



The right
nutrition
during
cancer treatment
matters

Get **BOOST**[®]
for the battle

Nutrition intervention
can **help improve**
treatment tolerance
and completion rates.^{1,2}

1. Odell C, et al. *Clin Oncol* 2005;17:639-45.
2. Ravasco P, et al. *J Clin Oncol* 2005;23(7):1431-8.



new



Side effects from immunotherapy, chemotherapy and radiation therapy can make it difficult to get the **NUTRITION YOU NEED.**

Getting the **right nutrition** before, during, and after your treatment can help give your body the strength it needs.

However, **side effects of cancer treatment** such as oral discomfort, taste changes and diminished appetite can make it difficult to get the nutrition you need.



FOR NUTRITIONAL SUPPORT

Diminished Appetite/ Fatigue/Weakness

- Eat smaller amounts more often. Consume protein-rich foods, such as beans, chicken, yogurt and eggs, when your appetite is the strongest.
- Keep high-calorie, high-protein snacks handy. Drink an oral nutritional supplement or protein-rich smoothie if you don't feel like eating.

Nausea/Vomiting

- Stick with smaller, blander meals or mini-meals and eat them more frequently. Eat dry foods, such as toast or crackers, and avoid foods that are greasy, spicy or have strong odors.
- Sip on cold liquids to stay hydrated.

Diarrhea

- Avoid greasy, fried, spicy and very sweet foods. Try including foods with soluble fiber, such as bananas or oatmeal.
- Drink plenty of mild, clear liquids and limit dairy or use lactose-free products.

Constipation

- Drink plenty of water and gradually add more fiber-rich foods to your diet, such as fruits, vegetables, beans, nuts, seeds and whole grains.
- Be as active as possible; even walking for short periods throughout the day may be helpful.

Sore Mouth/Mucositis

- Choose soft and moist foods that are easy to chew, such as scrambled eggs, puddings or cream soups, or consume an oral nutritional supplement or protein-rich smoothie made with non-acidic fruit.
- Consume cold or room temperature foods instead of hot foods, which can be more painful on your sore mouth.

Unintended Weight Loss

- Eat your largest meal when you feel your best and consume mini-meals more frequently throughout the day
- Keep high-protein, high-calorie snacks handy. Drink oral nutritional supplements or high-calorie, protein-rich smoothies when you aren't up for a meal.

Taste and Smell Changes

- Choose foods that look and smell good to you. If red meat tastes bitter, try substituting another protein source, such as chicken, fish or eggs.
- Try using plastic utensils and glass cookware to help reduce metallic tastes. Flavors such as mint, lemon or orange can also help with bitter or metallic tastes.

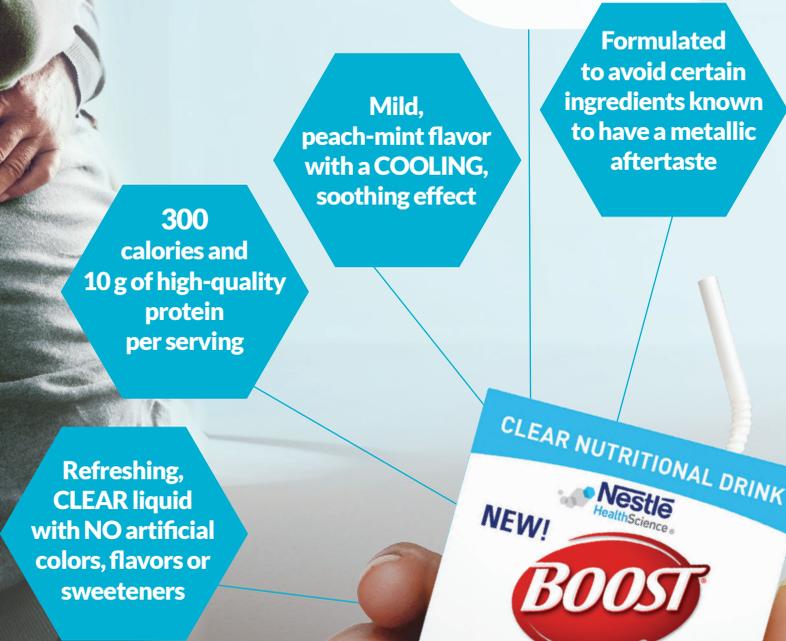


For more tips & information, visit CancerNutritionSupport.com

Add the **right nutrition** to your support system.



Created for cancer patients in collaboration with cancer patients



Products designed to help you get the **nutrition you need** when experiencing certain side effects of cancer treatment.

Unintended Weight Loss

BOOST® PLUS
Delicious nutritional drink with 360 calories & 14g of protein to help gain or maintain a healthy weight.

Taste Changes, Oral Discomfort, Unintended Weight Loss

BOOST® SOOTHE
Clear, mild peach-mint flavored drink with a cooling effect & 300 calories & 10g of protein to help gain or maintain a healthy weight.

GI Tract Damage

GLUTASOLVE®
Unflavored powder providing 15g of glutamine, an amino acid that provides energy to mucosal cells to help support GI tract health.*
*Intended for use under medical supervision.

Diminished Appetite, Weakness

BENEPROTEIN®
Concentrated source of high-quality whey protein that can be mixed into a wide variety of foods & drinks. Provides 6g of protein per serving to help maintain muscle.

Significant Unintended Weight Loss, Diminished Appetite

BOOST® VERY HIGH CALORIE
The most calorically-dense nutritional drink available, with 530 calories & 22g of protein to help gain or maintain a healthy weight.

Unintended Weight Loss, Aversion to Creamy Nutritional Shakes

BOOST® BREEZE
Clear, fruit-flavored drink with 250 calories, 9g of protein & 19 vitamins & minerals to help fill nutritional gaps.

Unintended Weight Loss, Mucositis

BOOST® NUTRITIONAL PUDDING
Creamy pudding provides texture variety with 230 calories & 7g of protein to help meet nutrition needs when soft foods are preferred.

Occasional Constipation or Diarrhea

NUTRISOURCE® FIBER
Unflavored powder with 3g of soluble fiber to help support normal bowel function.

Unintended Weight Loss, Diminished Appetite

BENECALORIE®
Highly-concentrated source of calories and protein that mixes into most foods & drinks. Provides 330 calories & 7g of protein to help gain or maintain a healthy weight.

new Introducing **BOOST® Soothe**

A great-tasting nutritional drink with a **COOLING SENSATION** specifically designed to provide nutritional support for those who experience certain side effects of cancer treatment, such as oral discomfort and taste changes.



1-800-422-ASK2 (2752) **Ask your healthcare professional about cancer nutrition support.**

This information is provided by Nestlé Health Science as an educational resource for consumers and is not intended as a substitute for medical advice. You should consult your healthcare professional to determine which nutritional products may be right for you.