

FRANKLY SPEAKING ABOUT CANCER

Eating Well with Head & Neck Cancer



A healthy diet is an important part of a head and neck cancer patient's journey before, during, and after treatment. Eating healthy can help prevent weight loss, lack of appetite, and other side effects of cancer treatment. It can also help you feel better and help your body respond better to your cancer treatment.

The first half of this booklet addresses how head and neck cancer patients can cope with common eating problems. The second half of this booklet features recipes to help with common problems.


CANCER SUPPORT
COMMUNITY.



Importance of a Healthy Diet for the Head and Neck Cancer Patient

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BEFORE TREATMENT

Head and neck cancers can cause eating problems before treatment even begins. Side effects like trouble swallowing and mouth sores can make eating difficult. Eating well before treatment can help you with these issues. It can also help you succeed during treatment.

DURING TREATMENT

Eating problems are common during head and neck cancer treatment. Side effects like nausea or decreased appetite can make it hard to feel well and eat healthy. The good news is that eating healthy can help with these side effects and help give you more energy.

Addressing eating problems can help:

- Prevent delays or breaks in treatment
- Prevent hospital stays or reduce the time you are in the hospital
- Improve how well you respond to treatment
- Improve how well treatment works

To help prevent or manage eating problems, it is important that you see a Registered Dietitian (RD) during cancer treatment. Patients who get help from an RD are able to limit weight loss better than patients who don't get help from an RD.

AFTER TREATMENT

A healthy diet is also important after treatment. A healthy diet can help with:

- Ongoing side effects after treatment
- Maintaining a healthy weight
- Prevention of heart disease and diabetes
- Overall health

“... By talking with a nutritionist, I learned that staying well hydrated, consuming a certain number of calories daily, and overall good nutrition was the key to successfully battling cancer, as well as the key to a more rapid recovery. Outside of maintaining a positive attitude, proper nutrition was key to my overall success.”

— Jason M., stage IV oral cancer patient

Getting Help from Your Health Care Team

ONCOLOGY REGISTERED DIETITIANS

Registered Dietitians (RDs) are experts on diet and nutrition. It is important for cancer patients to visit with an oncology dietitian to develop a plan for a healthy diet. RDs who have the letters “CSO” after their names are “Board Certified Specialists in Oncology Nutrition.” They have demonstrated experience and skills in developing healthy eating plans for cancer patients.¹

To find an oncology dietitian, you can search online (see Resources on page 31) or ask your health care team to recommend one.

An oncology dietitian can help you from diagnosis through treatment and beyond. Meeting with your oncology dietitian on a regular basis allows them to help you cope with eating problems as they occur.

Things an oncology dietitian can help with include:

- Plans for weight loss or weight gain
- Side effect or symptom management
- Meal planning and menu planning
- Feeding tube formula help
- Help with dietary supplements, special diets, food allergies, and intolerances
- Plans for healthy eating after treatment
- Support for caregivers

OTHER MEMBERS OF YOUR HEALTH CARE TEAM

Your doctor may recommend that before and during treatment you see:

- **SPEECH LANGUAGE PATHOLOGISTS (SLPs)** can help with swallowing problems by providing ongoing treatment and exercises. Your SLP will also work with your RD to ensure that you get enough calories by using easy-to-swallow food.
- **DENTISTS (DDSs)** can help if you have tooth pain, mouth sores, or dry mouth.

Other important members of your health care team may include:

- **PHYSICAL THERAPISTS (PTs) OR OCCUPATIONAL THERAPISTS (OTs)** can help if you have weakness or problems doing normal activities. If treatment makes it hard to open your mouth, a PT or OT can give you exercises to help.
- **ONCOLOGY NURSES (RN, OCNs)** can help support you through any medical issues during and after treatment.
- **SOCIAL WORKERS (LCSWs), PSYCHOLOGISTS (PHDs), OR PSYCHIATRISTS (MDs)** can help with emotional support during treatment. Social workers may also help you find financial support.

¹ In order to be a CSO, an RD must have 2,000 hours of oncology nutrition experience and pass a national exam every 5 years.

Taking an Active Role in Your Cancer Treatment



Head and neck cancer can be overwhelming. There are so many questions, issues, and concerns. It is important to talk to your health care team about your questions and concerns. Make sure you write them down before your visits and include things such as:

- Side effects, like nausea, mouth sores, or problems swallowing or chewing
- If you cannot eat or drink regularly or have consistent pain when doing so
- Ongoing weight loss (see chart below)
- Inability to complete normal tasks

WEIGHT LOSS TIME FRAME 	PERCENTAGE OF WEIGHT LOSS THAT IS SIGNIFICANT*	IF YOU WEIGHED 150 LBS. , SIGNIFICANT LOSS* IS	IF YOU WEIGHED 200 LBS. , SIGNIFICANT LOSS* IS
1 MONTH	>5%	7.5 lbs.	10 lbs.
3 MONTHS	>7.5%	11.25 lbs.	15 lbs.
6 MONTHS	>10%	15 lbs.	20 lbs.
1 YEAR	>20%	30 lbs.	40 lbs.

* It is important to let your doctor and dietitian know about any weight loss, even if yours is not this large.

Consensus Statement of the Academy of Nutrition and Dietetics/American Society for Parenteral and Enteral Nutrition: Characteristics Recommended for the Identification and Documentation of Adult Malnutrition (Undernutrition), 2012.

FOOD AND SYMPTOM JOURNAL

Another way to be an active partner with your health care team is to keep a food and symptom journal. It will help you to track what you eat and your side effects. Show this journal to your health care team often so that they can address and manage any issues. It will help your team to manage your treatment and recommend the healthiest diet for you. The next page has a sample food and symptom journal you can use.

You can also keep a food and symptom diary on your mobile device using pay-for-use apps. Search your preferred app store for a “food and symptom diary” or a “food and symptom tracker.” You may find it helpful to use one that also keeps track of questions to ask your doctor.



GETTING A FEEDING TUBE:

If you have problems swallowing or have lost a lot of weight (see chart on the previous page for when weight loss is considered severe), your health care team may recommend a feeding tube. Many head and neck cancer patients get a feeding tube at some point. It is a short-term solution for making sure that you get the right amount of calories and nutrients. Though it can be a tough decision, a feeding tube can reduce your stress about eating and prevent further weight loss. While using a feeding tube, you are still able to eat by mouth as tolerated. Once you can eat enough by mouth, the feeding tube can be easily removed. Then you can get back to eating normally.

If you have a feeding tube, make sure you talk to your health care team if you have any problems, including the following:

- Digestive problems (nausea, vomiting, bringing food back up, diarrhea, cramping, or bloating)
- Continued weight loss
- Mechanical problems with the tube, like formula leaking or pain at the site
- Problems paying for your formula

Daily Food & Symptoms Diary

Date:

Make copies of this and fill out daily.

