

GOOD NUTRITION

for cancer recovery

High protein, high calorie recipes for
those experiencing cancer-induced
weight loss

Dr. Aoife Ryan PhD BSc MINDI

Ms. Éadaoin Ní Bhuachalla BSc MINDI

Dr. Derek Power BSc MB BCh BAO MRCPI

Ms. Ann O'Connor BA, MA, City & Guilds 706/3



The production of this booklet is supported by the Health Research Board through their Knowledge Exchange and Dissemination Award which aims to maximise the uptake of research findings into policy and practice.

WELCOME

Welcome to Good Nutrition for Cancer Recovery.

Not only does good nutrition during cancer recovery help you to feel better, it has also been proven to improve treatment outcomes, lower your risk of complications and help you to heal and recover faster. If you have a good appetite and your weight is normal then a healthy eating diet will provide you with the nutrients you need to fight your disease.

Unfortunately eating and maintaining weight can be a difficult task for some cancer sufferers. Weight loss during cancer treatment has been proven to negatively impact recovery and is also distressing for patients. This booklet has been created by dietitians and chefs to provide patients with advice on how best to combat cancer-induced weight loss and other eating related problems that are encountered on a day to day basis. We strive to translate this information into simple, nourishing meals.

In this booklet you will find a bank of quick, easy and energy dense recipes that have been created specifically for people who find it hard to maintain weight.

We hope you find this book helpful and enjoy experimenting with the recipes provided.

PLEASE NOTE:

The advice and recipes included in this booklet are specifically tailored for people with cancer who are losing weight due to their disease or the treatment they are receiving.

One size does not fit all- it is essential that you consult with your doctor or dietitian on whether the advice in this booklet is appropriate for you. If you have any other conditions besides cancer it is important to talk to your nurse, doctor or dietitian for specific advice. This booklet should never be used to replace advice from your medical team or dietitian.

If you have difficulties swallowing it is essential that you consult with your speech and language therapist before trying any of the foods outlined in this book. If you are on a modified consistency diet your speech and language therapist will be able to advise you on which recipes are suitable and how to adapt recipes so that they are safe for you to eat.

Letter from Authors	6
Letter from Consultant Oncologist	10
Letter from Consultant Surgical Oncologist	12
Letter from CEO of INDI	13
What is cancer?	15
Benefits of good nutrition	16
Cancer-induced weight loss	17
Problems which may effect eating	18
Measurements & Key	25
Food Safety	26
Nutrition & Recipes	27
Soups	28
Light Meals	46
Main Dishes	66
Smoothies & Drinks	90
Desserts & Snacks	104
Acknowledgments	126
Contributors	130

LETTER FROM AUTHOR

Éadaoin Ní Bhuachalla, Research Dietitian



As a recently qualified dietitian, I was very excited when I got the opportunity to work on this project. As part of Dr Aoife Ryan's team in UCC and in co-operation with Breakthrough Cancer Research, Cork Institute of Technology and the Mercy University Hospital, I had the fulfilling role of organising the compilation of this book.

With over 14.1 million new cases of cancer diagnosed each year worldwide, cancer is a disease which will touch every family at one time or another. It is a stressful time for patients and their families, a time filled with challenges and change. Uncontrolled weight loss is one of the most distressing symptoms patients can experience and it can seriously affect treatment responses and overall survival. There is more to food than nourishment alone- enjoyment, social interaction and a sense of normality are among the added benefits that mealtimes provide, which can be lost during cancer treatment.

In this cookbook we strive to translate the nutritional advice for people losing weight into simple, nourishing and enjoyable meal ideas. All of the recipes in this booklet have been created and analysed specifically for cancer patients who are losing weight, with the impact of treatment side effects also being considered. Nutritional targets for meals were based on nutritional requirements outlined in the British Dietetic Association's guidelines for nutrition and hydration in nutritionally vulnerable patients.

{Targets for main and light meals were set at 500-800 kcals per portion or above. Protein targets were set at a minimum of 15g per portion with a target of >23g protein per portion. Snacks were set at >300kcals and 5 g protein, while soups and drinks >300kcal and 3 g protein per serving.}

This cookbook would not have been possible without the input of many people. I would like to thank all contributors most sincerely. So many involved in this project selflessly gave of their time and expertise. I hope the information and recipes in this book will in some way make the challenging task of eating well less daunting and will help to bring enjoyment back to patients' meals. Hopefully, we have produced something that will prove to be an indispensable resource for cancer patients and their families.

**Éadaoin Ní Bhuachalla BSc, MINDI,
Research Dietitian and PhD student,
University College Cork**

LETTER FROM AUTHOR

Dr. Aoife Ryan PhD



When I first started treating cancer patients with weight loss 15 years ago I was a newly graduated, naive Dietitian, who thought that gaining weight was a simple matter of eating more calories and eating more often. While this is of course important, the past 12 years I have spent in nutrition and oncology research has taught me that weight loss in cancer patients is a very complex process and unfortunately we do not have any totally successful way of either treating or fully reversing it.

Cancer-induced weight loss affects 30-80% of patients with solid tumours and is associated with poorer tolerance to chemotherapy, impaired quality of life, more frequent hospital admissions and significantly reduced survival. International data has shown that cancer patients who lose more than 10% of their pre-illness weight have death rates that are significantly higher than weight-stable cancer patients. The reasons for this are cancer patients tolerate less treatment (chemotherapy) and develop more side effects of treatment.

Even though many cancer patients try to eat as much food as they can, they are unfortunately dealing with a series of complex changes in their metabolism. The cancer itself produces many 'hormones' that directly break down muscle and fat stores. It also switches on the immune system to produce chemicals that cause inflammation in the body and also reduce appetite. The net result can be rapid weight loss over a short period of time. Medics often refer to it as 'cachexia'. It is a huge challenge to get these patients to stabilise their weight, and even a greater challenge to get them to gain weight.

At present we have no effective drug therapy to either improve metabolism, cause weight gain, or safely stimulate appetite. Food and food supplements are really all we can offer at present. This book was produced with funding from the Health Research Board (HRB) and allowed us to develop a resource of nourishing recipes enriched with extra energy and protein to help slow

down weight loss. I am hugely grateful to both the HRB and the team of colleagues who worked on developing this book with me, especially Éadaoin Ní Bhuachalla (research dietitian at UCC), our academic colleagues at the Tourism & Hospitality Department at Cork Institute of Technology (Ann O'Connor, Jane Healy and Dr Margaret Linehan), my dietetic colleagues in the Irish Nutrition & Dietetic Institute, our medical oncology colleagues (especially Dr Derek Power, Consultant Medical Oncologist at the Mercy University Hospital) and the wonderful team at Breakthrough Cancer Research especially Eoghan O'Sullivan and Orla Dolan. I am also hugely grateful to the food photographer (Marta Miklinska) and the graphic design artist (Jeremy Cunningham). Everyone gave of their time and expertise free of charge to bring this project to completion.

Thanks to the funding from the HRB and some generous corporate partners including Dairygold, the National Dairy Council and the Irish Dairy Board, 20,000 copies of this book will be printed and distributed free of charge to cancer patients throughout Ireland. I hope that this booklet brings the nutrition advice many cancer patients receive from their doctors and dietitians to life. In turn, I hope it helps in some small way improve the difficult and challenging treatment pathways cancer patients and their families endure.

**Aoife Ryan BSc, PhD, MINDI,
Lecturer in Nutritional Sciences,
University College Cork**

LETTER FROM CONSULTANT MEDICAL ONCOLOGIST

Dr. Derek Power



Every working day as a cancer specialist I am asked the question, "The weight is falling off me Dr, is there any special foods I can eat to gain weight?"

I find this a very difficult question to answer. The mechanisms of involuntary weight loss due to cancer are very complex; poorly understood by medical professionals, and the situation is very hard to reverse. Weight loss that is not intended is a devastating condition for patients. I see it most commonly in patients with cancers of the gut (oesophagus, stomach, and pancreas) but also in lung cancer and many cancers at other organs in the body that are at an advanced stage of disease. There are many myths out there as to how to gain weight or even maintain weight during cancer treatment. None of these work.

The fundamental issue is how to we get patients to eat more calories and more protein. Doctors often prescribe high calorie drinks or supplements. I find these are often difficult for my patients to take for long periods of time, and they frequently express a preference for normal food. Steroids are also often prescribed but this can result in many problems such as agitation, fluid retention and high blood sugars. The appetite stimulant drugs Doctors can prescribe are not without risk and can have serious side effects. The use of multi-vitamins is very common but this has no effect on weight loss.

The cancer journey is a difficult one and the pleasure and benefit of eating is commonly lost due to either the disease itself or the treatment. Weight loss has a huge impact on a patient's quality of life and medical research has shown that patients losing lots of weight find it much more difficult to tolerate chemotherapy and unfortunately have a reduced survival.

The research groups in University College Cork and Breakthrough Cancer Research, through funding from the Health Research Board, are very attuned to this, and have compiled a book of meals that are palatable and high in calories

and protein. This is a wonderful resource for patients and in my opinion will prove to be an invaluable tool for all patients with eating difficulties during their difficult journey with cancer.

This book is a first of its kind in Ireland and the research team lead by Dr Aoife Ryan of the Food and Nutritional Sciences Department at UCC are to be congratulated for all their hard work and innovation. A collaboration between UCC, Breakthrough Cancer Research, Cork Institute of Technology and the Mercy University Hospital is also a first, and has the promise to bring more interesting research ideas to fruition for the benefit of our patients.

Derek G Power, BSc(Pharm), MRCPI
Consultant Medical Oncologist
Mercy University Hospital

LETTER FROM CONSULTANT SURGICAL ONCOLOGIST

Professor John V. Reynolds



As Chairman of the Irish Society for Clinical Nutrition and Metabolism (IrSPEN) I am delighted to endorse Good Nutrition for Cancer Recovery.

Weight loss with attrition of muscle mass and associated weakness is a common consequence of cancer and its treatments. For some this is so severe as to require nutritional support and monitoring in a hospital setting.

For many however weight loss may be less severe but arouses considerable concern, and good advice is needed. That is what this highly original book provides, and the recipes included can make a significant difference to nutritional wellbeing, confidence and quality of life for many cancer patients.

Dr Aoife Ryan and her team of collaborators have done a wonderful job in bringing this idea to fruition. The sponsorship will enable the production of 20,000 copies for free distribution. On behalf of IrSPEN I congratulate all concerned for this initiative, there is little comparable in the international literature, and the book represents a most valuable addition to the overall support of the wellbeing of patients facing cancer and its therapies, or in survivorship.

Professor John V Reynolds, MA, MB, BCh, MCh, FRCSI
Chairman of IrSPEN & Professor of Clinical Surgery,
St. James's Hospital, Dublin and Trinity College Dublin.

LETTER FROM CEO OF I.N.D.I

Jennifer Feighan



The INDI is delighted to be involved with this very worthwhile and practical initiative for cancer patients.

There are many changes following a cancer diagnosis and often the routines and rhythms of normal life can feel suspended or altered. There is a real need to ensure that patients are well supported to ensure that they are strong enough to derive the maximum benefit from the therapies that will come their way.

This is where the dietitian can provide invaluable advice. Dietitians work with patients and their families to develop personal nutrition plans that encompass hospital and home and sustain patients on their journey back to full health and wellness.

We are very proud of our member Dr Aoife Ryan, that she identified a gap in knowledge support for patients and families and that she took the initiative to apply to the Health Research Board to do something about it. The result is this cookbook, a great resource for patient and healthcare professionals alike because we know that good nutrition input leads to better patient outcomes.

Jennifer Feighan
CEO of The Irish Nutrition & Dietetic Institute



INTRODUCTION

35,000 people are diagnosed with cancer each year in Ireland. Despite significant increases in the number of people surviving cancer and the number of treatment options available, 8,500 people will die because the treatments to save their lives have not been discovered, yet!

Breakthrough Cancer Research's promise to the people of Ireland is to understand why certain cancers do not respond to conventional therapies and to find new treatments that will work. Their passionate and innovative scientists work tirelessly to ensure new treatments are developed that can save lives.

The face of cancer is changing. It was once a disease you died from, now thanks to research it is a disease you can survive. This changes everything. Breakthrough Cancer Research focuses on funding research for new treatment opportunities for poor prognosis and incurable cancers. They work to significantly increase the number of people who can survive this disease. Research programmes funded by Breakthrough Cancer Research must focus on translating lab discoveries into new treatment opportunities. To this end they work closely with clinicians in practice all over Ireland so that their research is targeted at finding new options for poor prognosis and incurable cancers.

Breakthrough Cancer Research – Where Hope Lives.

To support the work of Breakthrough Cancer Research visit
www.hopeliveshere.ie,
email info@breakthroughcancerresearch.ie
or call 1890 998 998.

