

EATING WELL

with

Swallowing Difficulties in Cancer

Nourishing texture-modified
recipes for those with Upper
Gastrointestinal Cancer

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UCC

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**CORK
INSTITUTE OF
TECHNOLOGY**

INSTITIUID TEICNEOLAÍOCHTA CHORCAI



breakthrough
CANCER RESEARCH



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The Lilly logo is written in a red, cursive script font, with the letters 'Lilly' in a stylized, flowing hand.

**For more information about cancer, contact Breakthrough Cancer Research at
1890 998 998 or visit www.breakthroughcancerresearch.ie**

Welcome

If you have been diagnosed with cancer and have a good appetite and can swallow food normally then a healthy eating diet will provide you with all the nutrients your body needs to function properly.

Unfortunately, eating and maintaining weight can be a difficult task for many cancer patients and especially those who experience swallowing difficulties. This book has been created by oncology dietitians to provide patients with advice on how best to combat unplanned weight loss and other eating related problems that are encountered by patients with cancers of their upper gut. We have tried to translate high protein high calorie texture-modified dietary information into simple, easy to prepare, nourishing meals.

In this book you will find 60 nourishing, texture-modified recipes that have been created specifically for people who are experiencing swallowing problems associated with their cancer journey. We hope you find this book helpful and enjoy experimenting with the recipes provided.

The contents of this book have been endorsed by the Irish Society of Medical Oncology (ISMO), The Irish Nutrition & Dietetic Institute (INDI), and the Irish Society of Clinical Nutrition & Metabolism (IrSPEN)



Please Note:

It is important to remember that the advice and recipes included in this booklet are specifically tailored for people with cancer of their upper gut who are experiencing swallowing difficulties and weight loss due to their disease or the treatment they are receiving.

One size does not fit all; it is important that you talk to your medical team (Doctor, Dietitian or cancer nurse specialist) to check whether the advice in this book is appropriate for you. This book should never be used to replace advice from your medical team or dietitian. If you have difficulties swallowing and have been advised to follow a specific texture modified diet your medical team will be able to advise you on which recipes are suitable and how to adapt recipes, if necessary, so that they are safe for you to eat.

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Letter from Author

Dr Goife Ryan PhD



Following on from the success of our 'Good Nutrition for Cancer Recovery' cookbook published in 2014 our team at University College Cork and Breakthrough Cancer Research decided to produce a specialised cookbook for cancer patients experiencing chewing or swallowing difficulties.

Difficulties chewing food and swallowing food affect many cancer patients with tumours of their mouth, neck and throat, oesophagus and stomach. Many of these patients are advised to follow a texture modified diet by their medical team to improve their oral intake and ensure safe swallowing. Coupled with this, patients with cancers of their upper gut also frequently experience unintentional weight loss and poor appetite. Eating becomes an enormous challenge and the joy of food can be lost. Weight loss that is not intended can have a serious negative impact on quality of life, tolerance to chemotherapy, radiation therapy and surgery, as well as reducing overall survival.

It is vitally important that cancer patients with swallowing problems are given every assistance possible to maximise their intake of protein and calories within their own individual capacity to swallow food safely. To aid this, many are recommended to follow a 'texture modified diet'. Our Irish national texture descriptors are: 'liquidised', 'soft', 'minced and moist', and 'smooth pureed'. It is challenging to develop meals that meet these texture descriptors but that are also visually appealing, nourishing and in smaller volumes.

Our team of oncology dietitians and chefs, have worked hard over the last year to translate the nutritional advice for people with swallowing problems that are losing weight into simple, nourishing and enjoyable meal ideas. Most importantly these texture modified meals need to look and taste appealing! All of the recipes in this booklet have been created and analysed specifically

for patients who are losing weight. 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 5g protein, while soups and drinks >300kcal and 3 g protein per serving.}