BREAKFAST			Time:
FOOD & DRINKS	SERVING SIZE	SYMPTOMS	
			<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe

LUNCH			Time:
FOOD & DRINKS	SERVING SIZE	SYMPTOMS	
			<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe

DINNER			Time:
FOOD & DRINKS	SERVING SIZE	SYMPTOMS	
			<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe

SNACKS			Time:
FOOD & DRINKS	SERVING SIZE	SYMPTOMS	
			<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe

Did you make any changes to your eating habits today? If yes, what did you change? Did it help any symptoms?

Tips for Managing Eating Problems

Head and neck cancer treatment can cause eating problems that can be challenging for both the patient and caregiver. Side effects like being too tired or not wanting to eat are normal and will pass with time. The good news is that a healthy diet can help to manage these side effects. The next few pages have tips to help with common eating problems of head and neck cancer patients.

FATIGUE (Feeling Tired)

- Ask family and friends to help make meals and with other daily tasks.
- Take it one day at a time and look at each day as a new day.
- Try something you did not do yesterday and try not to let your lack of energy discourage you.
- Take breaks throughout the day.
- On days that you have more energy, cook soup or stews in bulk to have meals on hand.
- Try not to overdo it on higher energy days, so you can conserve your energy.
- Increase your physical activity as best you can in order to help fight fatigue.

LACK OF APPETITE (Not Feeling Hungry)

- Eat 5-6 small meals throughout the day, instead of 3 big meals.
- Keep an eating and drinking schedule and set an alarm to remind you to eat.

- Drink fluids in between meals instead of with meals so that you do not fill up on fluids.
- Keep snacks next to you during chemotherapy or while in bed.
- Eat with friends or family or watch television while eating to take your mind off of your lack of appetite.
- Make mealtime as pleasant as possible. One idea is to set the table, use nice plates, and have flowers as a centerpiece.

HAVE EASY-TO-EAT, EASY-TO-PREPARE FOODS IN THE HOUSE

- Yogurt, pudding, or applesauce
- Cottage cheese with canned fruit
- Whole grain cereals
- Low sodium canned soups
- Oatmeal packets
- Pre-made smoothies
- Peanut butter crackers (if you don't have dry mouth)
- Trail mix or nuts (if you can chew and swallow well)
- Mashed or baked potatoes
- Pre-made nutritional drinks
- Hard boiled eggs
- Hummus dip
- Pasta salads, tuna salad, or egg salad

MOUTH SORES AND MOUTH PAIN

Food tips for mouth sores and mouth pain:

Choose foods that help soothe the mouth, including:

- Cold foods, such as popsicles, frozen fruit, and ice cream
- Soft, mild foods, such as cottage cheese, smoothies, and yogurt
- Well-cooked, soft meals such as potatoes, macaroni and cheese, casseroles, stews, ravioli in white sauce, and ground meats

Avoid foods that could irritate the mouth, including:

- Acidic or spicy foods, such as citrus fruits, tomatoes, peppers, and vinegar
- Crunchy or hard foods, such as crusty bread, pretzels, and chips
- Hot foods—choose room temperature or cold instead
- Alcohol and carbonated drinks

 Find these soft, easy-to-chew, and mild recipes to help with mouth pain at the back of this booklet:

- **Almond Banana Wheatberry Cereal**
- **Banana Melon Smoothie**
- **Chicken, Broccoli, & Noodle Casserole**
- **Cranberry Coconut Popsicle**
- **Roasted Cauliflower Soup**
- **Savory Stuffed Spaghetti Squash**
- **Sweet Potato Chili**

“To eat ravioli, I rinsed off the tomato sauce and replaced it with white sauce.”

— Dave S., head & neck cancer patient

Non-food tips for mouth sores and mouth pain:

- Suck on ice chips when you have mouth pain.
- Drink through a straw to avoid sore spots.
- Use a baking soda rinse before and after meals.



BAKING SODA MOUTH RINSE

Rinse your mouth out before and after meals with a homemade baking soda rinse. Swish and spit, **DO NOT SWALLOW**. Prepare a new batch each day.

- ½ tsp salt
- 1 tsp baking soda
- 1 quart of water

PROBLEMS CHEWING OR SWALLOWING

Food tips for problems chewing and swallowing:

Choose foods that are easier to chew and swallow:

- Soft foods, such as scrambled eggs, oatmeal, soft pasta, potatoes, soups, and stews
- Softer protein sources such as fish, ground meats, eggs, beans, and creamy nut butters
- High calorie drinks, such as smoothies, milkshakes, or nutritional supplements. (Be sure to discuss all nutritional supplements with your health care team first.)

Stay away from foods that could cause chewing or swallowing pain:

- Hard foods, such as crackers, crusty breads, raw vegetables, and crunchy cereals
- Tough meats, such as steak, pork chops, turkey, or chicken breast

Make foods easier to chew and swallow by:

- Pureeing foods in the blender
- Adding dressing, sauces, or gravy to meats and other dishes
- Thickening foods as needed with cornstarch, baby cereal, potato flakes, gelatin, or commercial thickeners



These are examples of recipes to try if you have difficulty swallowing:

- **Banana Melon Smoothie**
- **Chicken, Broccoli, & Noodle Casserole**
- **Cranberry Coconut Popsicle**
- **Creamy Beet Hummus**
- **Polenta with Fruit Compote**
- **Roasted Cauliflower Soup**
- **Sweet Potato Chili**

Non-food tips for problems chewing or swallowing:

- Swallowing a spoonful of honey right before radiation treatment may help protect your throat.
- If you have trouble opening and closing your mouth to chew foods, talk to your health care team. You may need to meet with your physical therapist for exercises to help you.

If you regularly cough or bring food back up after eating, be sure to tell your health care team. You may need to meet with your speech-language pathologist to assess how well you swallow.

DRY MOUTH

Food tips for dry mouth:

- Make sure you drink enough fluids to prevent dehydration. Carry a water bottle with you to stay hydrated.

Staying hydrated can help reduce dry mouth and taste changes. Aim for at least 64 oz (8 cups) of hydrating fluids daily unless told otherwise by your doctor.

- Increase your saliva by:
 - Sucking on sugar free tart candies prior to eating
 - Chewing on sugar free gum in between meals
 - Moistening foods with sauces and gravies
- If acidic foods don't irritate your mouth or throat, you can also try:
 - Adding lemon or lime to water
 - Using citrus fruits or juices in marinades or dressings
- Limit dry or hard-to-swallow foods, such as baked potatoes, peanut butter, tough meat, and "doughy" bread.
- Avoid alcohol and limit caffeinated drinks.



These are examples of moist recipes to help with dry mouth:

- **Baked Herbed Lemon Salmon**
- **Cranberry Coconut Popsicle**

Non-food tips for dry mouth:

- Use alcohol-free mouthwash daily and/or saliva substitutes.
- Apply lip balm or petroleum jelly to protect your lips.
- Sleep with a humidifier in your room to help moisten your mouth at night. Be sure to clean the humidifier regularly.