WHAT IS CANCER?

Every part of our body is made up of small units called cells. These cells are constantly growing, dividing, dying off and being replaced. This cycle is essential for the human body to function and is very tightly controlled in healthy individuals.

Cancer occurs when the body's cells divide and multiply without control. Cancerous cells rapidly split and copy themselves which results in many new cancerous cells being formed. This uncontrollable growth causes cancer cells to spread to other parts of the body. These cells do not die off as normal cells do and eventually these accumulating cancer cells form lumps or tumours.

Cancer can occur anywhere in the body and there are many different forms. Each type of cancer will have a unique effect on the body and will cause different symptoms in different people.

BENEFITS OF GOOD NUTRITION

Eating a nutritious diet is essential during cancer.

Research has shown that weight loss caused by cancer and cancer treatment can reduce your response to treatment, increase treatment related side-effects and reduce your overall survival. This type of weight loss is stressful and can majorly affect your overall quality of life.

A healthy diet includes a variety of foods including carbohydrates, protein, fats, vitamins and minerals. A diet rich in energy and protein helps you to maintain a healthy weight during cancer. Side effects caused by the disease or its treatment can often make eating and maintaining a healthy weight a difficult task for cancer patients.

It is important to remember that keeping well nourished is vital for recovery and yields many physical and mental benefits.

CANCER-INDUCED WEIGHT LOSS

Cancer itself or its treatments can greatly alter how your body uses the food you eat. Oftentimes your energy needs increase and your food intake decreases due to a poor appetite or other symptoms. This results in weight loss. Even if you are eating a normal amount of food, your body might not be using the nutrients in your food properly or it may be burning energy faster than usual.

No matter what the cause, it is essential that unintentional, rapid weight loss is addressed as it has a negative impact on recovery. The most important thing you can do during cancer and weight loss is to eat little and often, snack frequently and introduce calories where ever possible.

CHECK YOUR WEIGHT

One of the most important things you can do is monitor your weight.

To track your weight you should weigh yourself weekly. Ideally this should be done on the same day each week, at the same time of day and on the same weighing scales. This is to make sure that all measurements are comparable. You should weigh yourself first thing in the morning in minimal clothing, after you have emptied your bladder.

PROBLEMS WHICH MAY AFFECT EATING

Cancer and cancer treatments have different effects on everybody. The side effects can vary from person to person and not everybody will experience them. Chemotherapy can result in many of the side effects discussed below. Radiation therapy usually affects the area being treated e.g. receiving treatment to the head and neck may result in difficulty eating and swallowing. Surgery to remove a tumour can result in problems eating and digesting a normal diet. For some people tube feeding may be necessary post-surgery.

1. POOR APPETITE

A change in appetite is very common during cancer treatment. Your favourite foods may no longer appeal to you, you may have a reduced appetite or you may not want to eat at all. Without forcing yourself to eat, it is important to try to eat small amounts regularly, to avoid weight loss.

- Eat whenever you feel hungry. If you are hungriest in the morning then eat your biggest meal at that time.
- Eat frequent, small meals to avoid feeling uncomfortably full. Snack often and avoid large, off-putting portions. Make these snacks high in calories and protein.
- Limit drinks before and during meals as they fill you up.
- Limit fibre as it fills you up quickly.
- Bland foods may be easier to tolerate.

2. TIREDNESS

Fighting cancer and undergoing cancer treatments can often drain your energy and leave you feeling tired and fatigued. It can be due to a variety of reasons. Persistent fatigue can lead to weight loss quite easily as you might not have enough energy to shop, prepare or even eat food.

- Get a friend or family member to do your shopping. Many larger shops deliver groceries directly to your house when you order online.
- Prepare your meals when you have energy and refrigerate/freezer them.
- Get help cooking meals.
- When too tired to cook, consume nourishing, high-calorie drinks such as milk, smoothies, juices, milk-shakes or prescribed nutritional supplements.
- Eat foods that require little preparation and snack frequently.
- Light exercise may help reduce fatigue and increase appetite.

3. NAUSEA AND VOMITING

Nausea is when you feel sick, have an unpleasant feeling in your stomach or throat, feel dizzy, clammy and don't want to eat. Vomiting is actually being sick or throwing up. The most common cause of these symptoms is chemotherapy. You should discuss these symptoms with your doctor as anti-sickness medications can ease nausea and prevent you throwing up. If you are vomiting frequently, seek medical advice and try to stay hydrated with clear fluids or nourishing fluids like milk and sports drinks.

- Eat little and often. Avoid skipping meals as this can lead to hunger which worsens nausea.
- Bland, cold foods have less taste and smell and will be better tolerated.
- Avoid greasy, spicy and sugary foods with strong odours.
- Drink flat ginger ale or include ginger in meals as ginger helps to soothe nausea.
- Avoid your favourite foods when nauseated as you may grow to dislike them.
- Avoid eating 1-2 hours before treatment as this may help to lessen nausea.
- Try not to prepare meals when nauseated and rest after meals.

4. DIARRHOEA

Various cancer treatments can cause diarrhoea by irritating the lining of your digestive system. Medications and drugs may also cause diarrhoea so discuss these with your doctor. The tumour itself can also stimulate diarrhoea in certain gut cancers. The most important thing to do is to remain hydrated and to replace the body's lost salts, called electrolytes.

- Constantly sip fluids such as sports drinks or flat carbonated beverages.
- Eat little and often.
- Limit high fibre foods like beans, whole grains and raw fruits and vegetables, as they may worsen diarrhoea.
- Pro-biotics may help alleviate symptoms but can interfere with chemotherapy so consult your doctor first.
- Avoid foods that are greasy or fatty and foods that contain citrus, sweeteners or caffeine. Also avoid prune, apple or pear juice as they worsen diarrhoea symptoms.
- Eat foods which are easy to digest such as bananas, oatmeal and white pasta.
- Dairy products can sometimes aggravate symptoms due to lactose sugars in milk.

5. CONSTIPATION

Chemotherapy may interfere with the nerve supply to the bowel that can cause constipation. Anti-sickness drugs and painkillers can make this worse. Surgery to the stomach or bowel may result in constipation due to problems pushing stool out. Tumours in the abdomen or bowel may make it difficult to have a bowel movement. Constipation is also caused by some drugs, lack of fibre, not enough exercise and not drinking enough water.

- Gradually increase fluids and fibre to help alleviate constipation.
- Certain drinks stimulate a bowel motion. These include prune juice, pineapple juice and hot drinks in the morning.
- High fibre foods include beans, peas, nuts, dried fruit, raw fruits and vegetables, and whole grain cereals and breads.
- If constipation is making you bloated, avoid foods like beans, broccoli, cauliflower and carbonated drinks.
- Gentle exercise can help prevent and treat constipation.

6. INDIGESTION AND REFLUX

Some chemotherapy or biological therapy drugs used to treat cancer can cause indigestion.

- Avoid large meals. Eat small, frequent meals instead.
- Herbal teas and peppermint tea may help to soothe indigestion.
- Avoid eating foods that are fatty, spicy, vinegar based or citrus foods as well as carbonated drinks, caffeine and alcohol.
- Often, indigestion and reflux is worse when you are lying down. Avoid eating 2-3 hours before bed and don't lie down after eating a meal. Raising the head of your bed can also help.

7. SORE MOUTH

Some anti-cancer drugs may result in sores forming in the mouth or mouth pain. Treatments to the head and neck area often result in a sore mouth and it can make eating and swallowing quite difficult.

- Eat soft foods like puddings and yogurts. Moisten foods with gravy or sauces to make them easier to eat.
- Puree foods to make them easier to eat and swallow.
- Avoid rough textured foods like toast and foods that are overly tart, salty or vinegar based.
- Sip fluids throughout the day.
- Cold foods such as ice-cream can help soothe a sore mouth.

8. DRY MOUTH

Chemotherapy and radiation therapy can damage salivary glands and thicken saliva or reduce the amount of saliva in your mouth. This results in a dry mouth. This makes it a lot more difficult to eat and enjoy food.

- Sip fluids throughout the day to moisten your mouth.
- Maintain good dental health and oral hygiene. Milk helps protect teeth.
- Soft, moist, pureed foods are easier to eat. Add sauces to moisten foods.
- Rinsing your mouth with water and baking soda can help.
- Avoid salty foods as well as spicy food, caffeine and alcohol which dry out your mouth further.
- It is best to avoid foods that stick to the roof of your mouth e.g. fresh bread and pastry.
- Chewing gum or sucking hard boiled sweets may help to stimulate saliva.

9. DIFFICULTY SWALLOWING

Foods and thin liquids may cause coughing, choking or it may feel as though there is food caught in your throat. This can be caused by the cancer itself or by head and neck radiotherapy. Many people with difficulty swallowing lose a lot of weight, it is very important to maintain adequate nutrition.

- Moisten foods with sauces.
- Thickening thin liquids can make them easier to swallow. This can be done with corn starch or a prescribed thickener.
- Finely chop meat and vegetables to make them easier to chew and swallow.
- Eat little and often and consume plenty of high calorie drinks if you cannot eat.
- Puree foods to make them easier to swallow.

10. TASTE AND SMELL CHANGES

Cancer and cancer treatments can greatly affect your taste and smell. Foods that once appealed to you may no longer be desired. Your sensitivity to smells may increase and your taste may decrease or often patients find that they have a metallic taste in their mouth. Foods may seem bitter, bland or salty.

- Try new foods and eat whatever appeals to you. You may suddenly like foods that you once disliked.
- Rinse your mouth with a solution of water and baking powder before and after eating to help normalise taste.
- Cold or lukewarm foods have a weaker taste and smell and may be more tolerable.

- If food tastes too bland, add herbs, seasoning, spices, garlic or onions to boost flavour. Fat is a great flavour carrier so add fats to meals freely.
- If there is a metallic taste in your mouth, rinse your mouth regularly and try eating with plastic utensils instead of metal ones.
- Marinating meats can help to mask any metallic tastes.

11. COMMON QUESTIONS

Will sugar fuel my cancer?

A common myth is the belief that sugar feeds cancer. This is an oversimplification of a complex process. All carbohydrates are broken down into simple sugar units, called glucose, in the body. All of our body cells, whether they are cancerous or not, then use this glucose as energy. Giving more sugar to your body won't speed up the growth of cancer cells, and depriving yourself of carbohydrates won't slow their growth either- if you eliminate all carbohydrates your body will adapt and create glucose from other sources.

Is following a high protein, high calorie diet bad for my health?

Research has shown that weight loss during cancer recovery is detrimental. It is linked with poorer outcomes and reduced survival. Maintaining your weight is therefore the main nutritional priority during cancer treatment. For those experiencing cancer-induced weight loss, the only way of achieving this is to follow a diet rich in energy and protein. Although high protein, high calorie advice may contradict usual healthy eating recommendations, the risks associated with losing weight far outweigh any advantage of following a low-fat diet in this situation. Once your weight has stabilised your dietitian will be able to advise you on returning to a healthy-eating diet.






RECIPES

HOUSEHOLD MEASUREMENT

1 teaspoon (tsp.)= 5g

1 tablespoon (tbsp.)= 10g

KEY

-  Vegetarian
-  Good source of fibre
-  Easy to chew*
-  Suitable for freezing
-  Good source of protein
(>12% of total energy from protein)

*consult with your speech & language therapist/dietitian if you have swallowing difficulties.

FOOD SAFETY

Proper food hygiene is always vital but it is especially important for people with cancer as their immune system may be weakened. The below tips will help you to reduce your risk of food poisoning.

- Thoroughly wash hands, utensils and cutting boards between handling raw food and ready-to-eat foods.
- Keep raw meat covered and separate from cooked or ready-to-eat foods. Do not prepare raw and cooked foods on the same surfaces.
- Always thaw frozen food in the fridge. Do not thaw at room temperature. Only defrost food in a microwave if you are planning to cook the food immediately after it has thawed.
- Leftovers should be used within 2-3 days and stored in the fridge at between 0-5°C. They can be reheated as long as they are heated to 70°C or higher. Food should be very hot and steaming before it is served. It is important when reheating stews and casseroles that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through. Leftovers should only be reheated once.
- Use defrosted foods right away and do not refreeze them.
- Wash vegetables and fruit thoroughly under running water before peeling or cutting. Always wash packaged fruit and veg, even if marked 'pre-washed'.
- Buy only pasteurised, refrigerated milk and dairy products.
- Avoid raw and undercooked meat, fish, shellfish, poultry, tofu or eggs.
- Wash the top lids of canned foods with soap and water before opening.
- Check "sell-by" and "use-by" dates. Do not eat out of date foods.
- Avoid any bruised/mouldy fruit and veg or any moulding dairy products or bread.
- As berries (fresh or frozen) cannot be peeled or thoroughly washed it is best to boil them briefly to make a puree before incorporating into recipes. Tinned berries can be eaten without boiling.