I am hugely grateful to the team I have worked with on this project, especially Ruth Elliott & Fiona Dwyer (both nutritional science graduates from UCC); our dietetic colleagues at St. James's Hospital (Michelle Fanning & Aisling McHugh); our academic colleagues at the Tourism and Hospitality Department at Cork Institute of Technology (especially Ms Jane Healy and Ms Ann O'Connor); our medical oncology colleagues (especially Dr Derek Power, Consultant Medical Oncologist at Mercy University Hospital, Cork) and the wonderful team at Breakthrough Cancer Research (especially Eoghan O'Sullivan & Orla Dolan). Thanks to funding from Eli Lilly, 10,000 copies of this book will be printed and distributed free of charge to upper GI cancer patients throughout Ireland. I hope that this book brings to life the nutrition advice many cancer patients receive from their doctors and dietitians. In turn, I hope it helps in some small way improve the difficult and challenging treatment pathways cancer patients and their families endure.

Dr Aoife Ryan PhD, RD
Dietitian & Lecturer in Nutritional Sciences,
University College Cork

Letter from Consultant Medical Oncologist

Dr Derek Power



Much of my medical oncology practice focuses on treating patients with cancers of their oesophagus and stomach. Almost every working day my patients tell me of their difficulties with poor appetite and weight loss. When patients have cancers of the upper part of their gut eating becomes even more challenging as so many have difficulty swallowing food. They describe food 'stuck' in their gullet or tell me they have to avoid many foods including meats, bread and hard foods. Some resort to liquidising their foods but the majority have very limited diets and almost all lose weight during treatment.

Weight loss during cancer treatment is well known to adversely affect outcomes including how cancer patients tolerate chemotherapy and recover from surgery, but it also has a negative impact on their quality of life and ultimately their survival. Patients with cancers of their upper gut need to try to maintain their weight throughout their treatment (regardless of what they weighed at diagnosis) because we know that weight stable cancer patients simply do better and live longer.

The fundamental issue is how do we get our cancer patients to eat enough calories, and especially enough protein, to maintain their weight and muscle mass during therapy. This is a very difficult task for most cancer patients but even more so for those who have difficulty chewing or swallowing.

I am privileged to have been involved in the production of this book and I know it will be a tremendously useful resource for upper GI cancer patients and their care givers. It was hugely challenging for the team at UCC to come up

with energy and protein dense meals that are modified in texture and small in volume that have simple lists of ingredients, and both look and taste good!

This book is a first of its kind internationally and thanks to funding from Eli Lilly we are in the fortunate position to distribute it free of charge to Irish cancer patients. I know it will be an invaluable tool for my upper GI cancer patients and I hope it helps translate good nutritional advice into everyday foods that can both build up and sustain cancer patients throughout their difficult cancer journey.

**Derek G Power MRCPI
Consultant Medical Oncologist,
Mercy & Cork University Hospitals.**

Letter from Consultant Upper Gastrointestinal Surgeon

Professor John V Reynolds



As Chairman of the Irish Society for Clinical Nutrition and Metabolism (IrSPEN), and also the Irish National Lead in Oesophageal and Stomach Cancer, I am delighted to endorse Eating Well for Swallowing Difficulties in Cancer.

Oesophageal and stomach cancer and their treatments are associated with significant challenges for maintenance of weight and strength and associated wellbeing and quality of life. It is imperative that patients maintain intake of calories, protein and essential nutrients, but the limitations imposed by the tumour itself on eating normal food commonly presents a major challenge, not uncommonly compounded by a poor appetite and early satiety.

Dr Aoife Ryan and her team of collaborators have done a great job in compiling this book of nutritionally complete recipes. I have no doubt that this will be of great benefit to many patients with these difficult cancers, or recovery from treatment. On behalf of IrSPEN (Irish Society of Clinical Nutrition & Metabolism) I congratulate all concerned for this initiative and the book represents a most valuable addition to the overall support of the wellbeing of patients facing cancers where normal food intake is compromised, in particular, but not exclusive to cancer of the oesophagus and stomach, and 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 the CEO of the Irish Nutrition and Dietetic Institute (INDI)

Jennifer Feighan



The Irish Nutrition and Dietetic Institute (INDI) is the Professional Body representing the interests of over 700 qualified and registered dietitians in Ireland.