“If I butter my bread, I can eat it. A soda cracker is too dry alone but excellent when dipped in soup. I dip pretzels in ranch dressing to get them to go down. I can't eat cookies and most cakes unless I have a glass of milk.”

— Dave S., head & neck cancer patient

CHANGES IN TASTE AND SMELL

Foods may taste or smell different every day. You may find it helpful to keep trying different foods to find what appeals to you.

“There were things I had to eliminate from my diet for a while. But I was lucky. My sense of taste came back over 6-8 months.”

— Dave S., head & neck cancer patient

If everything tastes bland or has no taste:

- Add stronger flavors onto foods. If you don't have mouth or throat sores, pickles, condiments, sauces, dressings, vinegar, or citrus juices may help.
- Add spices and seasonings to enhance the flavor of your food.
- Marinate meats for a stronger flavor.
- Suck on sugar free tart candies before or after a meal.
- Clean your mouth with homemade baking soda rinse. (see page 8)

If everything tastes metallic or bitter:

- Choose other protein sources (such as fish, chicken, or beans) if red meat tastes metallic.
- Use plastic utensils instead of silverware.
- Add sweeteners such as honey or pure maple syrup onto foods to offset the bitter taste.

If the smell of food makes you not want to eat:

- Avoid being in the kitchen when food is being made.
- Open a window or turn on a fan to minimize the smells.
- Choose cold or room-temperature foods instead of hot foods, which can smell stronger.
- Light a pleasant scented candle or essential oil diffuser to remove offensive odors.

If you don't want to eat sour or sweet foods:

- Try more savory foods or use herbs, spices, and seasonings (such as onion, garlic, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, ketchup, or mint) as tolerated.



Try our **Savory Stuffed**

Spaghetti Squash recipe. The flavorful filling may help those with metallic or bland tastes during and after treatment.

See our **Polenta with Fruit Compote** recipe as a sample recipe if you have an aversion to sour foods.

See our **Creamy Beet Hummus** recipe as a sample recipe if you have an aversion to sweet foods.

NAUSEA AND VOMITING

Food tips for nausea and/or vomiting:

- Even though you do not feel like eating, an empty stomach can make nausea worse. Aim to eat a small amount of food every 1-2 hours to prevent nausea.
- Choose room temperature or cold foods, instead of hot entrees.
- Drink ginger tea or chew ginger candies when you feel nauseous.
- Choose bland foods, such as plain pasta or rice. If dry mouth isn't a problem, you can also try dry food such as crackers and pretzels.
- Limit your intake of fried, greasy, or "heavy" foods, as these can make nausea worse.
- Drink hydrating fluids (such as water, 100% juice, coconut water, or chamomile or ginger tea) throughout the day to prevent dehydration.



These are examples of recipes to help with nausea:

- **Ginger Turkey & Wild Rice Soup**
- **Almond Banana Wheatberry Cereal**

Non-food tips for nausea and/or vomiting:

- Talk to your health care team about anti-nausea drugs. For the most benefit, take anti-nausea drugs 30-45 minutes prior to a meal. You may also need to take them around the clock, instead of as needed.
- Try deep breathing, meditation, or guided imagery to help settle your stomach and mind.
- If drugs or supplements make you nauseous, talk to your health care team about taking them with food, instead of on an empty stomach.

“My doctors rotated my anti-nausea meds so that they would work better. Taking dissolvable Zofran helped me a lot if I was out and food smells started to make me nauseous. I wouldn't necessarily be able to eat, but I wouldn't regret going out... I could sit through dinner without getting sick.”

—Chris F., head & neck cancer patient

WEIGHT LOSS

Food tips when you have weight loss:

- Aim to eat 5-6 small meals daily, instead of 3 big meals.
- Add high-calorie smoothies or nutritional drinks to your daily routine.
- Include high-protein foods to help your body heal and prevent further muscle mass loss:
 - Beans
 - Meat
 - Fish
 - Poultry
 - Eggs
 - Dairy products
 - Nuts*, seeds*, and nut butters*

 Try these tasty, high-calorie recipes:

- **Avocado Macaroni & Cheese**
- **Baked Apple Yogurt Parfait**

Non-food tips when you have weight loss:

- Talk to your health care team about physical therapy if you feel weak or unable to maintain your daily routine.

It is important to prevent weight loss during cancer treatment. Find ways to add calories to your diet.



Add these high-calorie foods to what you eat regularly:

- Avocado
- Olive oil or butter
- Cheese
- Sauces and gravies
- Peanut butter*, almond butter*, or other nut butters*
- Dried fruit*, nuts*, and seeds*

* If tolerated

CONSTIPATION

Food tips when you have constipation:

- Increase foods that can help promote a bowel movement:
 - Choose high fiber foods, such as whole grains, fruits, vegetables, nuts*, and beans.
 - Try prunes* and other dried fruits* and juices, such as prune or apple juice.
 - Drink hot beverages, such as herbal tea and decaffeinated coffee.
- Make sure you drink enough water.
- If you are having gas and bloating, stay away from “gassy” vegetables like cabbage, broccoli, cauliflower, peas, corn, and beans.

 Try our **Colorful Lentil Soup** and **Savory Stuffed Spaghetti Squash** recipes.

Non-food tips when you have constipation:

- Move more if you are able - walk, stretch, or do yoga.
- Talk to your health care team about drugs or other tips that can help with constipation.



Remember always to talk to your health care team before taking any drugs or dietary supplements!

DIARRHEA

Foods to AVOID when you have diarrhea:

- High fiber and bulky foods, such as raw vegetables, nuts, and whole grains
- Dairy foods
- Foods that are high in sugar, such as juices or sweets
- Greasy and fried foods
- Alcohol and caffeinated drinks

Easy-to-digest foods to eat when you have diarrhea:

- Apples or applesauce
- Bananas
- White rice or pasta
- Oatmeal, barley, or cream of rice cereal
- Plain potatoes without skin
- Baked chicken, turkey, or fish
- Canned fruit (in juice), such as canned peaches or pears

- Hydrating fluids with electrolytes, such as coconut water, broth, electrolyte drinks, and diluted fruit juices. Carry a water bottle to stay hydrated.
- Probiotics from food such as yogurt, kefir, and fermented foods. Talk to your health care team before taking any probiotic supplements.