Note: Recipes are not suitable for those who have been advised to follow a 'clean diet'. You will need to speak with your dietitian about following a high calorie diet that is safe for you.

SOUPS

This selection of quick and easy soups is ideal if you have a sore mouth, difficulty swallowing or if you are put off by the sight of a plate of food. The recipes incorporate typical household ingredients and can be made in bulk and frozen for later use. The consistency of soups can be altered according to your needs. If you need to take smooth foods, soups can be strained after blending to remove any remaining pieces of food.

Serve soups with a slice of brown bread, oat bread or baguette with cheese to increase the nutritional content. A cup of soup also works well as a nourishing and tasty snack between meals.



CREAM OF CHICKEN SOUP

Prep time: 10 minutes Cooking time: 40 minutes

Serves 4

30g butter
1 medium onion, chopped (150g)
1 leek, chopped
3 skinless chicken breasts, chopped (400g)
600ml low-sodium chicken stock
1 tbsp. fresh parsley, chopped
1 tbsp. fresh thyme
175ml double cream
Salt & pepper to season.

- 1 Melt the butter in a saucepan over a medium heat, add the onion and allow to soften.
- 2 Add the leek and cook for 5 minutes.
- 3 Add the chicken, stock, herbs and seasoning and bring to the boil.
- 4 Allow to simmer for 25 minutes until the chicken is cooked through.
- 5 Remove from the heat and allow to cool.
- 6 Blend the soup until smooth, and then heat the soup again.
- 7 Stir in the cream and cook for a further 2 minutes.
- 8 Serve garnished with parsley and thyme.

Typical Values	Per serving
Energy	429kcal
Fat	35.4g
Carbohydrate	4.1g
Protein	22.5g
Salt	0.5g
Fibre	2.0g

"This smooth, mild soup provides a nourishing protein kick"

-Éadaoin Ní Bhuachalla,
Research Dietitian,
University College Cork



MINESTRONE SOUP

Prep time: 20 minutes Cooking time: 40 minutes

Serves 4

5 strips streaky bacon,
chopped
50g butter
1 small onion, chopped
½ leek, chopped
1 large carrot, chopped
1 celery stalk, chopped
2 small potatoes, diced
3 tomatoes, skin and seeds
removed
1 large tbsp. tomato puree
50g green cabbage,
shredded
50g peas
50g green beans
2 cloves garlic
1l low-sodium stock
100g spaghetti broken into
small pieces

- 1 Cook the bacon in the butter and then add the onion, garlic, leek, celery and carrot.
- 2 Add tomato puree, followed by the stock and simmer for 10 minutes.
- 3 Add the potatoes and cook for 15 minutes. Then add the pasta and cook for 5 minutes.
- 4 Add cabbage, peas and green beans, cook for 3 minutes.
- 5 Finally, add chopped tomato, season with salt and pepper.
- 6 Serve with toasted grilled baguette topped with cheese.

To Garnish
4 slices white baguette
80g gruyere cheese
Chopped parsley

Typical Values	Per serving (soup alone)	Per serving (with bread)
Energy	364kcal	597kcal
Fat	19.0g	33.8g
Carbohydrate	34.4g	49.7g
Protein	11.0g	20.1g
Salt	1.3g	2.3g
Fibre	5.6g	6.7g

*"A light, Italian style broth
full of nutritious vegetables"*

-Department of Tourism and Hospitality,
Cork Institute of Technology

One serving with bread provides one
quarter of your daily Iron and Calcium
requirements.



SWEETCORN & CHICKPEA SOUP

Prep time: 5 minutes Cooking time: 30 minutes

Serves 6

3 tbsp. olive oil
 1 medium onion, chopped
 2 medium potatoes, finely cubed
 2 large tins sweetcorn, drained
 1 can chickpeas, drained
 400ml low-sodium stock
 400ml full-fat milk
 ½ tsp. salt
 Pepper to taste
 50mls double cream

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes.
- 2 Add the potatoes, chickpeas, stock and seasoning.
- 3 Bring to the boil, reduce the heat and cook for ten minutes until the potato is soft.
- 4 Add the sweet corn and cook for a further 10 minutes.
- 5 Blend the soup until smooth and stir in the milk and cream.
- 6 Season to taste.

Typical Values	Per serving
Energy	488kcal
Fat	25.6g
Carbohydrate	52.6g
Protein	8.5g
Salt	0.9g
Fibre	6.3g

"A quick and easy soup made using store cupboard ingredients - as handy as it is tasty!"

- Fiona Dwyer
 Nutritional Science Student
 University College Cork



MUSHROOM SOUP

Prep time: 5 minutes Cooking time: 30 minutes

Serves 4

1 large onion, chopped
50g butter
2 cloves garlic, chopped
400g mushrooms, chopped
2 medium potatoes,
chopped
1l stock
200ml full-fat milk
200ml cream
Salt and pepper

- 1 Heat the butter in a large pot and cook the onions, garlic and mushrooms for 5 minutes.
- 2 Add the potato, seasoning and stock, and simmer for 25 minutes.
- 3 Blend the soup and stir in the milk and cream.
- 4 Reheat and season to taste.

Typical Values Per serving

Energy	498kcal
Fat	41.6g
Carbohydrate	20.6g
Protein	8.8g
Salt	0.5g
Fibre	3.3g

"This velvety soup is rich in flavour but takes minimal effort to prepare."

-Department of Tourism and Hospitality,
Cork Institute of Technology



VEGETABLE SOUP

Prep time: 15 minutes Cooking time: 30 minutes

Serves 4

50g butter
 1 large onion, chopped
 2 medium carrots, chopped
 3 sticks celery, chopped
 1 leek, chopped
 ½ turnip or ¼ celeriac, small dice
 1 potato, small dice
 1 tin butterbeans, drained
 1 tsp. fresh thyme
 500ml low-sodium stock
 250ml full-fat milk
 250ml cream
 Salt and pepper

- 1 Heat the butter in a large pot and add in all of the vegetables, except the potato. Cook for 10 minutes.
- 2 Add in the butterbeans, potato, thyme, seasoning and stock. Bring to the boil and then simmer for 20 minutes until the vegetables are soft.
- 3 Blend the soup and then add in the milk and cream.

Typical Values Per serving

Energy	437kcal
Fat	28.8g
Carbohydrate	29.2g
Protein	10.6g
Salt	1.0g
Fibre	9.3g

"An easy, warming recipe for creamy vegetable soup- just add crusty bread to complete this satisfying light meal!"

-Department of Tourism and Hospitality,
 Cork Institute of Technology



LEEK AND POTATO SOUP

Prep time: 10 minutes Cooking time: 30 minutes

Serves 4

50g butter
1 large onion, chopped
1 leek, washed and chopped
2 large potatoes, chopped
1l low-sodium stock
50ml full-fat milk
100ml cream
4 slices of baguette,
buttered
100g cheddar cheese

- 1 Melt the butter in a pot and add the onion and leek. Cook for 10 minutes without allowing the vegetables to colour.
- 2 Add the stock and bring to the boil.
- 3 Add the chopped potato and cook until soft (roughly 20 minutes).
- 4 Blend the soup and season with salt and pepper. Remove the soup from the heat.
- 5 Whisk together the milk and cream. Add this mix to the blended soup.
- 6 Serve the soup with a slice of toasted baguette with melted cheese.

Typical Values	Per serving (soup alone)	Per serving (with bread)
Energy	281kcal	513kcal
Fat	17.8g	32.6g
Carbohydrate	23.4g	38.6g
Protein	4.8g	14.0g
Salt	0.5g	1.5g
Fibre	4.0g	4.8g

*"A high-protein,
hearty Irish favourite"*

- Department of Tourism and Hospitality,
Cork Institute of Technology



PARSNIP, GINGER AND CARROT SOUP

Prep time: 10 minutes Cooking time: 50 minutes

Serves 4

50g butter
1 medium onion, chopped
1 clove of garlic, chopped
400g parsnip, chopped
2 carrots, chopped
1 tin chickpeas, drained
Thumb size piece of ginger,
grated
150ml fresh orange juice
1 tbsp. orange zest
1l low-sodium stock
200ml double cream
30g chives

- 1 Heat the butter in a saucepan and soften the onion and garlic.
- 2 Add the rest of the ingredients to the pot (excluding the orange juice and cream) and bring to the boil.
- 3 Allow to simmer for 40 mins until all of the vegetables are soft.
- 4 Blend the soup until smooth. Return to the heat.
- 5 Stir in the orange juice. Taste and adjust the seasoning.
- 6 Stir in the cream and serve garnished with chives.

Typical Values Per serving

Energy	542kcal
Fat	41.9g
Carbohydrate	32.6g
Protein	8.3g
Salt	0.5g
Fibre	9.7g

"This colourful, tangy soup contains ginger to help sooth nausea and has a zesty kick for those with a taste for tart foods."

- Éadaoin Ní Bhuachalla
Research Dietitian
University College Cork



PEA & BACON SOUP

Prep time: 10 minutes Cooking time: 30 minutes

Serves 4

5 streaky bacon
rashers, diced
100g cooked ham
600g frozen garden peas
1 medium onion, chopped
2 tbsp. oil
1 medium potato, cubed
400ml low-sodium stock
300ml full-fat milk
Season with pepper

- 1 Heat half of the oil in a pan and cook the bacon until crispy. Set aside.
- 2 Heat the rest of the oil and add the onion. Cook for 5 minutes until soft.
- 3 Add in the potato, stock and season with pepper. Boil for 10 minutes until the potato is soft.
- 4 Stir in the peas and ham and cook for 5 minutes.
- 5 Blend the soup until smooth and then stir in the milk.
- 6 Serve hot with the bacon pieces on top.

Typical Values	Per serving
Energy	411kcal
Fat	23.3g
Carbohydrate	25.6g
Protein	20.5g
Salt	1.9g
Fibre	8.4g

*"A delicious classic that's
packed full of protein and iron"*

- Fiona Dwyer
Nutritional Science Student
University College Cork

One serving of soup contains greater than
30% of your daily Iron requirements.

LIGHT MEALS





V

WATERMELON, ORANGE AND FETA SALAD

Prep time: 10 minutes

Serves 4

½ watermelon, diced and remove seeds
2 oranges, segmented
50g toasted pine nuts
2 bunches of wild rocket
300g feta cheese, crumbled

Dressing

100ml extra virgin olive oil
35ml aged balsamic vinegar
Salt, to taste

- 1 Arrange diced watermelon and segmented orange pieces on a plate.
- 2 Crumble the feta cheese over. Scatter with toasted pine nuts and top with wild rocket leaves.
- 3 Dress the entire salad with balsamic vinaigrette.

Typical Values	Per serving
Energy	566kcal
Fat	49.2g
Carbohydrate	14.6g
Protein	15.0g
Salt	2.7g
Fibre	2.5g

"This tangy, crisp and crunchy salad is the perfect light and refreshing lunch."

- Peter Byrne, Head Chef,
Sika Restaurant, 5* Powerscourt Estate,
Enniskerry, Co. Wicklow

One serving provides 1/3 of your daily calcium requirements and over half of your daily vitamin C requirements



BROWN BREAD WITH SEEDS

Prep time: 5 minutes Cooking time: 45 minutes

Makes 1 loaf

400g brown flour
100g white flour
25g bran
50g mixed seeds
1 tsp. bread soda
1 egg
50g melted butter
1 tsp. treacle
425ml buttermilk

- 1 Preheat oven to 200°C. Grease a loaf tin.
- 2 Place the dry ingredients in a bowl and mix.
- 3 Mix the butter, egg, treacle and buttermilk together and pour into the dry ingredients. Mix until there are no lumps of flour.
- 4 Pour into the loaf tin, reduce the oven to 180°C and bake for 45 minutes.

Typical Values	Per serving
Energy	226kcal
Fat	6.8g
Carbohydrate	30.7g
Protein	8.5g
Salt	0.4g
Fibre	3.9g

"Each slice is packed with fibre to keep your bowel moving and your digestive system healthy"

- Department of Tourism and Hospitality,
Cork Institute of Technology

Good source of iron and fibre - 3.9g of fibre per slice



COLD CHICKEN AND RICE SUPPER

Prep time: 10 minutes Cooking time: 20-30 minutes

Serves 2

150g long grain rice
100g mayonnaise
4-6 tbsp. full-fat milk
(60-90mls)
150g seedless grapes,
washed and halved.
200g cooked, cold chicken,
cut into bite sized pieces.
½ an apple, chopped
Salt and pepper to taste
Handful chopped parsley

- 1 Cook the rice according to the packet, drain and fluff with a fork. Divide between two plates.
- 2 Put the mayonnaise in a bowl and mix in the milk to make a fairly thick dressing, of pouring consistency.
- 3 Add the grapes, apple and the chicken pieces to the bowl. Mix well so all of the ingredients are coated with the mayonnaise. Add salt and pepper to taste.
- 4 Place this mixture over the rice. Finish with a sprinkle of chopped parsley on top.