INDI's mission is to advance the leading role of our members in improving the nation's health through food and nutrition. We work to ensure that people are empowered to eat for health - for themselves and their families, at different life stages. For those with nutrition-related illnesses or chronic diseases, we work to ensure they get the best nutritional care, treatment, information and support, at the earliest possible opportunity, therefore we are delighted to be involved with this very worthwhile initiative for patients who experience swallowing difficulties during their cancer treatment.

This type of specialist but very practical advice developed by Dr Aoife Ryan and the team at University College Cork and Breakthrough Cancer Research helps to support patients and their families as they go through their cancer journey and will help to sustain them on the road back to health and wellness. It is a great resource for patient and healthcare professionals alike.

**Jennifer Feighan,
Chief Executive Officer,
Irish Nutrition and Dietetic Institute (INDI)**



36,000 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, 8,800 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 BCR 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 ,
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or call 1890 998 998.

INTRODUCTION

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 treatment.

Research has shown that weight loss caused by cancer and cancer treatment can reduce a person's response to treatment; increase treatment related side-effects and a person's quality of life and overall survival.

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.



What is Dysphagia?

Neck, throat and upper gastrointestinal cancers can greatly affect one's ability to normally chew and swallow food. Dysphagia is a medical term used to describe this swallowing disorder. Dysphagia is categorised by having a difficulty in chewing and moistening foods in the mouth, or in moving food from the mouth to the stomach. Dysphagia results in discomfort or an inability to swallow foods normally.

Weakness of the mouth and throat muscles can occur in dysphagia and may result in food or drinks “going down the wrong way”. This means that the food or drinks will go into the lungs instead of the stomach. This can cause chest infections. Modifying food consistency minimises the risk of choking or food or drinks entering the lungs (aspiration) and can also help to minimise the feeling of food ‘getting stuck’ in the oesophagus. Liquids can sometimes be thickened (if recommended by your speech & language therapist), while solid foods are altered in texture.

Signs that you may be experiencing dysphagia/swallowing difficulties

- Coughing and choking when you are swallowing food or drink
- A feeling of food ‘getting stuck’ in the gullet
- Food or drink ‘going down the wrong way’
- Coughing during or after mealtimes
- Your voice may sound wet after eating/drinking
- Food may be not be completely swallowed and some left in the mouth after a meal.
- You may be eating slower than usual, or eating smaller meals
- You may be experiencing unwanted weight loss.

Modified Texture Diets

There are four different texture diets that can be advised by your Doctor, Dietitian or Speech & Language therapist: soft, minced and moist, smooth pureed or liquidised. Soft foods are the least modified, while liquidised foods are the most modified.



Soft Diet

Food in this category may be naturally soft (e.g. ripe banana) or may be cooked to achieve a soft texture. Soft foods can be chewed but not necessarily bitten. Minimal cutting should be required to eat these foods and they are easily broken up with a fork. Food should be moist or served with a sauce or gravy to increase moisture content. Sliced meat is allowed once cut up finely, is easy to chew and extra sauce or gravy is added to soften further. Target particle size is 1.5 x 1.5cm for adults. Crustless bread is allowed unless specified otherwise. Avoid foods that are dry, hard, stringy, crunchy or sticky.



Minced and Moist Diet

Food in this category is soft, minced and moist and should easily form into a ball. Food particles are much smaller and should be 0.5cm in size. One uses their tongue rather than teeth to break the small lumps. Food is soft and moist and can be moistened with soup, sauce, gravy or milk. Food should be easily mashed with a fork. Lumps are soft and rounded (no hard or sharp lumps). Hard, stringy, crumbly and sticky foods are not allowed. All types of bread should be avoided in this diet.



Smooth Pureed Diet

Food in this category is smooth and lump free. The texture of these foods should be similar to a commercial pudding consistency. At times, smooth pureed food may have a grainy quality but should not contain lumps. Smooth pureed food should be moist and cohesive enough to hold its shape on a spoon. Food can be moulded, layered or piped.



Liquidised Diet

Foods in this category have a smooth, pouring, uniform consistency. This food has been pureed or sieved to remove any lumps. Liquidised meals are generally served in a bowl and should be thin enough to take through a wide bore straw. It should not be possible to eat liquidised meals with a fork.