 To help manage diarrhea:

- **Ginger Turkey & Wild Rice Soup**
- **Potato Frittata**
- **Turkey Meatballs with Butternut Squash Dipping Sauce** (made with oats)

* If tolerated



Almond Banana Wheatberry Cereal

RECIPE TO HELP WITH MOUTH PAIN, NAUSEA, OR FATIGUE

Prep time: 15 minutes | **Cook time:** 25 minutes | **Serves:** 4

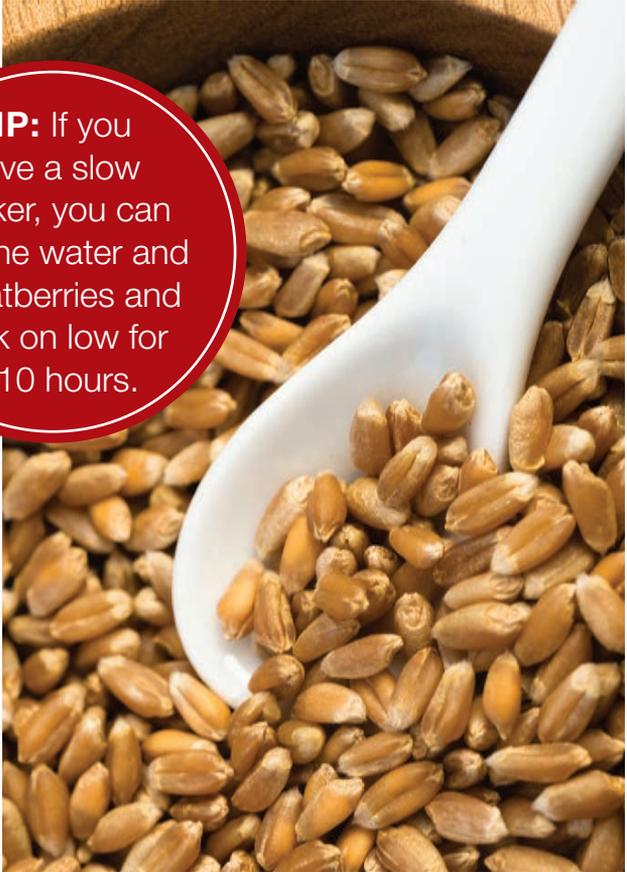
A delicious and healthy way to start the day! Wheatberries are high in fiber and protein and have a nutty, chewy texture. Almond Banana Wheatberry Cereal is a perfect meal or snack for those with a sore mouth or throat or when nauseous, fatigued, or just busy. A full pot can be made and kept in the refrigerator for the week ahead. This cereal is also very versatile; it can be served hot, cold, or at room temperature. You can add any toppings that suit your tastes and preferences.

INGREDIENTS

- 1 cup wheatberries
- 3 cups water
- ½ tsp salt
- ½ tsp cinnamon
- ¼ cup almond butter
- 2 bananas, sliced
- 2 oz slivered almonds (optional)
- ½ cup almond milk

DIRECTIONS

1. Bring water, salt, and wheatberries to a boil.
2. Reduce to a simmer, cover, and cook for an hour until wheatberries are softened.
3. In a separate bowl, combine cinnamon and almond butter.
4. Assemble your cereal: mix almond butter mixture into wheatberries, top with bananas and almonds if using, and add a splash of almond milk to serve.



TIP: If you have a slow cooker, you can add the water and wheatberries and cook on low for 8-10 hours.

NUTRITIONAL DATA: Per serving: 419 calories, 8 grams fat, 1 gram saturated fat, 0 mg cholesterol, 54 grams carbohydrate, 10 grams dietary fiber, 14 grams protein



Avocado Macaroni and Cheese

RECIPE TO ADD CALORIES TO YOUR DIET OR HELP WITH MOUTH PAIN

Prep time: 5 minutes | **Cook time:** 15 minutes | **Serves:** 8

Rich and creamy, this take on the classic macaroni and cheese is a treat. This indulgent yet nutritious recipe contains protein and fiber, and is made much richer by the avocado's heart-healthy fat. It is also high in calories — perfect if you need to gain weight. A lightened version can be prepared using skim or almond milk in place of the whole milk and reduced amounts of butter and cheese. A perfect meal for lunch or dinner! For added color and fiber, top with colorful steamed broccoli or your favorite vegetable.

INGREDIENTS

16 oz pasta
2 avocados, pitted
1 Tbsp lime juice
½ tsp salt
1 clove garlic, minced
3 Tbsp butter
3 Tbsp flour
2 cups whole milk
1½ cup white cheddar, shredded
½ cup gruyere cheese, shredded

DIRECTIONS

1. Cook macaroni noodles per package directions.
2. Combine avocado, lime juice, garlic, and salt in food processor. Process until smooth.
3. In a large saucepan, melt the butter over medium heat.
4. Add flour to the saucepan and cook for 1-2 minutes to make a roux.
5. Gradually add milk into roux, stirring as you add. Cook on stovetop for 5-7 minutes, stirring regularly until it thickens.
6. Add the avocado mixture to the saucepan. Continue to cook for additional 5 minutes.
7. Remove from heat and add shredded cheese.
8. Once pasta is cooked, drain and add into cheese sauce.



NUTRITIONAL DATA: Per serving: 529 calories, 30 grams fat, 15 grams saturated fat, 71 mg cholesterol, 47grams carbohydrate, 9 grams dietary fiber, 22 grams protein

Baked Apple Yogurt Parfait



RECIPE TO ADD CALORIES TO YOUR DIET

Prep time: 5 minutes | **Cook time:** 10 minutes | **Serves:** 2

A simple breakfast for those on the go! High in calories and protein, this parfait is ideal if you have experienced weight loss during cancer treatment. Cancer survivors and caregivers looking for a lower fat option can use low-fat Greek yogurt and omit the granola to have a healthy, low calorie snack or breakfast. If chewing and/or swallowing isn't a problem, cook the apples for only 5 minutes, use chopped nuts instead of ground, and skip grinding the granola.

INGREDIENTS

- 1½ cups plain Greek yogurt
- 2 Tbsp pure maple syrup
- 1 apple, chopped
- ¼ tsp cinnamon
- 1 tsp brown sugar
- 2 oz ground nuts, nut butter, or peanut butter powder
- ¼ cup granola

DIRECTIONS

1. Combine Greek yogurt and maple syrup in a bowl and set aside.
2. In a small pot, add apple, cinnamon, and brown sugar.
3. Cook for 10 minutes, until apple is fully softened.
4. Finely grind granola in a food processor or blender.
5. Assemble your parfait: alternate layers of maple Greek yogurt, baked apples, nuts, and granola.

NUTRITIONAL DATA: Per serving: 465 calories, 28 grams fat, 5 grams saturated fat, 16 mg cholesterol, 40 grams carbohydrate, 5 grams dietary fiber, 18 grams protein



TIP: For a timesaver, use pre-made apple pie filling on your parfait instead of cooking your apples.