"This cold meal is perfect for anyone who is nauseated by the smell of cooking- not only is it cold and odour free, it is so quick and easy to make!"

- Cathriona Brennan
treated for cancer in Cork

Typical Values Per serving

Energy	834kcal
Fat	44.2g
Carbohydrate	73.7g
Protein	34.1g
Salt	3.2g
Fibre	2.6g

Cooked rice should not be left to stand at room temperature for extended periods after cooking as bacteria may be allowed to multiply. Cooked rice should be eaten shortly after preparation or else cooled quickly and stored in the fridge. For this recipe rice should be allowed to cool quickly and then mixed with the above ingredients and eaten straight away. Alternatively rice should be cooked, cooled quickly and stored in the fridge for later use.



CREAMY SALMON SANDWICH

Prep time: 2 minutes

Serves 1

- 1 small tin pink or red salmon, drained
- 2 tbsp. full-fat cream cheese
- Juice and zest of ½ a lemon
- 1 tbsp. chives or herb of your choice
- 2 slices of bread, buttered

- 1 Mash the salmon, cream cheese, lemon and herbs together using a fork.
- 2 Make a sandwich with soft, buttered loaf bread, pita bread or serve as an open sandwich on buttered brown bread.

Typical Values Per serving

Energy	617kcal
Fat	40.6g
Carbohydrate	32.3g
Protein	29.7g
Salt	2.5g
Fibre	1.7g

"A quick everyday sandwich. Seasonings like lemon, black pepper, capers or herbs really lift the flavour."

- Sarah Browne
Chef & Research Dietitian
M.I.N.D.I

One sandwich provides roughly ¼ of your daily calcium and iron requirements as well as 100% of your daily vitamin D requirement.



SCRAMBLED EGGS

Prep time: 2 minutes Cooking time: 3 minutes

Serves 1

2 eggs
1 egg yolk
50mls double cream
25g butter
Salt and pepper

- 1 Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the butter in a pan.
- 2 Cook the egg mixture over a medium-low heat for about 3 minutes, occasionally stirring to scramble the eggs.

Typical Values Per serving

Energy	682kcal
Fat	68.0g
Carbohydrate	1.0g
Protein	16.4g
Salt	0.9g
Fibre	0.0g

"The perfect fluffy scrambled eggs.
Small in volume but high in calories
and protein, a little will go a long way!"

- Department of Tourism and Hospitality,
Cork Institute of Technology

LIGHT MEALS

"Omelettes are really versatile and can be whipped up in a matter of minutes - experiment with different fillings and find your perfect combination."
- Department of Tourism and Hospitality,
Cork Institute of Technology



OMELETTES

Prep time: 5 minutes Cooking time: 5-10 minutes

Serves 1

2 eggs
1 egg yolk
3 tbsp. double cream
(30ml)
25g butter
Salt and pepper
Filling of your choice

- 1 Whisk the eggs, egg yolk, cream and seasoning in a bowl. Heat the butter in a pan.
- 2 Cook the egg mix over a medium-low heat for a few minutes. Sprinkle your filling of choice over the omelette. Fold half of the omelette over the other half and cook for a further 2 minutes.

1. STREAKY BACON AND TOMATO

- 2 rashers
- 2 tomatoes, chopped

3. HAM AND CHEESE

- 1 Slice ham, chopped
 - 30g grated cheese
- Sprinkle the ham and cheese over the omelette before folding.

2. SPINACH AND PINE NUTS

- 30g spinach
- 50g pine nuts

4. SPINACH AND MUSHROOM WITH CHEESE

- 50g mushrooms
 - 30g spinach
 - 50g cheddar cheese
- Cook mushroom in butter and oil until soft. Add spinach and wilt. Set filling aside in a bowl. Reheat the pan and add the egg mixture. Briefly cook. Place filling in centre. Before folding add grated cheese.

Streaky bacon and tomato omelette:

Typical Values	Per serving
Energy	662kcal
Fat	60.1g
Carbohydrate	3.5g
Protein	26.2g
Salt	2.6g
Fibre	1.3g

One omelette provides roughly 1/4 of your daily Folate and Vitamin C requirements and 1/3 of your Iron and Vitamin D requirements.

Spinach and pine nuts omelette:

Typical Values	Per serving
Energy	873kcal
Fat	83.8g
Carbohydrate	3.0g
Protein	25.2g
Salt	0.8g
Fibre	3.1g

One omelette provides roughly 1/4 of your daily Folate and Vitamin D requirements and 2/3 of your daily Iron requirements.

Spinach and mushroom omelette:

Typical Values	Per serving
Energy	807kcal
Fat	74.5g
Carbohydrate	1.2g
Protein	32.2g
Salt	1.7g
Fibre	1.4g

One omelette provides 1/3 of your daily Vitamin D and Folate requirements & roughly half of your daily Iron & Calcium requirements.

Ham and cheese omelette:

Typical Values	Per serving
Energy	713kcal
Fat	66.3g
Carbohydrate	0.6g
Protein	28.4g
Salt	1.6g
Fibre	0.0g

One omelette provides roughly 1/3 of your daily Iron, Calcium and Vitamin D requirements.



FRENCH TOAST

Prep time: 3 minutes Cooking time: 5 minutes

Serves 1

- 1 slice day-old white or wholemeal bread
- 1 egg
- 1 egg yolk
- 2 tbsp. of full-fat milk
- 1 tbsp. olive oil

Delicious served with:

- Honey or jam
- Chocolate spread
- Peanut butter
- Mashed banana
- Fresh fruit and cream
- Raisins and cinnamon
- Bacon and maple syrup
- Beans

- 1 Beat the egg, egg yolk and milk together and pour into a wide bowl or plate.
- 2 Heat the oil in a frying pan over a medium heat. Meanwhile soak the bread in the egg mix until the mixture is absorbed by the bread.
- 3 Place the soaked bread in the hot pan and cook for 2-3 minutes on either side, until golden.

Typical Values	Per slice (white bread)
Energy	341kcal
Fat	24.0g
Carbohydrate	17.3g
Protein	13.5g
Salt	0.7g
Fibre	0.8g

"This recipe elevates one slice of bread to a light but nourishing meal. Your favourite topping will add even more flavour and nutrition."

- Sarah Browne
Chef & Research Dietitian
M.I.N.D.I



CHICKEN, PECAN & MANGO SALAD WITH A PASSION FRUIT DRESSING

Prep time: 10 minutes

Serves 2

- 2 chicken breast fillets, cooked, and chopped
- 1 ripe mango, cut into cubes
- 2 spring onions, chopped
- 100g pecans, toasted
- 50g mixed leaves
- Seasoning

Passion fruit dressing

- 200ml good quality vegetable oil
- 50g good quality mayonnaise
- Juice of 2-3 passion fruits
- Seasoning

- 1 To make the dressing, whisk all ingredients together and place in a bottle for later use.
- 2 Place the chicken in a bowl, and add the mango, spring onion and $\frac{3}{4}$ of the pecan nuts.
- 3 Dress with 2-3 tbsp. of passion fruit dressing and place on mixed leaves.
- 4 Garnish with the remaining pecans.

Typical Values	Per serving
Energy	768kcal
Fat	61.5g
Carbohydrate	14.3g
Protein	36.0g
Salt	0.2g
Fibre	7.0g

"This crisp salad is perfect if you are too tired to cook or put off by smells. The combination of sweet and savoury makes for delicious tangy flavours."

- Department of Tourism and Hospitality,
Cork Institute of Technology



CHEESY TUNA MELTS

Prep time: 5 minutes Cooking time: 3 minutes

Serves 1

- ½ small tin of tuna or salmon
- 1 spring onion, chopped
- Knob of butter
- 1 tbsp. full fat mayonnaise
- 1 slice of thick granary bread
- Small handful of grated cheddar cheese
- Pinch of paprika/Salt and pepper to season

- 1 Pre-heat grill at a high setting.
- 2 Drain salmon or tuna, flake into a bowl and mix the mayonnaise and spring onions.
- 3 Season with salt and ground black pepper.
- 4 Toast the bread under the grill until nicely brown on both sides. Butter the bread and spread the fish mixture on top.
- 5 Scatter over the cheese and put back under the grill until the cheese is bubbling.
- 6 Season with a small pinch of paprika if desired.

Typical Values Per serving

Energy	519kcal
Fat	35.1g
Carbohydrate	21.1g
Protein	27.9g
Salt	1.9g
Fibre	3.3g

"A delicious high-protein, high-calorie snack made in minutes."

- Gillian Dawson,
Oncology Dietitian,
University Hospital Limerick

Each portion provides ¼ of your daily iron requirements, 1/3 of your daily calcium requirements and has 3.3g of fibre. Also a good source of vitamin D.

OAT BREAD

Prep time: 5 minutes Cooking time: 1 hour Makes 1 loaf



1 large pot full-fat yogurt (500ml)	1 egg yolk
500g oats	½ tsp. salt
1 egg	¾ tsp. bread soda
	50g mixed seeds

- 1 Preheat the oven to 170°C. Grease a loaf tin.
- 2 Mix all the ingredients together in a large bowl, pour into the tin and bake for 1 hour.

Typical Values	Per slice-
Energy	231kcal
Fat	7.3g
Carbohydrate	30.7g
Protein	9.1g
Salt	0.5g
Fibre	3.3g

Good source of calcium, iron and fibre (3.3g fibre per slice).

"An alternative to soda bread that is full of calcium, iron and soluble fibre."

- Department of Tourism and Hospitality,
Cork Institute of Technology

MAIN DISHES



VEGETARIAN CASSEROLE

Prep time: 20 minutes Cooking time: 40 minutes

Serves 4

1 red pepper, chopped
1 yellow pepper, chopped
1 carrot, diced
1 courgette, diced
1 red onion, sliced
1 fennel bulb, sliced
4 cloves garlic, chopped
2X400g tins plum tomatoes
1X400g tin butter beans or
mixed beans, drained
1X400g tin kidney beans,
drained
½ tin of chickpeas, drained
2 tbsp tomato puree
1 tbsp olive oil
1 tsp brown sugar
1 tsp dried oregano
50g pine nuts
600g Baby potatoes (roughly
4-5 per person)

- 1 Pre-heat oven to 200°C. Chop peppers, courgette and carrots and toss them with olive oil and roast in oven. Set aside when ready. Boil the potatoes until almost fully cooked, strain and set aside.
- 2 While the vegetables are roasting slice the onion and fennel thinly and chop the garlic. Sweat these ingredients together for 15 minutes, stirring occasionally.
- 3 Add in the chopped tomatoes, tomato puree, and teaspoon of dried oregano. Cook for 20-30 minutes on a low heat until the sauce has thickened.
- 4 Stir in the roast vegetables, kidney beans, butter beans, chickpeas and baby potatoes. Season with some pepper. Add a pinch of brown sugar. Simmer for a further 5 minutes.
- 5 Sprinkle with pine nuts and serve.

"A warming bean casserole; a hearty stew for vegetarians or those who are put off by the taste of meat during treatment."

- Dr.Aoife Ryan
Dietitian & Lecturer in Nutritional Sciences
University College Cork.

Typical Values	Per serving
Energy	515kcal
Fat	17.0g
Carbohydrate	62.9g
Protein	17.8g
Salt	1.5g
Fibre	19.5g

Each serving gives over 3/4 of daily fibre recommendations, over 50% of your daily Iron requirements, almost 40% of your daily folate requirements and over 100% of your daily Vitamin C requirements



BEEF STROGANOFF

Prep time: 10 minutes Cooking time: 15 minutes

Serves 4

400g tail end of fillet of beef
200ml cream
100g mushrooms, sliced
1 small onion, chopped
50g butter
2 tbsp. olive oil
2 tbsp. dry white wine
1 tbsp. brandy (optional)
2 tomatoes, skinned and
deseeded
1 clove garlic, chopped
Juice of ¼ lemon
Handful of parsley, chopped
Paprika and seasoning to
taste

- 1 Cut the beef fillet in fine strips. Heat the oil and butter until foaming and then add the beef and lightly colour. Remove the beef and keep warm.
- 2 Add the onion and garlic to the pan and cook until soft. Add the mushrooms and briefly cook.
- 3 Turn the heat up high and add the brandy and white wine. Reduce the liquid.
- 4 Add the cream to the onions and mushrooms and reduce.
- 5 Return the beef to the pan. Season with paprika, salt, pepper and lemon juice.
- 6 Skin and deseed tomatoes by placing in boiling water and immediately into cold water- remove skin and seeds. Garnish with chopped tomato and serve with rice/ potato.