A high liquid content in this diet can make it low in energy and nutrients. Take extra care to try and boost calorie content of foods to ensure an adequate energy intake. It may be difficult to achieve this texture with certain foods such as pasta.

FOODS TO AVOID ON TEXTURE MODIFIED DIETS

Certain foods are not suitable for individuals on a modified texture diet. These are foods that are difficult to chew or swallow or may pose a choking hazard. Foods that should not be eaten include:

- Stringy, fibrous foods such as celery, cabbage, kale or lettuce
- Mixed consistency foods may cause swallowing difficulties such as soups with lumps or cereal with milk.
- Rough, crunchy foods such as crisps, dry biscuits, crackers, nuts or toast
- Foods that crumble such as pie-crusts, crumble or bread crusts.
- Hard foods such as boiled sweets, chewy sweets and toffee.
- Foods with husks such as seeds, beans and corn with husks.

Tips for safe swallowing

- Sit upright with arms and shoulders forward and don't rest your arms/elbows on the table.
- Remain in the above position for at least 30 minutes after every meal/drink. Do not lie down after eating a meal.
- Avoid eating or drinking in a lying down position, it is difficult to swallow in this position.
- Never talk while eating or drinking.
- Take small amounts at a time, and eat slowly.
- Swallow twice on every mouthful.
- If you can hear a gurgly sound to your voice after swallowing, cough and swallow again

Ensuring adequate intake of nutrients on a texture modified diet

A texture-modified diet should ideally meet your daily needs for energy, protein, vitamins and minerals. However, if not planned correctly texture modified diets can be low in energy and nutrients, and this coupled with reduced food intake and limited palatability, means cancer patients can experience significant weight loss.

Added to the challenge of swallowing foods, cancer patients frequently have increased nutritional requirements because the cancer itself or its treatment can greatly alter how your body uses the food you eat. It is essential that unintentional, rapid weight loss is addressed as it has a negative impact on recovery.

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.

The most important thing you can do during cancer treatment if you are experiencing weight loss and/or swallowing difficulties is to **eat little and often**, snack frequently and introduce calories wherever possible. It is essential that texture modified diets are adequately prepared and fortified to try to minimise weight loss.

Eating with an oesophageal stent

If you have had an oesophageal stent placed by your doctor/ surgeon then it is important to follow a soft moist diet to help prevent the stent becoming blocked:

- Eat only foods that are soft and moist and can be easily broken up with a fork or chopped into small pieces. Foods can be moistened with sauces and gravies. Desserts can be moistened with cream, ice-cream or custard.
- Take small mouthfuls of food at a time, chew foods properly and eat slowly.
- Avoid large lumps of food and dry foods.
- Sipping drinks during and after each meal can help keep the stent clear.
- Sit in an upright position when eating and for half an hour afterwards if possible.



ADDITIONAL PROBLEMS WHICH MAY AFFECT EATING

In addition to chewing and swallowing difficulties that patients with upper gastrointestinal cancers experience, they also can experience side effects of treatment which have an impact on eating. 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 and oesophagus 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.

Sore Mouth

Some chemotherapy 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 (if allowed) can help soothe a sore mouth.

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, minced and moist, smooth pureed foods are easier to eat. Add sauces to moisten foods.
- Avoid salty foods as well as spicy food, caffeine and alcohol which dry out your mouth further.
- Chewing gum may help to stimulate saliva.
- Try rinsing your mouth with one of these mouth rinses before meals:
 - Baking soda with water (1/4 tsp baking soda to 1 cup water)
 - Salted water (1/8 tsp salt to 1 cup water)
 - Flavoured soda water
 - Sparkling soda water

Chewing Difficulties

Depending on the severity and cause of chewing problems, certain approaches may work better for some patients than for others. Try different types of foods with the goal of eating a nutritious diet that has enough calories, protein, vitamins and minerals. Here are some more tips:

- Eat soft, smooth foods, such as yogurt, pudding, or ice cream.
- Mash or blend foods, or add blended vegetables or ground meats to casseroles or soups.
- Moisten dry foods with broth, sauce, butter or milk.
- Take sips of water or other liquids while eating to keep the mouth and food moist.