Banana Melon Smoothie

RECIPE TO HELP WITH SWALLOWING OR MOUTH PAIN

Prep time: 5 minutes | **Serves:** 2

Switch up your typical fruit smoothie with melons! This smoothie has a mild, yet fresh flavor — helpful if you have mouth sores or difficulty swallowing. High in protein and fiber, the Banana Melon Smoothie is perfect for an afternoon snack or an on-the-go breakfast. If you are sensitive to dairy, you can easily replace the whole milk with almond milk and use coconut or soy yogurt. Freeze extra melon and watermelon that you chop up to have on hand to make this smoothie easily another day!

INGREDIENTS

- 1 small banana
- 1 cup frozen watermelon
- 1 cup frozen cantaloupe
- 1 cup frozen honeydew melon
- 2 Tbsp chia seeds (if tolerated)
- 1 cup whole milk
- ½ cup vanilla Greek yogurt

DIRECTIONS

1. Combine all ingredients in blender.
2. Blend until smooth.

NUTRITIONAL DATA: Per serving: 324 calories, 9 grams fat, 3 grams saturated fat, 12 mg cholesterol, 50 grams carbohydrate, 8 grams dietary fiber, 14 grams protein



TIP: If you cannot find frozen melon, you can use fresh and add a handful of ice to thicken the smoothie.

Chicken, Broccoli, and Noodle Casserole



RECIPE TO HELP WITH MOUTH PAIN AND SWALLOWING

Prep time: 10 minutes | **Cook time:** 25 minutes | **Serves:** 5

Chicken and broccoli casserole is a classic favorite! This version is designed to be soft and easy to eat if you have mouth pain. Broccoli is full of cancer-fighting phytochemicals and antioxidants, while the chicken is high in protein — both important nutrients for cancer patients and survivors. Dice or shred the chicken and broccoli into small pieces as needed for ease in chewing and swallowing. If you are sensitive to dairy, omit the milk and replace with chicken broth and use non-dairy cheese shreds.

INGREDIENTS

2 cups egg noodles
1 Tbsp olive oil, divided
1 lb chicken breast, diced
½ tsp salt
Pinch of black pepper
½ onion, chopped
2 cups broccoli florets, diced
1 Tbsp flour
½ tsp thyme
1 cup chicken broth
1 cup milk
1 cup swiss cheese
¼ cup parmesan cheese

DIRECTIONS

1. Cook egg noodles according to package directions.
2. Preheat oven on broil setting.
3. While the noodles are cooking, heat 1½ tsp of olive oil in medium-sized, oven-safe skillet over medium heat.
4. Season chicken with salt and pepper and add to skillet. Cook for 5-8 minutes, depending on size of pieces. Remove from pan.
5. Heat remaining 1½ tsp of olive oil, add onion and broccoli. Cook for 5-6 minutes, until onion is translucent and broccoli is soft.
6. Add flour and mix into vegetables. Cook for 1 minute.
7. Add chicken broth, milk, and thyme; simmer for 10 minutes.
8. Add egg noodles and combine.
9. Top with cheeses and place in broiler.
10. Broil for 3-5 minutes until cheese is melted.



NUTRITIONAL DATA: Per serving: 369 calories, 15 grams fat, 5 grams saturated fat, 103 mg cholesterol, 24 grams carbohydrate, 2 grams dietary fiber, 33 grams protein



Colorful Lentil Soup

RECIPE TO ADD FIBER TO YOUR DIET (Can help with constipation)

Prep time: 15 minutes | **Cook time:** 35 minutes | **Serves:** 4

This simple lentil soup is bursting with colors and flavors and is easy to prepare in one pot. Red lentils are a small, orange colored legume that are high in fiber and protein. The celery, carrots, and zucchini also provide an abundance of fiber and nutrients which are helpful for a head and neck cancer patient to keep the immune system strong and promote regular bowel movements.

INGREDIENTS

3 Tbsp extra virgin olive oil
1 medium yellow or white onion, finely diced
1 celery stalk, thinly sliced
2 medium carrots, peeled and sliced
1 medium zucchini, diced
1 garlic clove, pressed or minced
1 tsp salt, more to taste
1 tsp ground turmeric
1 tsp ground cumin
½ tsp dried thyme
1 28 oz can diced tomatoes, drained (use less tomatoes, or omit altogether if mouth irritation)
1 cup red lentils, rinsed well
3 cups of low sodium vegetable broth
2 cups water
Black pepper to taste
1 cup baby kale or spinach, chopped
Juice of ½ a lime, or to taste (Omit lime if mouth sores are present)

DIRECTIONS

1. Warm olive oil in a large soup pot over medium heat. Add onion and garlic, stirring occasionally until onions have softened, about 5 minutes.
2. Meanwhile, dice and slice celery, carrots, and zucchini. Add the vegetables and seasonings (salt, turmeric, cumin, and thyme) to the onion mixture.
3. Stir often and cook until fragrant, about another 5 minutes.
4. Pour in tomatoes, lentils, broth, and water. Bring to a boil. Then lower heat and simmer, partially covered.
5. Cook for 20 to 30 minutes, or until lentils are tender but still hold their shape.
6. Add chopped greens. Cook for about 2 minutes, or until greens have wilted.
7. Remove pot from heat and stir in lime juice. Taste and adjust salt and pepper to taste. Serve immediately.



NUTRITIONAL DATA: Per serving: 355 calories, 13 grams fat, 2 grams saturated fat, 0 mg cholesterol, 46 grams carbohydrate, 17 grams dietary fiber, 20 grams protein

Cranberry Coconut Popsicle



RECIPE FOR DRY MOUTH AND TO HELP WITH SWALLOWING

Prep time: 5 minutes | *Minimum 2 hour freezing time required*

What is better for a dry mouth than a cool, soothing popsicle? Unlike typical frozen treats, this cranberry coconut popsicle provides fiber, healthy fat, and protein. It is a great snack if you have dry mouth, difficulty swallowing, and/or mouth pain. The popsicles are also very versatile – you can also use other enjoyable juices fruits that you have on hand!

INGREDIENTS

- ½ cup canned coconut milk
- ½ avocado
- 1 cup cranberry juice

DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into popsicle molds.
4. Freeze for at least 2 hours.



NUTRITIONAL DATA: Per serving:
130 calories, 9 grams fat, 5 grams saturated fat, 0 mg cholesterol, 11 grams carbohydrate, 2 grams dietary fiber, 1 gram protein

TIP: Make a smoothie out of extra blended ingredients! Add the ingredients, yogurt, and frozen fruit for an extra treat.



Creamy Beet Hummus

RECIPE FOR CHANGES IN TASTE, FOR SWEET AVERSIONS, & TO HELP WITH SWALLOWING

Prep time: 15 minutes | **Cook time:** 40 minutes | **Serves:** 6

This modern version of the classic hummus recipe incorporates beets to give a smooth, savory, and beautiful red dip. It is a great snack if you need soft foods, are experiencing changes in taste, and/or have an aversion to sweeter snacks. For added calories to help combat weight loss, add extra tahini or olive oil, to taste. If mouth soreness or pain is an issue, simply reduce the lemon juice or omit it altogether and substitute the same amount of water.