Typical Values	Per serving (with portion of brown rice)
Energy	687kcal
Fat	46.9g
Carbohydrate	37.0g
Protein	27.6g
Salt	0.4g
Fibre	3.1g

*"Classic beef stroganoff-
full of creamy goodness!"*

- Department of Tourism and Hospitality,
Cork Institute of Technology



CHICKEN CASSEROLE

Prep time: 15 minutes Cooking time: 1 hour

Serves 4

- 4 chicken breast fillets, with skin and wing bone
- 1 small onion, chopped
- ½ leek, chopped
- 2 large carrots, chopped
- 2 cloves garlic, chopped
- 450g potatoes, quartered
- 1 tin chopped tomatoes (400g)
- 1l low-sodium stock
- 50g butter
- 2 ½ tbsp. olive oil

- 1 Cut the chicken breasts into 2 pieces each. Heat oil and butter in heavy pot suitable for the oven. Add chicken, skin down, and cook until brown.
- 2 Turn chicken over and colour.
- 3 Add onion, leek, garlic and stir. Add tinned tomato and stock and bring to the boil.
- 4 Add the carrots and potatoes and season. Cover with lid and place in oven at 170°C for 35-45 minutes.
- 5 Serve with green vegetables.

Typical Values	Per serving
Energy	550kcal
Fat	30.3g
Carbohydrate	28.5g
Protein	38.1g
Salt	0.8g
Fibre	5.5g

"This recipe for chicken casserole is very simple yet it is packed full of wholesome and nourishing ingredients."

- Department of Tourism and Hospitality,
Cork Institute of Technology

"A comforting and quick fish pie, suitable for freezing for days when energy levels are low"

- Cathriona Loonam
Dietitian & PhD candidate
King's College London



EASY FISH PIE

Prep time: 10 minutes Cooking time: 50 minutes

Serves 4

- 2 skinless white fish fillets (200g)
- 2 skinless smoked haddock fillet (200g)
- 400ml full-fat milk
- 1 small onion, quartered
- 4 cloves
- 2 bay leaves
- 2 eggs
- Small bunch parsley leaves, chopped
- 100g butter
- 3 heaped tbsp. plain flour (50g)
- A pinch of freshly grated nutmeg
- 500g floury potato, peeled and cut into even-sized chunks
- 100g cheddar, grated

- 1 Put the fish in the frying pan and pour over the milk. Stud each onion quarter with a clove and then add the onion and bay leaves to the milk.
- 2 Bring the milk just to the boil, reduce the heat and simmer for 8 minutes. Lift the fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces in a baking dish.
- 3 Hard-boil the eggs for 10 minutes, then drain and cool. Peel, slice into quarters and arrange on top of the fish, then scatter over the chopped parsley.
- 4 Melt half the butter in a pan, stir in the flour and cook for 1 min over moderate heat. Take off the heat, pour in a little of the cold poaching milk, then stir until blended.
- 5 Continue to add the milk gradually, mixing well until you have a smooth sauce. Return to the heat, bring to the boil and cook for 5 minutes, stirring continually, until it coats the back of a spoon.
- 6 Remove the sauce from the heat, season with salt, pepper and nutmeg, and then pour over the fish.
- 7 Heat the oven to 200°C. Boil the potatoes for 20 minutes. Drain, season and mash the boiled potatoes with the remaining butter and milk.
- 8 Use the potatoes to top the pie, starting at the edge of the dish and working your way in – push the mash right to the edges to seal. Fluff the top with a fork, sprinkle with cheese and bake for 30 minutes.

Typical Values	Per serving
Energy	674kcal
Fat	42.3g
Carbohydrate	35.7g
Protein	36.0g
Salt	1.2g
Fibre	3.5g

Each portion provides roughly 1/3 of your daily iron and vitamin C requirements.



IRISH STEW

Prep time: 10 minutes Cooking time: 1 hour 40 minutes

Serves 4

600g lean lamb pieces
4 potatoes, quartered
2 celery stalks, chopped
1 onion, diced
1 small leek, washed and
chopped
60g barley
1l low-sodium stock
Handful of parsley, chopped

- 1 Place the lamb in a pot of cold water and bring to the boil. Then remove the meat and rinse in a sieve under cold running water.
- 2 Place the meat in a clean pot, add the diced onion, celery, leek and barley.
- 3 Cover the meat with stock and simmer for 1 hour.
- 4 Add the potato and simmer until tender, about 30 minutes.
- 5 Season and garnish with chopped parsley

"This one-pot Irish stew is the perfect comfort food for cold winter evenings. With a healthy dose of Iron and Vitamin C this is one for in front of the fire!"

- Department of Tourism and Hospitality,
Cork Institute of Technology

Typical Values	Per serving
Energy	501kcal
Fat	21.3g
Carbohydrate	35.6g
Protein	38.5g
Salt	0.6g
Fibre	6.3g

Each portion provides roughly 1/3 of your daily iron and vitamin C requirements.

"These cheesy meatballs make for great comfort food. This recipe can be doubled and the left-overs frozen for lazy days. The meat mixture can also be made into burgers to get two different meals out of one recipe."

- Darina Allen
Ballymaloe Cookery School



Typical Values	Per serving
Energy	612kcal
Fat	31.8g
Carbohydrate	36.7g
Protein	42.7g
Salt	0.9g
Fibre	4.0g

MEATBALLS WITH FRESH TOMATO SAUCE

Prep time: 15 minutes Cooking time: 45 minutes

Serves 4



Meatballs

- 1tbsp. olive oil
- 1 small onion, chopped
- 1 garlic clove, crushed
- 500g minced beef (80% lean) or 250g beef+ 250g pork
- 25g soft breadcrumbs
- 25ml full-fat milk
- 2 tbsp. chopped fresh herbs
- 1egg or egg yolk, beaten
- Salt and freshly ground black pepper

Tomato Sauce

- 1 ½ tbsp. olive oil
- 1 small onion, sliced (100g)
- 1 garlic clove, crushed
- 450g ripe, peeled and chopped tomatoes or a 400g tin chopped tomatoes
- Pinch of crushed chilli flakes (optional)
- Salt, freshly ground black pepper and sugar

To serve

- 1 1/2tbsp. olive oil
- 80g mozzarella and parmesan, grated
- 225g spaghetti
- Rocket leaves (optional)

Garnish

- Parsley leaves

- 1 To make the meatballs, heat the oil in a saucepan over a gentle heat and add the chopped onions and garlic. Cover and sweat on a gentle heat for 8-10 minutes until soft and slightly golden. Allow to cool.
- 2 Soak all the bread crumbs in milk.
- 3 Put the freshly minced beef and breadcrumbs in a bowl. Add the cold sweated onion and garlic, the herbs (and chilli flakes if using) and the beaten egg. Season the mixture to taste.
- 4 Fry a tiny bit to check the seasoning and adjust if necessary. Divide the mixture into about 12 round meatballs. Cover and refrigerate.
- 5 To make the sauce, heat the oil in a saucepan. Add the onion and crushed garlic, toss until coated, cover and sweat over a gentle heat until soft.
- 6 Add the peeled and chopped tomatoes and chilli flakes, mix and season with salt, freshly ground pepper and a pinch of sugar (tinned tomatoes take more sweetening).
- 7 Cover and simmer for 15 minutes, uncover and continue to cook for 15-20 minutes or until thick and unctuous.
- 8 Heat a frying pan over a medium heat, add 3 tbsp. oil. Cook the meatballs for 8-10 minutes turning from time to time. When cooked, transfer to an ovenproof serving dish. Add to the hot tomato sauce, turn gently to cover. Pop into a preheated oven at 180 Celsius.
- 9 Sprinkle the grated cheese on top or place under a preheated grill to let the cheese melt. Sprinkle with lots of flat parsley leaves.
- 10 Serve immediately with cooked spaghetti, crusty bread and/or a green salad.



SPINACH, CHICKPEA & SWEET POTATO CURRY

Prep time: 15 minutes Cooking time: 1 hour

Serves 4-6

- 1 medium onion, finely chopped
- 1 tbsp. olive oil
- 2 tbsp. curry paste (korma or rogan josh work well)
- 2cm piece of ginger, grated (optional)
- 2 sweet potatoes, peeled and grated
- 1 tin chick peas
- 1 tin chopped tomatoes
- 1 tin coconut milk
- 200g fresh/frozen spinach
- Fresh coriander to garnish

- 1 Heat the olive oil and curry paste in a large pan, then fry the onion until soft.
- 2 Add the ginger, sweet potatoes and chick peas, and cook for 5 minutes.
- 3 Add the tomatoes and approximately ½ can of water and bring to the boil. Reduce the heat and cook with the lid on for approximately 20 minutes.
- 4 Remove the lid, and continue to simmer for another 20-30 minutes, stirring occasionally, until the sauce has thickened.
- 5 Add the coconut milk and stir well, cook for another 10 minutes, then add the spinach. If using fresh spinach, cook until this has wilted (approximately 5 minutes). If using frozen spinach, simmer until this has completely defrosted and mix through.
- 6 Serve with rice or poppadoms and garnish with freshly chopped coriander.

Typical Values	Per serving (with brown rice)
Energy	600kcal
Fat	23.0g
Carbohydrate	77.5g
Protein	15.0g
Salt	0.6g
Fibre	11.0g

"A vegetarian dish that doesn't compromise on energy or flavour"

- Claire Browne
Dietitian Manager
St. James' Hospital, Dublin

Each portion contains 65% of your daily Vitamin C requirement, over 1/3 of your daily Iron requirement and ¼ of your daily Folate requirement.

"This flavoursome potato gratin is a great way to boost your energy and your Iron, Calcium and Vitamin C intake."

- Philomena Flood
Dietitian & Vice-President of the Irish
Nutrition and Dietetic Institute (2012-2014)



POTATO AND BEEF GRATIN

Prep time: 20 minutes Cooking time: 1 hour

Serves 4

450g potatoes, sliced
100ml olive oil
1 large onion, sliced
400g minced beef/ lamb
3 tomatoes, skinned and chopped
2 tbsp. tomato purée
Salt and pepper to taste
Cayenne pepper
¼ tsp. ground cinnamon
1/2 tsp. ground allspice
2 cloves of garlic, chopped
3 tbsp. fresh parsley, chopped (optional)
75g cheddar cheese

Sauce

50g butter
50g flour
300ml full-fat milk
75g cheddar cheese
Salt and pepper to season

- 1 Preheat oven to 200°C.
- 2 Heat oil in a large pan and cook the potatoes until golden brown, set aside on kitchen paper to drain off excess fat.
- 3 Heat more oil in a large frying pan over low heat. Cook sliced onion until soft, for about 4 minutes.
- 4 Add garlic and cook for further minute. Increase heat to medium-high and add the minced beef. Stir and cook till browned, for about 5 minutes.
- 5 Add in tomatoes, tomato purée, and seasoning. Simmer for 10 minutes.
- 6 At the end of cooking allow to cool slightly and add in the chopped parsley.
- 7 Arrange 1/3 of the potatoes in the base of a 1 litre casserole dish greased with olive oil, sprinkle with half the onions, grated cheese, cooked meat, and remaining potato.
- 8 For the sauce, heat the milk in a saucepan. Melt the butter in another saucepan, add flour stirring until smooth.
- 9 Lower the heat and add the warm milk, stirring all the time until it thickens. If lumps form, whisk until smooth and season to taste.
- 10 Mix in 25g cheese and stir until melted. Remove from the heat and allow to cool slightly.
- 11 Pour the sauce over the mixture, sprinkle with the remaining grated cheese and bake for 45 minutes until golden brown.

Typical Values	Per serving
Energy	913kcal
Fat	67.8g
Carbohydrate	36.8g
Protein	36.7g
Salt	1.2g
Fibre	4.7g

Each portion provides roughly 1/3 of your daily Iron requirements and over 40% of your calcium and Vitamin C requirements.



CHICKEN AND BROCCOLI BAKE

Prep time: 10 minutes Cooking time: 20 minutes

Serves 4

- 1 small broccoli, florets
- 100g mushrooms
- 1 tbsp. of olive oil
- 4 small chicken breast fillets (skinless and boneless), chopped (400g)
- 1 small onion, chopped
- 2 tbsp. cream cheese
- 170ml full-fat milk
- 100ml cream
- 100g grated parmesan cheese
- 150g dried breadcrumbs

- 1 Heat the oil in a pan and add the chicken and onions. Cook until the chicken juices run clear and the chicken is completely white throughout.
- 2 Cook the broccoli in boiling water for 3 minutes.
- 3 In a bowl whisk together the cream cheese, milk, and cream until smooth. Add the sauce to the chicken and onions and bring to a boil. Reduce heat to low and simmer for 5 minutes, or until slightly thickened. Toss in the broccoli. Pour this mix into a casserole dish. Turn on the grill to medium-high heat.
- 4 Sprinkle the bread crumbs and parmesan cheese over the casserole, and put under the grill until the cheese is melted and the bread crumbs are golden brown.
- 5 Serve with potatoes, rice, pasta or crusty bread.