- Try softer versions of your favourite fruits or vegetables, like applesauce or pureed carrots; switch to softer fruits and vegetables, such as bananas or peas; or consider eating baby food.
- Cut food into small bites and chew slowly and thoroughly.
- If you are losing weight, eat smaller, more frequent meals that are high in protein and calories, such as eggs, milkshakes, casseroles and nutritional shakes.
- Avoid dry, coarse or hard foods and foods that need a lot of chewing.

Taste and Smell Changes

Some people with cancer find that their taste changes, although this is usually temporary. 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 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.
- Sharp-tasting foods like fresh fruit can be refreshing and leave a pleasant taste in the mouth.
- Re try foods every 2-3 weeks as the taste may have returned to normal.

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.

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. The most common cause of nausea and vomiting is chemotherapy, radiation therapy or upper gastrointestinal surgery. You should discuss these symptoms with your doctor as anti-sickness medications can ease nausea and prevent you throwing up. In general:

- Eat little and often. Avoid skipping meals; 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 a strong odour.
- Drink flat ginger ale or include ginger in meals, as ginger soothes nausea.
- Avoid your favourite foods when nauseated, as you may grow to dislike them.
- Avoiding eating 1-2 hours before treatment it may lessen nausea.
- Try not to prepare meals when nauseated and rest after meals.

ADVICE TO CAREGIVERS

Caregivers may find it difficult and frustrating to try to meet the nutritional needs of a family member or loved one who may not want to eat or who may have difficulty swallowing. Their diets can become very limited and weight loss can become obvious.

When your loved one does not feel like eating, it is important to be patient and encouraging. Often cancer patients don't feel like eating 3 meals a day and what was once their favourite meals may no longer appeal to them. Try to encourage him/her to eat five or six small meals a day. If old favourites no longer appeal then perhaps new foods will be surprisingly well received. Cook in batches and keep food in the fridge and freezer in small portions that can be easily re-heated.

Some other useful tips:

Offer favourite foods anytime of the day. It is ok to eat breakfast food later in the day or the main dish earlier in the day.

Prepare the biggest meal of the day when your loved one feels the hungriest. This may often be in the morning.

Pay attention to the appearance of food. If appetite is poor then the presentation of food can be off putting.

If your loved one is nauseous and sensitive to cooking smells, try to prepare meals in a different room or different location if possible from where they will be eating. Serving foods cool or at room temperature can also help to lessen smells.

Package leftovers in single serving containers and safely store for later or freeze for consumption on another day.

Spicy, greasy, fatty or heavy meals may not be well tolerated on an unsettled stomach.

Protein intake is very important to reduce muscle loss in cancer patients. Try to ensure they consume dishes with meat, fish, cheese, or eggs. Milk is also a very nourishing drink.

Drinking is often easier than eating. If your loved one does not feel like eating a meal, offer sips of smoothies, nourishing soups and nutritional supplements. Try to avoid filling their stomachs with water, tea, coffee and other fluids which have little nourishment. You will find ideas for many nourishing soups and drinks in this book.



Tips to Make Meals More Nourishing

In this cookbook we have tried to enrich the recipes as much as possible. When you are preparing your own meals with your own recipes use the tips below to help make them more nourishing:

Add butter, sugar, cream or cheese when mashing or blending food or to add more moisture and calories.

Add seedless jam, marmalade without bits, or honey to porridge, breakfast cereals, milk puddings or smooth yoghurt.

Add margarine or butter, mayonnaise or soft cheese in mashed potato or on cooked vegetables.

Serve desserts with cream, custard or ice-cream.

Use full fat dairy products instead of reduced fat.

Add grated cheese to eggs, soups or pasta dishes.

Serve meals with sauces and add double cream to cooking sauces.

Consume nourishing drinks such as fruit juices, full fat milk or milk fortified with skimmed milk powder instead of water.

Avoid carbonated drinks as they make you feel fuller.

Include a high protein food (for example: meat, poultry, fish, eggs or cheese) as part of at least two of your meals daily.