INGREDIENTS

- 2 medium beets, peeled and cut into 1-inch chunks
- 1½ cups cooked or canned garbanzo beans, rinsed and drained
- 2 cloves garlic
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp tahini
- Juice from half a lemon (about 2 Tbsp)
- 3-4 Tbsp warm water
- ½ tsp cumin
- ½ tsp sea salt
- ⅛ tsp black pepper (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Place beet chunks and garlic cloves in a bowl, drizzle with olive oil, and stir until evenly coated.
3. Place on a baking sheet and roast for 35-45 minutes or until fork tender, turning occasionally.
4. Remove from the oven and let cool slightly.
5. Transfer the beets and garlic to a food processor or blender.
6. Add the garbanzo beans, olive oil, tahini, lemon juice, warm water, cumin, salt, and pepper.
7. Blend for 1 minute. Scrape down the sides and blend for another minute, adding more water or olive oil as needed until a nice creamy consistency.
8. Serving suggestions: pair with whole wheat crackers or soft pita bread; use as a dip for raw or soft cooked veggies; use as a sandwich spread and layer turkey, cheese, and lettuce on top.



NUTRITIONAL DATA: Per serving: 135 calories, 7 grams fat, 1 grams saturated fat, 0 mg cholesterol, 14 grams carbohydrate, 4 grams dietary fiber, 5 grams protein

Ginger Turkey and Wild Rice Soup



RECIPE TO HELP WITH NAUSEA AND DIARRHEA

Prep time: 15 minutes | **Cook time:** 25 minutes | **Serves:** 6

A warming and hearty meal, this soup is perfect for those experiencing nausea and/or vomiting. Ginger has been shown to help soothe nausea, while broth-based soups can provide much-needed fluids and electrolytes. High in protein and cancer-fighting antioxidants, it is also an ideal meal for those looking for a healthy and flavorful soup to prepare ahead of time and to store in the freezer. For a filling and delicious meal, enjoy with a slice of your favorite bread or crackers.

INGREDIENTS

- 1 Tbsp olive oil
- ½ onion, chopped
- 1 clove garlic, minced
- 2 carrots, chopped
- 1 celery stalk, chopped
- Zest of 1 lemon
- 1 Tbsp ginger root, grated
- ½ tsp salt
- 4 cups chicken broth
- 1 tsp dried rosemary
- 2 cups diced or shredded turkey breast, cooked
- 2 cups wild rice, cooked

DIRECTIONS

1. Heat olive oil over medium heat in a heavy bottomed pot.
2. Add onions, garlic, carrots, celery, lemon zest, and grated ginger. Cook for 5-7 minutes until softened.
3. Add salt, chicken broth, and rosemary. Bring to a boil, and simmer for 15 until to allow flavors to combine.
4. Add cooked turkey and wild rice. Serve.

TIP: Make ahead of time and freeze in batches for a day when you are tired.

NUTRITIONAL DATA: Per serving: 203 calories, 4 grams fat, 1 gram saturated fat, 53 mg cholesterol, 16 grams carbohydrate, 2 grams dietary fiber, 25 grams protein





Herbed Lemon Salmon

RECIPE FOR DRY MOUTH

Prep time: 5 minutes | **Cook time:** 20 minutes | **Serves:** 4

Delicious and simple, this baked salmon recipe is perfect for any occasion. The lemon zest and juice give it a delightful flavor — perfect if you have dry mouth. Wild salmon is rich in heart-healthy omega-3 fatty acids and protein — both important nutrients for cancer patients and survivors. For a healthy, balanced meal, pair with roasted vegetables and a whole grain such as quinoa or brown rice!



TIP: Can be eaten cold or at room temperature.

INGREDIENTS

- 1 lb wild salmon
- 2 Tbsp olive oil
- 1 tsp honey
- Zest of one lemon
- 1 tsp lemon juice
- 1 tsp oregano, dried
- 1 tsp parsley
- 1 lemon, sliced

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine olive oil, honey, lemon zest, lemon juice, oregano, and parsley in a bowl.
3. Rub seasoning mix on both sides of salmon, and place the salmon in baking dish.
4. Top with lemon slices.
5. Bake for 18-20 minutes, until salmon flakes easily.

NUTRITIONAL DATA: Per serving: 227 calories, 14 grams fat, 2 grams saturated fat, 62 mg cholesterol, 2 grams carbohydrate, 0 grams dietary fiber, 22 grams protein

Polenta with Fruit Compote



RECIPE FOR CHANGES IN TASTE, SOUR AVERSIONS, AND TO HELP WITH SWALLOWING

Prep time: 5 minutes | **Cook time:** 15 minutes | **Serves:** 4

This recipe is a smooth and flavorful breakfast. Sweet maple syrup is paired with tart berries for a flavorful fruit compote. This delicious treat is an ideal meal or snack for those experiencing taste changes, aversions to sour taste, and/or difficulty swallowing. Rich in antioxidants and fiber, this breakfast is an easy, nutritious, and balanced meal.

INGREDIENTS

- 3 cups warm water
- 1 cup cornmeal
- 1 cup cold water
- ½ tsp salt
- 3 Tbsp maple syrup, divided
- 3 cups frozen berries

DIRECTIONS

1. Add warm water to pot and bring to a boil over medium heat.
2. While the water is heating up, mix the cornmeal with the cold water, stirring until combined.
3. Once the water is boiling, add the cornmeal mixture, 1 Tbsp maple syrup, and salt. Cover, and simmer, stirring occasionally.
4. Cook for 10 minutes until water is absorbed.
5. While cornmeal is simmering, add fruit and remaining 2 Tbsp maple syrup to a small pan.
6. Heat over medium heat, until fruit cooks down into compote.
7. To serve, top cornmeal with fruit compote.

NUTRITIONAL DATA: Per serving: 210 calories, 1.5 grams fat, 0 gram saturated fat, 0 mg cholesterol, 46 grams carbohydrate, 6 grams dietary fiber, 3 grams protein



TIP: Find polenta in the grocery store near flour and cornmeal.



Potato Frittata

EASY-TO-DIGEST RECIPE (Can help with diarrhea)

Prep time: 10 minutes | **Cook time:** 30 minutes | **Serves:** 8

Served as a hearty breakfast, lighter lunch, or dinner with a side salad, this frittata is mild on the digestive system yet full of flavor. The Potato Frittata is ideal if you have diarrhea because it doesn't contain any irritating roughage or gaseous vegetables, provides potassium which is an important electrolyte that can be lost with diarrhea (or vomiting), and includes a healthy amount of protein which is essential for healing. To boost the antioxidant and fiber content, you can add other vegetables or herbs, such as carrots, zucchini, broccoli, and basil.