Typical Values	Per serving (alone)
Energy	530kcal
Fat	26.5g
Carbohydrate	31.6g
Protein	39.7g
Salt	1.4g
Fibre	2.8g

"This chicken dish works perfectly with whatever is in your press- pasta, rice, potatoes or fresh crusty bread!"

- Dr. Derek Power,
Consultant Medical Oncologist
Mercy University Hospital &
Cork University Hospital

Each portion contains close to 40% of your daily iron requirement and over 45% of your daily calcium requirement.



SHEPHERD'S PIE

Prep time: 10 minutes Cooking time: 40 minutes

Serves 4

350g minced beef
2 tbsp. olive oil
1 small onion, chopped
100g mushrooms, chopped
2 medium carrots, chopped
2 tbsp. tomato relish
4 potatoes, peeled and chopped
80ml full-fat milk
80ml cream
40g butter
350ml low-sodium beef stock
100g roux (50g butter + 50g flour)
100g grated cheddar cheese

- 1 Boil the potatoes until soft.
- 2 Heat the olive oil in a pan and add the onions and soften. Add the mince and allow to brown.
- 3 Add the mushrooms and carrots. Cover the pan with a lid and leave to cook on a medium heat, stirring regularly.
- 4 To make the roux, melt the butter in a small saucepan. Using a whisk add the flour and whisk until well combined.
- 5 Add the beef stock, a little at a time, to the roux whisking very well with each addition to make a thick sauce.
- 6 Add this sauce and the tomato relish to the minced beef and stir well. Replace the lid.
- 7 Mash the potatoes well. Heat the milk, cream and butter in a pan and add to the potatoes.
- 8 In a casserole dish place the meat mixture in the bottom and layer the creamy mash on top.
- 9 Sprinkle the grated cheese over the top and bake/grill for 10 minutes until melted.

Typical Values	Per serving
Energy	738kcal
Fat	52.5g
Carbohydrate	34.3g
Protein	29.9g
Salt	1.3g
Fibre	4.5g

"Many people's childhood favourite, Shepherd's Pie is always a reliable and nutritious choice."

- Anne Langan
Clinical Dietitian
M.I.N.D.I



PESTO CHICKEN

Prep time: 5 minutes Cooking time: 10 minutes

Serves 4

1 tbsp. olive oil
4 small, skinless chicken breasts, sliced (400g)
1 medium onion, chopped
2 crushed garlic cloves
1 tbsp. green pesto
20 cherry tomatoes
12 sun dried tomatoes, halved
400ml full-fat crème fraiche
200g rice, cooked

- 1 Heat olive oil in a frying pan over a medium heat. Add the chicken and brown on all sides, cooking for 4-5 minutes.
- 2 Add the garlic, onion, pesto and both types of tomatoes. Stir continuously, cooking for roughly 5 minutes until tomatoes start to soften.
- 3 Ensure chicken is fully cooked. Stir in the crème fraiche and season with pepper.
- 4 Serve with cooked rice and some torn basil leaves scattered on top.

Typical Values Per serving

Energy	764kcal
Fat	62.7g
Carbohydrate	22.0g
Protein	26.7g
Salt	1.1g
Fibre	2.5g

"This quick and easy chicken dish is full of Mediterranean flavours- perfect for those with reduced taste sensations."

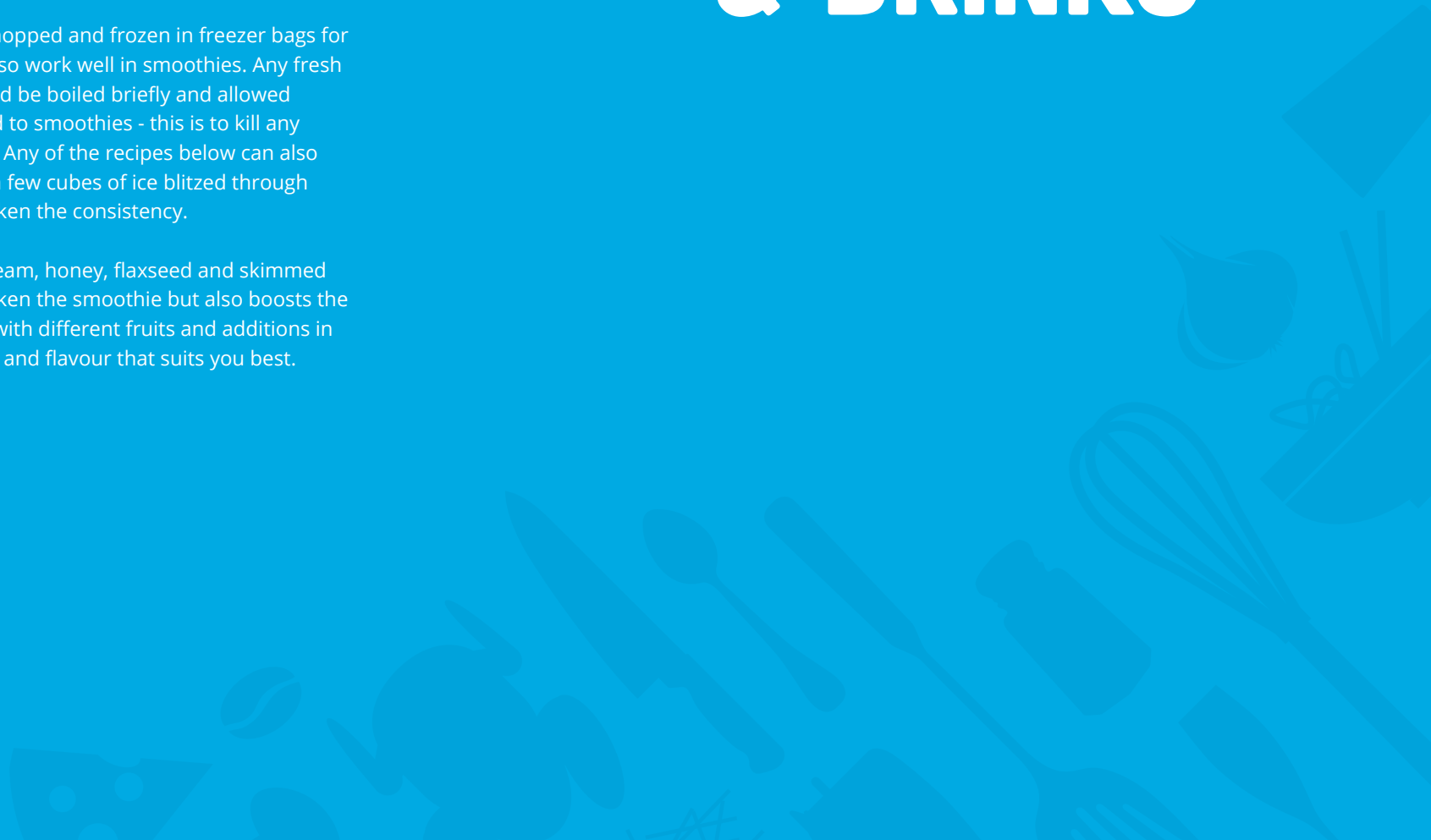
- Richelle Flanagan
Dietitian & President of the Irish
Nutrition and Dietetic Institute
from 2011 - 2014

These recipes are particularly useful for those with swallowing difficulties or a sore mouth. They are also ideal snacks if cooking smells are off-putting. Having a ready supply of fruit and ice-cream in the freezer means a variety of chilled, refreshing smoothies can be whipped up in very little time. The warm drinks included are for those who may not be able to tolerate cold drinks due to chemotherapy side effects.

Normal bananas can be peeled, chopped and frozen in freezer bags for easy use. Tinned or frozen fruit also work well in smoothies. Any fresh or frozen berries used should be boiled briefly and allowed to cool before they are added to smoothies - this is to kill any bacteria that might be present. Any of the recipes below can also be made with fresh fruit and a few cubes of ice blitzed through to chill it and thicken the consistency.

Using cream, full-fat milk, ice-cream, honey, flaxseed and skimmed milk powder not only helps to thicken the smoothie but also boosts the nutritional content. Experiment with different fruits and additions in order to find the consistency and flavour that suits you best.

SMOOTHIES & DRINKS



GINGER & RASPBERRY SMOOTHIE

Prep time: 5 minutes Serves: 1



Louise O' Mahony,
Community Dietitian

1 tbsp. fresh ginger, grated
140g frozen raspberries, boiled briefly and allowed to cool
200ml glass apple juice
2 tsp. honey
2 tbsp. milled flaxseed

- 1 Blend all of the ingredients together for a cold smoothie.
- 2 This smoothie can also be served warm if your mouth is sensitive to cold liquids. Simply blend all the ingredients together then briefly bring to the boil and allow to cool slightly before drinking.

Typical Values Per serving

Energy	410kcal
Fat	14.6g
Carbohydrate	51.5g
Protein	8.9g
Salt	0.1g
Fibre	18.9g



HIGH FIBRE SMOOTHIE

Prep time: 5 minutes Serves: 2



Louise O' Mahony,
Community Dietitian

8 dried figs
2 tbsp. cold, cooked porridge
200ml Greek-style yogurt
100ml full-fat milk
1 tbsp. honey
Handful of ice

- 1 Blend all of the ingredients together.

Typical Values Per serving

Energy	402kcal
Fat	14.1g
Carbohydrate	53.4g
Protein	10.7g
Salt	0.6g
Fibre	9.3g



TANGY LEMON SMOOTHIE

Prep time: 5 minutes Serves: 1



Éadaoin Ní Bhuachalla,
Research Dietitian,
University College Cork

2 scoops vanilla ice-cream 1 tbsp. lemon juice
50ml full-fat milk 1 tbsp. lemon curd

- 1 Blend all of the ingredients together.

Typical Values Per serving

Energy	358kcal
Fat	18.4g
Carbohydrate	40.3g
Protein	7.8g
Salt	0.3g
Fibre	Trace



HOT CHOCOLATE

Prep time: 10 minutes Serves: 2



Eileen O' Brien,
Dietitian,
M.I.N.D.I

150ml full-fat milk
75mls cream
50g chocolate, chopped
1 chocolate chip-cookie

- 1 Heat the milk and cream in a saucepan.
- 2 Once boiling remove from the heat and add in the chocolate pieces and stir until melted.
- 3 Pour into mugs and crumble a cookie on top for a luxurious finish.

Typical Values Per serving

Energy	556kcal
Fat	36.7g
Carbohydrate	44.9g
Protein	10.5g
Salt	0.3g
Fibre	1.9g



OATMEAL SMOOTHIE

Prep time: 5 minutes Serves: 2

Louise O' Mahony,
Community Dietitian

100g porridge oats 2 tbsp. milled flaxseed
 2 tsp. honey 100g Strawberries,
 200g Greek yogurt boiled briefly and
 1 medium banana, allowed to cool
 peeled and chopped Handful of ice

1 Blend all of the ingredients together.

Typical Values	Per serving
Energy	501kcal
Fat	21.2g
Carbohydrate	56.4g
Protein	15.8g
Salt	0.2g
Fibre	10.4g



ORANGE CRUSH

Prep time: 5 minutes Serves: 1

Dr. Derek Power,
Consultant Medical Oncologist
Mercy University Hospital
Cork University Hospital

100mls orange juice 80g full-fat yogurt
 50mls pineapple juice 1 tbsp. milled
 50ml full-fat milk flaxseed

1 Blend all of the ingredients together.

Typical Values	Per serving
Energy	317kcal
Fat	11.9g
Carbohydrate	39.3g
Protein	10.8g
Salt	0.3g
Fibre	4.7g



CREAMY BERRY SMOOTHIE

Prep time: 5 minutes Serves: 2



Sarah Browne,
Chef & Research Dietitian,
M.I.N.D.I

200ml apple, orange, peach or mango juice
3 tbsp. Greek-style natural yogurt
3 tbsp. vanilla ice-cream
3 tbsp. full-fat cream cheese

1 handful fresh or frozen strawberries or raspberries, boiled briefly and allowed to cool
1 tsp. runny honey
Handful of ice

1 Blend all of the ingredients together.

Typical Values	Per serving
Energy	301kcal
Fat	20.1g
Carbohydrate	24.6g
Protein	4.7g
Salt	0.3g
Fibre	1.3g



