

The Building Up Diet



You may have found that in the lead up to your diagnosis or during your cancer treatment you have lost weight. If you are back to eating regular meals and are losing weight you may need to try each day to have more energy, protein and other nutrient dense foods. Try to increase your portion sizes and/or number of meals and snacks eaten, aim to eat every three hours.

This leaflet aims to help guide you on choosing healthy energy and protein rich foods and how you can add them to your daily diet.

Regaining your nutritional status, strength and weight can be done in a healthy way and doesn't require eating lots of foods that contain just sugar and unhealthy saturated fat. Initially we would hope that this will stop any subsequent weight loss and allow you to regain your strength and bodies stores.

Saturated fat comes from animal products and can be found in foods such as butter, pies, cakes, fatty cuts of meat, cheese and palm oils. Eating large quantities of this fat can increase the risk of heart disease. It is better to try and increase plant and animal sources of fat that are rich in sources polyunsaturated and monounsaturated fats to help to give extra healthy energy. Both types of fat are beneficial for the heart and all fats are high in energy and fat soluble vitamins so these two are ideal for helping to gain weight and become better nourished.

Examples:

Monounsaturated fats	Polyunsaturated fats
Olive oil	Sunflower oil
Rapeseed oil	Corn oil
Sesame oil	Oily fish like salmon, kippers, trout and mackerel
Avocados, guacamole	Flaxseed oil

Peanut and cashew nut butters	Walnuts, pine nuts
Hazel nuts, almonds, cashew nuts	Sunflower seeds
Eggs	Safflower

Most nuts contain a mix of both monounsaturated and polyunsaturated fats.

Try to incorporate the fats in the table into your normal eating habits, try the following:-

- Handful of nuts, bowl of olives, dried fruit and nuts, cereal bars for a snack
- Carob is very low in fat and can make for a healthier alternative to dairy chocolate
- Add an avocado to a salad, smoothie or sandwich or have mashed on toast
- Make a salad dressing using olive or sesame oil, or drizzle into mashed potatoes or soups
- Add nuts, flaxseeds, sunflower seeds and peanut butter to a smoothie
- Add chopped nuts and/or seeds and fruit onto cereals, porridge or yoghurt
- Add sesame oil to stir fry at the end of cooking
- Use guacamole or hummus with bread sticks or oatcakes for a snack
- Make fish cakes with salmon, trout, pilchards or sardines
- Nut burger or falafel in pitta bread with salad
- Mix small pieces of smoked salmon through scrambled eggs, stir fry or pasta
- Have kippers for breakfast
- Mackerel, salmon or mushroom pate and melba toast
- Have bread with olive oil and balsamic vinegar with a meal or spread thick with butter
- Sauté or cook chipped potatoes and vegetables in olive, sunflower, rapeseed or corn oil.

Protein

Protein is just as important as fat to help support your nutritional status and weight gain. You should ensure that you have a good protein source at each meal and for some snacks. Protein rich foods are eggs, meat, chicken, fish, soya, Quorn, milk and dairy products, beans, pulses, nuts, seeds, quinoa and peanut butter. As well as trying to add extra energy and protein to your meals, you can also make snacks and drinks more nourishing. Smoothies are a great way of getting lots of calories and protein in a drink.

Suggestions:

- Try having a smoothie in between meals
- Drink milk either plain or with flavourings or as hot chocolate/Ovaltine/Horlicks/ milky coffee
- Have a bean dip with crackers
- Add soya beans to curries, salads and stir fries
- Add nuts to a smoothie, cereals and salads
- Add quinoa to stews, soups and curries
- Eat eggs not just at breakfast time, add to fried rice, have omelettes, frittatas and quiche
- Eat a slice of toast with peanut, almond or cashew nut butter and banana for a snack
- Eat a slice of fruit cake, banana bread with a milky drink
- Add eggs to rice in a frying pan to make egg fried rice or a beaten egg to soups.

A small dessert each day can help increase calorie and protein intake which will help with weight gain.