INGREDIENTS

- 2 Tbsp olive oil
- 4 medium potatoes, sliced thin
- ½ tsp salt
- Pinch of black pepper
- ½ cup unsweetened almond milk (or equivalent amount of milk of choice)
- 8 eggs
- ¼ cup cheddar cheese

DIRECTIONS

1. Preheat oven to 400°F.
2. Heat olive oil in medium oven-safe skillet. Add potatoes and cook for 10 minutes on stove, stirring occasionally.
3. Mix eggs, milk, and cheese together in a separate bowl. Add the egg mixture onto the potatoes.
4. Cook on stove for 2 minutes or until sides are set.
5. Transfer to the preheated oven and cook for 15-20 minutes, until eggs are firm.
6. Allow frittata to rest for 5 minutes and then slice.



NUTRITIONAL DATA: Per serving: 188 calories, 8 grams fat, 2 grams saturated fat, 169 mg cholesterol, 18 grams carbohydrate, 3 grams dietary fiber, 9 grams protein

Roasted Cauliflower Soup



RECIPE TO HELP WITH MOUTH PAIN AND SWALLOWING

Prep time: 5 minutes | **Cook time:** 30 minutes | **Serves:** 4

This soup has so much to offer — good nutrition, delicious taste, and soothing warmth. Roasting the cauliflower adds a rich flavor, while the potatoes thicken the soup without the use of cream. This soup is ideal if you have mouth soreness, mouth pain, and/or difficulty chewing or swallowing. Enjoy a big bowl of this soup for dinner or pair a smaller cup with a light sandwich or salad for lunch.



INGREDIENTS

2 Tbsp olive oil, divided
1 head cauliflower
Pinch of salt and pepper
½ onion, chopped
2 potatoes, peeled and chopped
2 cups chicken broth
¼ tsp salt
¼ tsp dried thyme
2 cups milk (or plant non-dairy milk of choice)
¼ cup parmesan cheese
Fresh parsley

DIRECTIONS

1. Heat oven to 425°F.
2. Spread cauliflower onto baking sheet. Drizzle with 1 Tbsp olive oil, and small amount of salt and pepper. Roast cauliflower for 20 minutes.
3. While cauliflower is roasting, heat remaining 1 Tbsp olive oil over medium heat. Add onion and cook until translucent, around 6 minutes.
4. Add potato, chicken broth, salt, and thyme. Bring to a boil and then simmer until potato is cooked, 10-15 minutes.
5. Add cauliflower and milk, bring back to a boil.
6. Puree with immersion blender or stand up blender until it reaches desired consistency.
7. Top with parsley and parmesan cheese.

NUTRITIONAL DATA: Per serving: 257 calories, 11 grams fat, 3 grams saturated fat, 14 mg cholesterol, 28 grams carbohydrate, 4 grams dietary fiber, 11 grams protein



Savory Stuffed Spaghetti Squash

RECIPE FOR CHANGES IN TASTE OR TO HELP WITH EITHER DIARRHEA OR CONSTIPATION

Prep time: 20 minutes | **Cook time:** 50 minutes | **Serves:** 4

This recipe uses a unique squash that has soft textured strands similar to spaghetti, which gives it its pasta-inspired name! Savory Stuffed Spaghetti Squash is helpful because squash is soft, tender, and easy to digest. The flavorful filling may be welcome to those experiencing metallic or bland tastes. If chewing is difficult, you can omit the nuts and cook the filling vegetables well until very moist and tender.

INGREDIENTS

For Squash

2 medium spaghetti squash (cut in half lengthwise; scoop out the seeds)

For Rice

½ cup wild rice

½ cup brown rice

2 cups water

Dash of sea salt

For Filling

1 Tbsp olive oil

2 leeks, chopped

2 garlic cloves, chopped

2 celery stalks, thinly sliced

1 tsp dried thyme

½ tsp sea salt

½ cup chopped pecans (if tolerated)

½ cup dried cranberries, fruit juice sweetened

1 Tbsp balsamic vinegar

1 Tbsp maple syrup

½ tsp ground black pepper

½ cup fresh parsley, chopped

Parmesan cheese, optional

2. Bake for 35-45 minutes, or until squash is fork tender.
3. In a 2-quart pot, add water, rice and sea salt. Bring to a boil. Reduce to a simmer. Cover and cook for 40-45 minutes.
4. To prepare filling, heat olive oil in a large skillet over medium heat. Add leeks & sauté for 2-3 minutes.
5. Add garlic, celery, thyme, and sea salt. Sauté 5 minutes longer until fragrant.
6. Stir in pecans and cranberries to leek mixture. Cook for 1-2 minutes on low heat.
7. Stir in the vinegar and maple syrup until well mixed. Then remove from heat.
8. Toss cooked rice with parsley and black pepper into skillet. Stir until evenly distributed.
9. Remove squash from oven. Turn over and fluff each half with a fork.
10. Divide filling evenly among the four squash halves. Gently stir and pile filling into fluffed squash strands.
11. Bake for 5-10 minutes in the oven to heat through.
12. Top with optional parmesan or shredded cheese.

DIRECTIONS

1. Preheat oven to 375°F. Line a sheet pan with parchment paper. Place squash halves flesh side down on pan.

NUTRITIONAL DATA: Per serving: 407 calories, 15 grams fat, 2 grams saturated fat, 0 mg cholesterol, 65 grams carbohydrate, 8 grams dietary fiber, 8 grams protein

Sweet Potato Chili



RECIPE TO HELP WITH SWALLOWING

Prep time: 10 minutes | **Cook time:** 20 minutes | **Serves:** 6

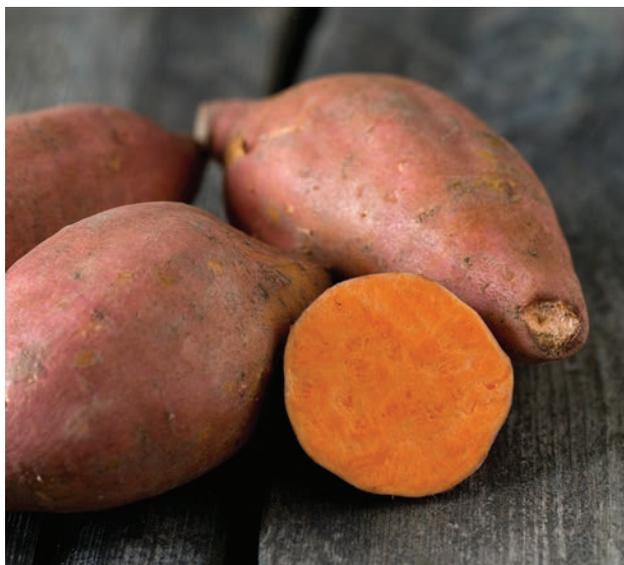
This Sweet Potato Chili has a balanced and smooth flavor. It is an ideal tomato-free chili recipe if you have difficulty swallowing, mouth pain, and/or are sensitive to acidity. Unlike typical meat-based chilis that are high in saturated fat, this version is a low-fat nutritious treat and is high in protein, fiber, and cancer-fighting antioxidants. Enjoy it topped with avocado, cheese, or other toppings. It's a perfect meal to prepare ahead of time and enjoy!