APPLE & AVOCADO SMOOTHIE

Prep time: 5 minutes Serves: 1



Fiona Dwyer,
Nutritional Science Student,
University College Cork

1 small apple, peeled, cored and chopped
½ avocado
Juice of ½ a lime

1 tbsp. honey
100ml full-fat milk
Handful of ice

1 Blend all of the ingredients together.

Typical Values	Per serving
Energy	363kcal
Fat	23.5g
Carbohydrate	28.3g
Protein	5.6g
Salt	0.1g
Fibre	7.7g



MINT MILKSHAKE

Prep time: 5 minutes Serves: 1



Samantha Cushen,
Research Dietitian,
University College Cork

2 scoops vanilla ice-cream
75ml full-fat milk
1 drop of peppermint

2 tbsp. chocolate syrup/spread (optional)

1 Blend all of the ingredients together.

Typical Values Per serving

Energy	487kcal
Fat	28.9g
Carbohydrate	47.7g
Protein	8.9g
Salt	0.3g
Fibre	0.0g



BANANA PEANUT BUTTER SMOOTHIE

Prep time: 5 minutes Serves: 1



Melissa Byrne,
Community Dietitian,
Cork

1 large ripe banana
100ml full-fat milk
A scoop of vanilla ice-cream

1 tbsp. peanut butter
50ml cream
Handful of ice

1 Blend all of the ingredients together.

Typical Values Per serving

Energy	484kcal
Fat	27.5g
Carbohydrate	44.8g
Protein	12.3g
Salt	0.4g
Fibre	4.0g



RASPBERRY MANGO SMOOTHIE

Prep time: 5 minutes Serves: 1



Louise O' Mahony,
Community Dietitian

100g frozen mango
100g frozen raspberries, boiled briefly and allowed to cool
300ml full-fat milk
100ml cream
1 tbsp. honey
2 tbsp. milled flaxseed
Handful of ice

1 Blend all of the ingredients together.

Typical Values Per serving

Energy	347kcal
Fat	22.6g
Carbohydrate	20.5g
Protein	10.8g
Salt	0.2g
Fibre	9.5g

CHOCOLATE BANANA SMOOTHIE

Prep time: 5 minutes Serves: 1



Louise O' Mahony,
Community Dietitian

300ml full-fat milk
1 tbsp. chocolate spread
1 banana, frozen
30ml double cream
2 tbsp. milled flaxseed
Handful of ice

1 Blend all of the ingredients together.

Typical Values Per serving

Energy	363kcal
Fat	23.5g
Carbohydrate	28.3g
Protein	5.6g
Salt	0.1g
Fibre	7.7g

PEACH SMOOTHIE

Prep time: 5 minutes Serves: 1



Samantha Cushen,
Research Dietitian,
University College Cork

150g tinned peaches 1 tbsp honey
100ml full-fat milk Pinch cinnamon
100g ice-cream

1 Blend all of the ingredients together.

Typical Values	Per serving
Energy	351kcal
Fat	13.7g
Carbohydrate	47.9g
Protein	7.7g
Salt	0.3g
Fibre	2.5g



DESSERTS & SNACKS



ORANGE AND ALMOND CAKE

Prep time: 10 minutes Cooking time: 45 minutes

Serves 8

100g olive oil
100g caster sugar
2 eggs
100g ground almonds
150g self-raising flour
/150g plain flour + 1 ½
tsp. baking powder
Zest and juice of 1 orange
Small pot Greek yogurt

- 1 Preheat the oven to 180°C. Grease a 20cm round tin.
- 2 Beat together the eggs and sugar.
- 3 Add the olive oil and mix well.
- 4 Gently stir in the ground almonds and flour. Mix in 40g yogurt, zest of the orange and half of the juice.
- 5 Bake for 45 minutes.
- 6 Put the rest of the orange juice in a pan over high heat, and allow to reduce to syrup. Serve the cake with a tbsp. of Greek-style yogurt and a spoon of syrup.

Typical Values	Per slice (served with yogurt and syrup)
Energy	352kcal
Fat	22.6g
Carbohydrate	28.4g
Protein	7.7g
Salt	0.2g
Fibre	1.8g

"A soft and mouth-watering cake that uses heart-healthy fats"

- Fiona Dwyer,
Nutritional Science Student,
University College Cork

Good source of calcium. High in heart healthy, unsaturated fats.



RICE PUDDING

Cooking Time: 35 minutes

Serves 6

120g pudding rice
100g sugar
750ml milk
200ml cream
Half a Vanilla pod (or 1
tsp. vanilla extract)
1 cinnamon stick
1 pinch of salt
Decorate with a tbsp. of
jam or stewed berries
(optional)

- 1 Blanch the rice in a pot of boiling water for 3 minutes.
- 2 In another pot, mix all the other ingredients and bring to the boil. Add the blanched rice and leave to simmer for 30 minutes, stirring occasionally.
- 3 Fill into small ramequin dishes or cups. (Even if it seems too runny, it will firm up eventually and you can keep eating small portions regularly.)
- 4 Try it with other flavours as well, by adding lemon zest or a star anise to the milk instead of the vanilla or cinnamon.

Typical Values Per serving

Energy	310kcal
Fat	12.0g
Carbohydrate	43.7g
Protein	6.8g
Salt	0.3g
Fibre	0.4g

"When the treatment messed up my appetite, having a small dish of rice pudding didn't feel as daunting as being faced with a full plate of food"

- Gaby Neff,
Co. Cork;
treated for cancer in Cork

One portion of rice pudding provides you with 1/5 of your daily calcium requirements



SCONES

Prep time: 10 minutes Cooking Time: 15 minutes

Serves 10

400g self-raising flour
110g butter
2 eggs & one egg yolk
210ml butter milk
120g sultanas
1 tsp. cinnamon
65g caster sugar
80g ground almonds
75g chopped pecan nuts

- 1 Preheat the oven to 170°C.
- 2 Sieve the flour and rub in the butter.
- 3 Add in ground almonds, sugar, cinnamon, pecan nuts and sultanas and mix together with a spoon.
- 4 Whisk the eggs and buttermilk together and gradually add most of this mixture (leave about 10% aside) to the other ingredients with a spoon first and then with your hands. Don't over-mix. The ingredients should be moist but not sticky and easily rolled into a ball.
- 5 Roll out with rolling pin and cut into circular shapes. Rub some of the remaining buttermilk and egg mixture onto the top of each scone.
- 6 Bake for 12-15 minutes.

Typical Values	Per serving
Energy	416kcal
Fat	21.1g
Carbohydrate	47.4g
Protein	7.4g
Salt	0.7g
Fibre	3.7g

"Freeze a batch and defrost as needed for a convenient, high-calorie snack"

- Dr. Aoife Ryan,
Dietitian & Lecturer in Nutritional Sciences,
University College Cork

Good source of Iron and Calcium



SUMMER RIPPLE SURPRISE

Prep time: 10 minutes

Serves 4

8 shells of store-bought meringue

1 carton of cream, whipped (300ml)

A few drops of vanilla essence

A punnet of any berry or berry mix

A few drops of lemon juice

4 tbsp. icing sugar

- 1 Break the meringues up into large pieces.
- 2 Whip the cream with 1 tbsp. icing sugar and the vanilla essence.
- 3 Heat the berries in a saucepan. Allow to cool and pass through a nylon sieve. Add the lemon juice and beat in the remaining icing-sugar.
- 4 Lightly fold the crushed meringues into the cream and then carefully fold in the fruit mixture to give the rippled effect.
- 5 Divide the mixture between 4 glass serving dishes and serve immediately, on its own or with extra fruit.

Typical Values Per serving

Energy	304kcal
Fat	14.5g
Carbohydrate	36.8g
Protein	4.6g
Salt	0.1g
Fibre	3.8g

'A nutritious treat to round off a summer meal.'

- Georgina Campbell
(President, Irish Food Writers Guild)

Good source of Vitamin C, one portion provides ¼ of your daily requirements.



APRICOT AND RAISIN BREAD & BUTTER PUDDING, VANILLA ICE CREAM AND WARM FUDGE AND CHOCOLATE SAUCE

Prep time: 20 minutes Cooking Time: 1 hour

Serves 4

150ml full-fat milk
150ml double cream
1 tsp. vanilla extract
25g butter, for greasing
1/2 loaf of sliced white bread
75g dried apricots, chopped
75g raisins
3 eggs
2 egg yolks
4 tbsp. caster sugar

Hot chocolate sauce

85g dark chocolate
150ml double cream
85g fudge

- 1 Preheat the oven to 150°C. Grease a casserole dish with the butter.
- 2 Place the milk, cream and vanilla into a saucepan over a low heat and heat until steaming, but not boiling. Remove from the heat and leave to infuse for ten minutes.
- 3 Place dried fruit between the layers of buttered bread in the dish.
- 4 Whisk the eggs, egg yolks and caster sugar together in a bowl, and then gradually pour over the infused milk mixture, stirring constantly.
- 5 Pour the custard mixture over the bread and dried fruit and transfer to the oven to bake for 45-60 minutes, or until the custard is set and the bread is golden-brown.
- 6 Meanwhile, for the chocolate sauce, heat the chocolate and cream together in a pan over a low heat, stirring continuously until combined. Once combined, stir in the fudge stir until dissolved.
- 7 Serve the bread and butter pudding with chocolate sauce and a scoop of ice-cream.

Typical Values	Per serving (pudding alone)	Per serving (with ice-cream & fudge sauce)
Energy	728kcal	1223kcal
Fat	35.8g	70.6g
Carbohydrate	80.6g	121.3g
Protein	18.5g	22.9g
Salt	1.7g	1.8g
Fibre	4.7g	5.4g

"A luxurious twist on classical bread pudding"

- Philip Brazil,
Executive Head Chef, 5* Sheen Falls
Lodge, Kenmare, Co.Kerry

One portion served with ice-cream and sauce provides half of your daily iron requirement, over 1/3 of your calcium requirements and 1/5 of your vitamin D requirements.



APPLE WITH GROUND ALMONDS AND PINE NUTS

Prep time: 5 minutes Cooking Time: 15 minutes

Serves 2

50g butter
2 cooking apples, peeled
and chopped
60g ground almonds
50g pine nuts, toasted
2 tbsp. caster sugar
50ml double cream,
whipped/ custard

- 1** Heat the butter in a pan and cook the apples until soft.
- 2** Add the ground almonds, nuts and sugar and cook for a further 2 minutes.
- 3** Serve the stewed apple hot or cold with whipped cream or custard.

Typical Values Per serving

Energy	673kcal
Fat	58.8g
Carbohydrate	27.6g
Protein	5.4g
Salt	0.4g
Fibre	6.0g

"This recipe is a great way of getting fruit into your diet without compromising on calories and protein."

- Department of Tourism and Hospitality,
Cork Institute of Technology



BANANA BREAD

Prep time: 10 minutes Cooking Time: 1 hour

Makes 1 loaf

75g pecan nuts, chopped
4 medium, ripe bananas,
mashed
Few drops of vanilla
essence
240g plain flour
Pinch salt
2 tsp. baking powder
1 tsp. cinnamon
100g caster sugar
1 egg
70ml sunflower oil

- 1 Preheat the oven to 180°C and grease a loaf tin.
- 2 Sift the flour, baking powder and cinnamon together and stir in the sugar.
- 3 Beat the egg, sunflower oil and vanilla essence together. Add this to the flour mixture using a fork.
- 4 If using whole pecan nuts, put them in a food bag and crush with a rolling pin. Add to the mixture along with 4 mashed bananas.
- 5 Spoon into a greased loaf tin and bake for 50-60 mins. The loaf should spring back when prodded gently with your finger. Allow to cool on a baking rack.

Typical Values	Per serving
Energy	321kcal
Fat	14.8g
Carbohydrate	40.5g
Protein	5.0g
Salt	0.5g
Fibre	3.1g

"This banana bread is extremely trouble-free. It can be prepared and put in the oven in a matter of minutes and does not need a food mixer."

- Dr.Aoife Ryan,
Dietitian & Lecturer in Nutritional Science,
University College Cork



V

EASY CHEESECAKE

Prep time: 10 minutes + 2 hours to chill

Serves 4

100g shortbread biscuits,
crushed

1 x 300g tub full-fat soft
cheese

Zest and juice of 1 lemon

60g icing sugar

A punnet of berries

- 1 Divide the crushed biscuits between 4 glasses.
- 2 Beat the soft cheese, lemon juice, zest and 3/4 of the sugar together and spoon this mixture on top of the biscuits.
- 3 Heat the berries slightly and mix in the remaining icing sugar. Allow to cool.
- 4 Spoon the berries over the cheesecake mixture. Leave to set in the fridge for a few hours.