Aim for 3 meals and at least 3 small snacks during the day – small frequent meals spread a few hours apart make it easier to get more calories in.

Make every mouthful count. Don't fill up on low energy foods like water, diet drinks or plain fruits and vegetables.

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 tips below 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 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 vegetables, even if marked 'pre-washed'.
- As berries (fresh or frozen) cannot be peeled or thoroughly washed it is best to boil them briefly to make a smooth puree before incorporating into recipes. Tinned berries can be eaten without boiling.
- 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 food that is out of date.
- Avoid any bruised/mouldy fruit and vegetables or any moulding dairy products or bread.

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Sweetcorn, Chicken and Chickpea Soup	✓	✓	✓	✓	65
Vegetable Soup	✓	✓	✓	✓	67

LIGHT MEALS	SOFT	MINCED & MOIST	LIQUIDISED	SMOOTH PUREED	PAGE
Chicken with Carrot and Apple	✓	✓		✓	71
Couscous Salad	✓	✓			73
Egg in a Cup	✓	✓			75
Mixed Herb Omelette	✓				77
Red Pepper, Mushroom & Feta Scrambled Eggs	✓	✓			79
Salmon Fish Cakes	✓				81
Salmon Scrambled Eggs	✓	✓			83

MAINS	SOFT	MINCED & MOIST	LIQUIDISED	SMOOTH PUREED	PAGE
Beef and Stout Stew	✓	✓			87
Turkey and Broccoli with Mashed Potatoes	✓	✓			89
Chicken Casserole	✓	✓			91
Easy Fish Pie	✓	✓			93
Irish Stew	✓	✓			95
Orzo Bolognaise	✓	✓			97
Risotto	✓	✓			99
Root Vegetable and Ricotta Lasagne	✓	✓			101
Shepherd's Pie	✓	✓			103
Tomato Butternut Squash Pasta	✓	✓			105
Creamed Potatoes	✓	✓		✓	107

DESSERTS	SOFT	MINCED & MOIST	LIQUIDISED	SMOOTH PUREED	PAGE
Banana Dessert	✓	✓		✓	111
Chocolate Avocado Mousse	✓	✓		✓	113
Frozen Yogurt Dessert	✓	✓			115
Lemon & Ginger Cheesecake	✓	✓			117
Rice Pudding	✓	✓			119
Tiramisu	✓	✓			121
White Chocolate - Strawberry Mousse	✓	✓		✓	123

NOURISHING DRINKS	SOFT	MINCED & MOIST	LIQUIDISED	SMOOTH PUREED	PAGE
Apple and Avocado Smoothie	✓	✓	✓	✓	126
Banana & Peanut Butter Smoothie	✓	✓	✓	✓	127
Chocolate Banana Smoothie	✓	✓	✓	✓	128
Creamy Berry Smoothie	✓	✓	✓	✓	129
Frozen Fruit Smoothie	✓	✓	✓	✓	130
Ginger and Raspberry Smoothie	✓	✓	✓	✓	131
High Fibre Smoothie	✓	✓	✓	✓	132
Mint Milkshake	✓	✓	✓	✓	133
Nutty Mango and Banana Smoothie	✓	✓	✓	✓	134
Oatmeal Smoothie	✓	✓	✓	✓	135
Orange Crush Smoothie	✓	✓	✓	✓	136
Peach Smoothie	✓	✓	✓	✓	137
Raspberry Mango Smoothie	✓	✓	✓	✓	138
Strawberry Avocado Smoothie	✓	✓	✓	✓	139
Strawberry, Peanut Butter & Banana Smoothie	✓	✓	✓	✓	140
Tangy Lemon Milkshake	✓	✓	✓	✓	141
Tasty Tropical Smoothie	✓	✓	✓	✓	142

***IMPORTANT: If you have been advised by a speech and language therapist to thicken fluids to a Grade 3 or 4 consistency, you will need to thicken soups and smoothies with a commercial thickener. Please refer to your speech and language therapist's guidelines on how to thicken fluids.**

Note on finely chopping and thorough cooking

It is very important if you have been advised to follow a specific texture modified diet that you chop foods to the appropriate size. Throughout this book recipes coded:

- **Soft** – food particles must be less than 1.5cm x 1.5cm in size.
- **Minced & moist** – food particles must be less than 0.5cm x 0.5cm in size.