INGREDIENTS

- 1 Tbsp olive oil
- ½ onion, chopped
- 1 lb lean ground turkey
- 1 Tbsp chili powder
- 1½ tsp cumin
- ½ tsp garlic powder
- ½ tsp salt
- 3 sweet potatoes, diced
- 3 cups vegetable or chicken broth
- 1 can kidney beans, drained

DIRECTIONS

1. Heat olive oil over medium heat in a heavy bottomed pot.
2. Add onions to pot and cook for 5 minutes, until translucent.
3. Add ground turkey, spices, and salt. Cook in the pot until turkey is no longer pink. Remove from pot and set aside.
4. Add sweet potatoes and broth to the pot. Bring to a boil, reduce to a simmer, and cook for 10 minutes or until soft.
5. Once sweet potatoes are soft, puree them with an immersion blender or stand up blender until they reach desired consistency.
6. Place pot back over medium heat, add turkey mixture and beans, and mix into chili. If too thick, add 1 cup of water or broth to thin the chili.



NUTRITIONAL DATA: Per serving: 250 calories, 9 grams fat, 2 grams saturated fat, 54 mg cholesterol, 21 grams carbohydrate, 4 grams dietary fiber, 21 grams protein



Turkey Meatballs with Butternut Squash Dipping Sauce

EASY-TO-DIGEST RECIPE (Can help with diarrhea)

Prep time: 10 minutes | **Cook time:** 25 minutes | **Serves:** 8 (3 meatballs per serving)

These delicious meatballs are a nutritious treat that can be served as a snack or a meal. Using turkey makes these lean and easy-to-digest. The oats provide soluble fiber to help manage diarrhea. The butternut squash sauce gives the meatballs a unique hint of flavor. You can easily turn this recipe into a pasta entrée by doubling the sauce recipe and tossing the meatballs and sauce with your favorite pasta.

INGREDIENTS

For Meatballs

- 1 lb ground turkey
- 2 tsp Worcestershire sauce
- 2 tsp ground sage
- 2 tsp ground rosemary
- 1 Tbsp parsley
- 1 egg
- ¼ tsp salt
- ½ tsp pepper
- ¼ cup chicken broth
- ½ cup rolled oats

For Dipping Sauce

- 1 tsp olive oil
- 2 Tbsp chopped onion
- 1 garlic clove, minced
- 2 cups frozen butternut squash, thawed
- ½ tsp salt
- ¼ cup plain Greek yogurt
- 6 Tbsp chicken broth



DIRECTIONS

1. Preheat oven to 375°F.
2. Combine oats and broth. Let sit to soften.
3. Add ground meat to the oats. Mix in Worcestershire sauce, sage, rosemary, parsley, and egg.
4. Form into 1-inch balls and place on baking sheet.
5. Bake for 20-25 minutes until browned.
6. While the meatballs are cooking, prepare the dipping sauce.
7. Heat olive oil in a skillet over medium heat. Add onion and garlic clove. Sauté until translucent.
8. Add butternut squash and salt. Cover skillet and steam for 10 minutes, until squash is soft.
9. Remove from heat. Add Greek yogurt and chicken broth to combine.
10. Add sauce to blender and puree until smooth.
11. Serve hot or room temperature as a dipping sauce with turkey meatballs.

NUTRITIONAL DATA: Per serving: 162 calories, 6 grams fat, 1 grams saturated fat, 63 mg cholesterol, 12 grams carbohydrate, 2 grams dietary fiber, 14 grams protein

Head and Neck Cancer Resources

American Cancer Society

www.cancer.org

1-800-227-2345

American Institute for Cancer Research

www.aicr.org

www.aicr.org/patients-survivors/during-treatment/

1-800-843-8114

Cancer Support Community

see back page for resources

Head and Neck Cancer Alliance

www.headandneck.org

1-866-792-4622

Support for People with Oral and Head and Neck Cancer (SPOHNC)

www.spohnc.org

1-800-377-0928

Find An Oncology Registered Dietitian

Academy of Nutrition and Dietetics

www.eatright.org/find-an-expert

(click “Search by expertise,” click “Cancer/Oncology Nutrition,” and then enter your zip code to locate an RD who works with cancer patients)



Cancer Support Community’s TOLL-FREE *Cancer Support Helpline*® (1-888-793-9355) is for anyone affected by cancer. The helpline is open Monday through Friday from 9:00 a.m. – 9:00 p.m. Eastern Time. You are welcome to call anytime and leave a

message with your name and contact number, and one of our counselors will call you back. You can also CHAT ONLINE with one of our Helpline Counselors at www.CancerSupportCommunity.org/chat.

Cancer Support Community and its partners provide this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

Cancer Support Community Resources

The Cancer Support Community's (CSC) resources and programs are available free of charge. To access any of these resources below call 888-793-9355 or visit www.CancerSupportCommunity.org

Cancer Support Helpline® Whether you are newly diagnosed with cancer, a longtime cancer survivor, caring for someone with cancer, or a health care professional looking for resources, CSC's toll-free *Cancer Support Helpline®* (888-793-9355) is staffed by licensed CSC Helpline Counselors available to assist you Mon-Fri 9am - 9pm ET.

Open to Options® If you are facing a cancer treatment decision, this research-proven program can help you. In less than an hour, our trained specialists can help you create a written list of specific questions about your concerns for your doctor. Appointments can be made by calling 888-793-9355, visiting www.CancerSupportCommunity.org or by contacting your local CSC or Gilda's Club providing this service.

Cancer Experience Registry® The Registry is a community of people touched by cancer. The Registry works to collect, analyze, and share information about the experience and needs of patients and their families. To join, go to www.CancerExperienceRegistry.org.

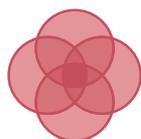
Frankly Speaking about Cancer® CSC's landmark cancer education series provides trusted information for cancer patients and their loved ones. Information is available through publications, online, and in-person programs.

Grassroots Network CSC's Cancer Policy Institute provides updates on policy issues that impact the health and well-being of cancer patients and survivors. Join the Network to make your voice heard with federal and state policy makers. www.CancerSupportCommunity.org/join-our-movement.

Services at Local CSCs and Gilda's Clubs Almost 50 locations plus 120 satellite locations around the country offer on-site support groups, educational workshops, and healthy lifestyle programs specifically designed for people affected by cancer at no cost to the member.

The Living Room, Online Here you will find support and connection with others on discussion boards, a special space for teens, and personal web pages to keep your family and friends up-to-date.

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