Typical Values	Per serving
Energy	440kcal
Fat	30.2g
Carbohydrate	31.9g
Protein	8.4g
Salt	0.8g
Fibre	3.3g

"A colourful dessert that takes virtually no preparation - just assemble and leave to chill for a cool, zesty treat"

- Ellen Barrett,
Clinical Dietitian,
M.I.N.D.I



TIRAMISU

Prep time: 10 minutes

Serves 8-10 portions

- 1 tub mascarpone cheese (250g)
- 1 large carton cream (500ml)
- 8 tbs. icing sugar
- 1 small cup strong coffee
- 3 ½ tbs. Tia Maria or Kahlua
- 1 tbs. vanilla extract
- 24 sponge finger biscuits
- 2 tsp. cocoa powder
- 100g flaked almonds

- 1 Whisk the cream, mascarpone and sugar until thick.
- 2 Mix the coffee, Tia Maria and vanilla in a bowl. Dip the biscuits into the coffee mixture and place 12 in a bowl/dish or divide among individual glasses.
- 3 Top with half of the mascarpone mix, then the rest of biscuits and finish with the remainder of the mascarpone mix.
- 4 Sieve the cocoa powder over the top and sprinkle with flaked almonds. Chill for 2 hours in the fridge.

Typical Values Per serving

Energy	433kcal
Fat	33.7g
Carbohydrate	26.3g
Protein	5.4g
Salt	0.1g
Fibre	1.6g

"A pared-back version of the decadent Italian favourite-the biscuits are soaked in liquid making the dessert very soft and easy to chew."

- Department of Tourism and Hospitality,
Cork Institute of Technology



FLAPJACKS

Prep time: 10 minutes Cooking Time: 20 minutes

Serves 14

200g porridge oats
225g butter
75g sieved flour
75g ground almonds
100g brown sugar
3 tbsp. of golden syrup
100g mixed nuts,
chopped

- 1 Preheat oven to 180°C and line a Swiss roll tin.
- 2 Mix all the dry ingredients together.
- 3 Melt the butter and golden syrup.
- 4 Add the warm butter and syrup to the dry ingredients and mix well.
- 5 Place into the tin and cook for 20 minutes, or until golden brown.
- 6 Cut when hot and allow to partially cool in the tin before removing and cutting.

Typical Values Per serving

Energy	305kcal
Fat	21.3g
Carbohydrate	22.8g
Protein	4.3g
Salt	0.3g
Fibre	2.5g

*"The perfect high-calorie snack
to take with you when you are
out and about"*

- Catherine McGovern,
Paediatric Oncology Dietitian,
Our Lady's Children's Hospital,
Crumlin, Dublin

Good source of Iron



MUESLI

Prep time: 5 minutes Cooking Time: 15 minutes

Serves 4

- 300g jumbo oats
- 300g mixed dried fruit, chopped (dates/figs/cherries/cranberries/apricot/mango)
- 200g mixed nuts, chopped (almonds/walnuts/hazelnuts/pecan nuts/pistachios)
- 100g mixed seeds

- 1 Preheat the oven to 180°C. Put the oats and nuts on a baking tray with a pinch of salt and bake for 15 minutes.
- 2 Roughly chop the dried fruit and mix with the seeds and cooked oats and nuts.
- 3 Store in an air tight container.
- 4 Serve with full-fat yogurt.

"Seeds, nuts and dried fruit are healthy sources of calories. Snack on a fist-full of crunchy muesli or enjoy with yogurt or hot/cold milk for a more nourishing snack"

- Éadaoin Ní Bhuachalla,
Research Dietitian,
University College Cork

Typical Values	Per 50g serving (muesli alone)	Per serving of muesli with 125g full-fat yogurt
Energy	200kcal	342kcal
Fat	9.9g	13.9g
Carbohydrate	18.7g	40.0g
Protein	6.9g	12.0g
Salt	0.1g	0.3g
Fibre	4.2g	4.3g

One serving of muesli with full-fat yogurt provides 1/5 of your daily Iron and Calcium requirements. Good source of fibre

ACKNOWLEDGEMENTS & CONTRIBUTORS

Aoife Ryan PhD BSc, MINDI, Lecturer in Nutritional Sciences, University College Cork



Aoife graduated from TCD/DIT with a BSc Human Nutrition & Dietetics in 2000 and completed her PhD at Trinity College Dublin in 2007. She was Assistant Professor of Nutrition at New York University from 2008–2010 and took up position as Lecturer in Nutritional Sciences at University College Cork in 2010. She has been awarded a number of research grants to investigate nutrition and cancer. Her main areas of interest are: disease related malnutrition; cancer cachexia and sarcopenia; and immuno-nutrition. She was awarded a HRB KEDS grant from 2013–2014 which funded this cookbook.

Éadaoin Ní Bhuachalla BSc, MINDI



Éadaoin graduated with an honours degree in Human Nutrition and Dietetics from Dublin Institute of Technology and Trinity College Dublin in 2013. Since then she has worked as a research dietitian in University College Cork and Mercy University Hospital, Cork where her research has focused on the role of nutrition in cancer recovery and cancer prevention. She is currently pursuing a PhD in the area of diet and oncology. She is also a member of the Irish Nutrition and Dietetics Institute (INDI).

Derek Power



Dr Power has a BSc Pharmacy (TCD) and a medical degree (MB BCH BAO) from Royal College of Surgeons in Ireland. He completed his basic medical training and specialist training in medical oncology in Ireland and then was awarded a research/clinical fellowship at Memorial Sloan-Kettering Cancer Centre in New York for 3 years. In New York he worked in solid tumour medical oncology and cancer genetics. He took up the post of consultant medical oncologist in the Mercy & Cork University Hospitals in 2010. His specialist interests are in gastrointestinal, genitourinary cancer and malignant melanoma.

Ann O' Connor



Ann O' Connor MA in Management in Education is currently employed as a Culinary Arts Lecturer in the Department of Tourism and Hospitality at Cork Institute of Technology. Ann is course coordinator of The Total Immersion chef Programme (TICP) an innovative programme devised to assist career changers pursue qualification in culinary disciplines. She also lectures on the BA in Culinary Arts Programme, which is a part-time course for advanced students working in the hospitality industry. Her main area of expertise is pastry and confectionery. Ann's research interests include Nutritional Analysis, Recipe Testing and Development. Ann has extensively researched Emotional Intelligence of chefs and its impact on workplace behaviour. She has judged culinary competitions both nationally and internationally.

Jane Healy BSc, MA, Pg Dip (TLHE)



Jane Healy works as a part time Culinary Arts lecturer in The Tourism and Hospitality Department in Cork Institute of Technology. Jane graduated from UCC with a BSc and also studied in CIT as a mature student to complete a BA in Culinary Arts. She has recently written an MA by research thesis focusing on food choices made by consumers and associated health issues. Jane has many years of experience teaching cooking skills and the benefits of a healthy diet, combining a life-long interest in food, cooking and nutrition.

Marta Miklinska



Marta is a Dublin-based freelance food photographer, a visual story maker working with food styling and picture taking, fuelled by her love of Irish food. Her affection for food photography started along with her journal "Cook it, Eat it, Love it" where she documents beautiful food she discovers on her way throughout her passion. It has become her way of celebrating and exploring Irish culture and food community. She likes to think that she doesn't photograph food but the way it makes her feel. She admits that it's a bit of a strange concept but it's the best way to describe her approach to the craft.

Doodle Creative



Doodle is a full service design and ideas agency based in Cork, delivering creative branding, graphic and web design solutions for online and offline use. With a passion for what we do, we deliver relevant, considered and engaging work for our clients. We work across sectors such as arts, culture and fashion to retail, corporate and education. This allows us to work in a variety of areas across identity & brand development, print & web design, web development and digital marketing.

Fiona Dwyer



Fiona is a final year Nutritional Science student in University College Cork. She has a strong passion for cooking and her work on this project formed part of her 6 month college placement. She has a keen interest in tailoring recipes to suit people's needs and believes that food can sometimes be the best medicine.

Eoghan O' Sullivan



Eoghan joined Breakthrough Cancer Research in 2012 and is responsible for the charity's national fundraising campaigns. Having worked at senior management level for over 10 years in 4 & 5* hotels and resorts throughout Ireland, he has extensive experience in running major events in high profile venues as well as dealing with major multi national corporate clients about all aspects of their business needs. In addition to holding two business certificates from Failte Ireland, Eoghan also holds an honours BA in Hotel & Catering management from Galway Mayo Institute of Technology. A subsequent Failte Ireland Marketing course in conjunction with Cornell University with a residential module in Boston College in the US led to an interest in campaign work, building on numerous years as a volunteer for cancer research.

Orla Dolan



Orla Dolan is a graduate of University College Cork and University of Limerick's Kemmy Business School. Originally educated as a scientist, she went on to work in Human Resources specifically in Workforce Development and HR systems in the Social and Health Sectors in the United States. While in Delta-T Group, a Mental Health, Behavioral Health, Social Service and Non Profit staffing agency, she developed and enforced standards for the front-end processes of the business in all States. She led the transformation of HR practices for over 1500 employees at 22 sites at VisionQuest, a company that provides treatment services for court adjudicated at-risk youth, and was successful in achieving Joint Commission Health Accreditation for the company in multiple States. She is HR accredited in both the US (SPHR) and Ireland (CIPD). On her return to Ireland in 2005 she was appointed Director of External Affairs for Cork Cancer Research Centre (CCRC). In 2011 she oversaw the launch of the charity Breakthrough Cancer Research which fundraises for CCRC of which she is now Fundraising Director. Orla is a National Cancer Registry of Ireland Board Member since 2013.

Samantha Cushen BSc, MINDI



Samantha graduated from TCD/DIT with a BSc Human Nutrition and Dietetics and is currently pursuing a PhD at the Department of Food and Nutritional Sciences at University College Cork. The focus of her research programme is coordination of a randomised double blind controlled trial in oesophageal cancer patients, funded by the health research board. Her main research interests include assessing the relationship between body composition (sarcopenia and cancer cachexia) and health outcomes in patients with malignant disease.

Margaret Linehan



Dr Margaret Linehan is Head of School of Humanities at Cork Institute of Technology. She is Chair of the Irish Academy of Management. She is also Chair of St Ann's Day Nursery and Dress for Success Cork - two non-profit organizations. Margaret holds a BBS, MBS and PhD from University College Cork. She is the author of 16 academic text books, and has published over 100 peer reviewed journal articles, and has presented her research findings at numerous international academic conferences.

Sarah Browne BSc



Sarah Browne works as a freelance and postgraduate research dietitian. She is also a trained chef. Her work covers individual and group health promotion through food and cooking education. Sarah's research focuses on adolescent diet, fitness and health.

Claire Browne



Claire Browne qualified from TCD/DIT in November 2001 as a dietitian and completed a MA in Healthcare Management in 2011. She has been working in St. James's Hospital Dublin since 2001, in medical oncology since 2004, and has been dietitian manager since 2007. She has been a member (former secretary and chairperson) of the Oncology Interest Group of the INDI for over 10 years, heavily involved in providing education to patients and other health care professionals on nutritional issues in cancer and contributing to resource development and national submissions.

A special thanks to the following dietitians for their help with this project:

Oonagh Griffin, Senior Dietitian - Pancreatic Cancer Care, St. Vincent's, University Hospital, Dublin.

Arún Fenton, Senior Clinical Nutritionist in Oncology - St James's Hospital, Dublin.

Eleanor Sweeney, Dietitian - Beaumont Hospital & Secretary of INDI Haematology & Oncology Interest Group.

Fiona Roulston, Clinical Specialist Dietitian - Radiation Oncology, St Luke's Hospital, Rathgar, Dublin.

June Crowley, Senior Oncology Dietitian - Cork University Hospital

Aisling McHugh, Clinical Specialist Dietitian - Upper Gastrointestinal Cancer Surgery, St James's Hospital, Dublin.

Diarmuid Duggan, Senior Oncology Dietitian - Bon Secours Hospital, Cork.

Anne Heavers, Dietitian Manager - South Infirmary Victoria University Hospital, Cork.

We would like to sincerely thank our sponsors Dairygold, National Dairy Council and the Irish Dairy Board. Their generous donations helped to make the printing and national distribution of this resource possible.



The face of cancer is changing. It was once a disease that you died from. Now it is a disease you can survive. This changes everything.

Breakthrough Cancer Research
– Where Hope Lives.

Text BCR to 50300 to donate €4
to our work in Cancer Research.

100% of text cost goes to Breakthrough Cancer Research across most network providers. Some providers apply VAT which means a minimum of €3.26 will go to Breakthrough Cancer Research. Service Provider: LIKECHARITY. Helpline: 01 4433890

call 1890 998 998, or visit
www.breakthroughcancerresearch.ie