Suggestions:

- Full fat natural yoghurt or soya yoghurt with fruit and a sprinkle of almonds
- Stewed fruit and ice-cream, custard or evaporated milk
- Baked apple or peach with nuts, cinnamon, raisins, honey and custard
- Ice lollies made with blended fruit and yoghurt or coconut milk.

Menu Ideas

Breakfast

Porridge made with milk, fruit and nuts
Toast with peanut butter or honey and banana
Toast with scrambled eggs and smoked salmon
Cereal with added dried fruits

Lunch

Mackerel on toast with a small bowl of soup
Sandwich with chicken and salad
Hummus with avocado slices on wholemeal bread
Fish cakes with a dressed salad and jacket potato

AND

Yoghurt with a handful of nuts
Packet of vegetable crisps or baked crisps
Piece of fruit or fruit salad
Biscuits and cheese with apple or grapes

Evening meal

Spaghetti bolognese with a sprinkle
of parmesan cheese
Salmon with pesto topping served
with potatoes and vegetables
Quorn curry and rice with a little naan bread
Jacket potato with baked beans and grated cheese

Snacks:

Unsalted nuts and seeds, crackers with hummus, avocado, cheese/ slice of toast with nut butter, baked crisps, small bar of dark chocolate, carob bar, popcorn with any of the following flavourings sugar, maple syrup, olive oil with paprika.

Smoothie recipes:

Strawberry Delight	Banana	Tropical Surprise
½ cup milk ¾ cup Greek yogurt 1 banana 1 cup frozen strawberries ¼ avocado	½ cup milk ¾ cup Greek yogurt 1 banana 1 handful cashew nuts 1 teaspoon honey	1 ½ cup coconut milk 1 cup frozen mango 1 tablespoon desiccated coconut 1 mango soya yogurt
Add all the ingredients into a blender and blend until smooth, if too thick add more milk. A hand blender will also work. These are a few ideas to try and the recipes can be adjusted to your own tastes. Add honey to sweeten.		

Salad dressing ideas:

There are many different types of oils now available which could be used for making a salad dressing. This is a list of some types of oils which you may like to try: olive, extra virgin olive, walnut, coconut, sesame, flax and avocado.

Salad Dressing recipes:

Classic Vinaigrette: Whisk two tablespoons red wine vinegar, two teaspoons mustard, half teaspoon salt and pepper to taste. Gradually whisk in third to half a cup oil of your choice.

Honey and Mustard: One garlic clove, crushed, two teaspoon Dijon mustard, two teaspoons runny honey, three tablespoons white wine vinegar, 100ml oil of your choice and salt and black pepper to taste. Simply whisk all ingredients together.

Classic lemon and olive oil: One tablespoon lemon juice, three tablespoons olive oil, salt and black pepper to taste. Whisk together, taste and adjust seasoning.

These are only suggestions for helping to increase foods rich in healthy fats and high in protein. If you are eating a healthy balanced diet you can still eat a small amount of other foods such as ice-cream, mayonnaise, chips, biscuits, chocolate and cakes.

Diet is a significant part of your care, so it's important that it is as varied and nourishing as possible. These simple changes to your meals and snacks can really help. If you have any special dietary restrictions (for example religious or an allergy) please discuss this with your Dietitian.

Contact your dietitian for further advice support and advice. Sussex Oncology Dietitians at:

Sussex Cancer Centre

Phone: 01273 696955 Ext. 4208 / 64290

Western Hospitals NHS Trust

Phone: 01903 205111 Ext. 84549 (Worthing)

Phone: 01243 788122 Ext. 5201 (Chichester)

East Sussex Health Care Trust

Phone: 01424 755255 Ext. 8177 (Conquest Hospital)

Phone: 01323 417400 Ext. 4172 (Eastbourne DGH)

Further Resources

Accurate information in all aspects of cancer including diet is available from Macmillan Cancer Support.

Booklets include

- Eating Problems and Cancer
- Healthy Eating and Cancer
- The Building-Up Diet

To order a booklet, visit be.macmillan.org.uk
or call **0808 8080 0000**

If you have vision issues please contact your Dietitian.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمی‌فهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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