
- ❖ Hard boiled eggs, deviled eggs
- ❖ Pizza slice
- ❖ Popcorn with butter and grated cheese
- ❖ Milkshakes, eggnog, or other nutritional supplements
- ❖ Juice, milk, chocolate milk
- ❖ Custards, puddings, ice cream, cheesecake, gelatin, sherbet, yogurt (regular or frozen)
- ❖ Cereal, granola
- ❖ Cakes, cookies or muffins made with whole grain, fruit, nuts, wheat germ, granola

How to Increase Calories

- ❖ Use heavy cream, whole milk, or evaporated milk instead of water whenever possible in cooking
- ❖ Top baked potatoes, vegetables, fruits, and meats with sour cream. One tablespoon adds about 30 calories.
- ❖ Use butter or margarine on hot foods such as toast, vegetables, cooked cereals, rice, and soft boiled eggs. One teaspoon adds about adds about 35 calories.
- ❖ Use mayonnaise instead of salad dressing in meat salads, deviled eggs, and on lettuce. Mayonnaise provides about twice the calories of salad dressing.
- ❖ Spread bagels and toast with cream cheese. One tablespoon adds about 50 calories.
- ❖ Eat fruits canned in heavy syrup. Stir canned fruit into yogurt or use to top cereal and ice cream and other desserts.
- ❖ Sweeten toast, cereals, and fruits with sugar, jelly, and honey.

High Iron Foods

- ❖ Lean red meats
- ❖ Liver and kidney
- ❖ Egg yolks
- ❖ Legumes, peas, and beans
- ❖ Nuts
- ❖ Dried fruit
- ❖ Green leafy vegetables
- ❖ Enriched grain foods such as cereals
- ❖ Blackstrap molasses

REMINDER: IRON ABSORPTION IS IMPROVED WHEN VITAMIN C IS ALSO PRESENT

High Potassium Foods

- ❖ Fruits, especially bananas, apricots, cantaloupe, oranges, strawberries and peaches
- ❖ Dried fruits
- ❖ Vegetables, especially broccoli, potatoes, squash, beets and carrots
- ❖ Legumes
- ❖ Low fat milk