

Name of Child: _____ Date: _____

Food for Children Getting Cancer Treatments

Since children are growing, they need more calories than adults. Children who are getting chemotherapy or radiation may have trouble eating enough to keep them strong and healthy.

Balance

Different foods have different nutrients. Every day, children need protein, vitamins, minerals, and energy from carbohydrates. Every day, every child should eat foods from each of these groups:

- bread, cereal, rice, pasta
- fruit
- vegetables
- fish, meat, and dairy foods
- fats, oils, sweets

If your child has trouble eating enough

The side effects of cancer treatments may make it hard for your child to eat enough. Your child may not want to eat (poor appetite), feel sick to the stomach (nausea or throwing up), have loose stools (diarrhea), or have mouth sores. Your child may be losing weight. Here are some tips that may help:

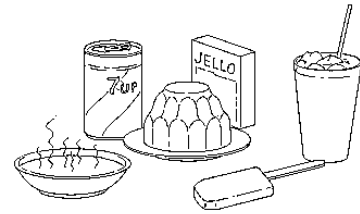
- If you give your child vitamins, herbs, or supplements, tell your child's doctor

or nutritionist. Some vitamins, herbs, or supplements are not safe to take with radiation therapy or chemotherapy.

- Before you give your child vitamins, herbs, or supplements, tell your child's doctor or nutritionist.
- Ask your child's doctor if your child needs to take a vitamin or mineral supplement.

- **If your child feels sick to the stomach**

- Give your child clear liquids to sip. Clear liquids include water, apple juice, broth, and ginger ale.
- Give your child small amounts to drink one hour before or after meals.
- Give your child toast, crackers, or other dry foods.
- Give your child soft foods like banana, rice, applesauce, custard, pudding, gelatin, or eggs.
- Have your child rest after eating, keeping the head higher than the stomach.



Give your child clear liquids.

- When your child feels sick to the stomach do not give your child food that is sweet, greasy, or spicy.
- If your child has a fever, give your child liquids, such as ice pops, juice, gelatin, and ginger ale.

- **If your child has loose stools (diarrhea)**

- Give your child clear liquids, such as water, broth, ginger ale, Pedialyte, or gelatin. A lot of juice may cause loose stools.
- Give your foods like banana, rice, applesauce, and toast.

- **If your child has mouth sores**

- Tell your child's nurse or doctor. You may be given medicine to treat the sores.
- Feed your child soft food that is cold or at room temperature.
- Do not feed your child food that can hurt a sore mouth, like orange, grapefruit, pineapple, tomato, or spicy food.

- **If your child doesn't want to eat:**
 - Feed your child a snack or small meals every few hours.
 - Feed your child foods that have a lot of protein and calories.
 - Add sauce or gravy to meat, fish, chicken, vegetables, potatoes, rice, and noodles.
 - Use honey or peanut butter on toast and cereal.
 - Add some dry milk powder to foods like mashed potatoes, cream soups, cream sauces, gravies, pudding, custard, milkshakes, scrambled eggs, meat loaf, casseroles, and hot cereals.
 - Cook with whole milk, half-and-half, cream, butter, margarine, cream cheese, sour cream, cheese, and mayonnaise.
 - Add whipped cream or frosting to desserts.
 - Give your child drinks that have a lot of calories and nutrients, like milkshakes, smoothies, or special drinks like PediaSure, Boost, or Carnation Instant Breakfast.
 - Make an appointment to talk to the nutritionist at the Cancer Center.

Some recipes to try

High Protein Milk

- Add 4 tablespoons of nonfat dry milk powder to 1 cup whole milk
or
- Add 1 cup nonfat dry milk powder to 1 quart whole milk

Mix well. Put in the refrigerator for several hours before drinking.
(8 ounces has 200 calories and 14 grams protein)

Orange Cream Cooler

- 1-1/2 cups orange sherbet
- 1/2 cup whole milk
- 4 tablespoons of nonfat dry milk powder
- Add oranges, bananas, or any fruit.

Blend until smooth.
(530 calories and 13 grams protein)

Milkshake

1-1/2 cups ice cream
4 tablespoons of nonfat dry milk powder
1/2 cup whole milk
Add frozen berries or frozen fruit.

Blend until smooth.
(535 calories and 17 grams protein)

Split Milkshake

1 banana
1 cup whole milk
1/2 cup sweetened frozen strawberries
1 cup ice cream

Blend until smooth.
(640 calories and 15 grams protein)

Keep food safe from germs

Children who are getting chemotherapy or radiation may be at risk for infections. Food that is spoiled or has germs can make your child sick.

Here are some ways to keep food safe:

- Keep kitchen tools, cutting boards, and counters clean.
- Use different knives and cutting boards for raw and cooked foods.
- Wash all fruits and vegetables under cold running water for 2 minutes.
- Thaw meat in the refrigerator, not at room temperature.
- Cook meat, fish, and eggs all the way through. Meat should not be pink. Eggs should not be runny.
- Keep hot foods hot. Keep cold foods cold.
- Use only pasteurized milk and cheese.
- Do not eat moldy foods.
- Refrigerate leftovers right after you eat the meal.

— Keep eggs, meat, fish, milk, and milk products in the refrigerator. They should not be left at room temperature for more than two hours.

Now that you've read this:

- Tell your dietitian, nurse, or doctor what you will do if your child has trouble eating enough. (Check when done.)
- Tell your dietitian, nurse, or doctor what you will do to keep food safe. (Check when done.)



If you have any questions or concerns,

- call your child's nurse or doctor or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, January 2, 2007 • DRAFT to family review
#229 • Written by Megan Hart, RD • Illustrated by Dennis Swain
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Name of Health Care Provider: _____ Number: 229
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!