It is also very important that vegetables are cooked until they are very soft in texture and are easy to mash with a fork.

- **Liquidised** – these meals must be blended to a smooth pouring consistency
- **Smooth Pureed** – meals must be smooth, lump free and of a commercial pudding consistency.

RECIPES

Key

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Household Measurement

1 teaspoon (tsp.)= 5g

1 tablespoon (tbsp.)= 15g



Vegetarian



Good source of fibre [◇]



Good source of protein*



Rich in a vitamin/mineral [§]



High in Protein**



Suitable for freezing

*A food is a good source of protein when >12% of total calories are from protein

**A food is high in protein when >20% of total calories are from protein.

◇A food is a good source of fibre if it contains 3g/100g

§A food is a rich source of a micronutrient if it contains >1/3rd of the RDA for said nutrient



Soups

This selection of quick and easy soups are ideal if you have been advised to follow a liquidised diet but are also ideal for those who don't feel like eating a solid meal. The energy and protein content of these soups has been maximised so they are as nourishing as possible.

The recipes incorporate typical household ingredients and can be made in bulk and frozen for later use.

For those on a liquidised diet, soups should be thoroughly blended to ensure there are no lumps. Blend using a hand blender/ food processor and continue to blend until the soup is completely smooth and lump-free.

IMPORTANT: If you have been advised by a speech and language therapist to thicken fluids to a Grade 3 or 4 consistency, you will need to thicken smoothies and soups with a commercial thickener. Please refer to your speech and language therapist's guidelines on how to thicken fluids.

A note on skimmed milk powder:

The majority of commercial and homemade soups tend to be low in protein.

Because protein is so important for cancer patients many of the soups and nourishing drinks in this book contain an ingredient called skimmed milk powder. Skimmed milk powder is made by the removal of water and the majority of the fat content of milk. It is an excellent source of protein and provides a full range of amino acids. Some brands are also fortified with important vitamins such as vitamin D. It is used to boost the protein content of meals that are low in protein. This is done because a diet rich in protein can help prevent loss of muscle mass. Maintaining muscle mass is very important because low muscle mass is associated with a variety of poor health outcomes in cancer patients.

This is why every effort has been made to make the majority of recipes in this book a good source of protein.

Skimmed milk powder can be found in most of the main supermarkets in the tea/coffee aisle. It has a long shelf-life and can be kept in a cupboard for 6 weeks once opened. When adding it into soup, mix it with cool liquid first and add to the soup. It will not affect the taste or consistency of the meals; it is just like adding milk to a soup or smoothie.



SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Mixed Bean Soup

Prep time: 15 minutes Cooking time: 45 minutes

Serves 6

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, finely chopped (150g)
- 3 garlic cloves, finely chopped (10g)
- 1 celery stick, finely chopped (60g)
- 1 large carrot, peeled and finely chopped (100g)
- 1 small fennel bulb, finely chopped (150g)
- ¼ tsp. dried thyme (1g)
- 1 x 400g can of chopped tomatoes
- 1 litre vegetable stock
- 3x400g cans of mixed beans, drained
- 150g skimmed milk powder
- 40g grated parmesan
- Pinch of pepper

A delicious vegetarian soup full of nutritious vegetables and protein-packed beans.

- 1 Heat the oil in a pot, add the onion and cook for 5 minutes, stirring occasionally, until soft.
- 2 Add the garlic, celery, carrots, fennel and thyme and continue cooking for 2 minutes.
- 3 Add the tinned tomatoes and bring to the boil for 2 minutes.
- 4 Add 900ml of the stock, boil for 1 minute then turn down to a simmer. Cover with a lid and leave to simmer for 15 minutes, until the vegetables are tender.
- 5 Add the cans of mixed beans and cook for 15 minutes.
- 6 Combine the remaining 100ml of stock with skimmed milk powder, stir and add to the soup with the parmesan and pepper.
- 7 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Typical Values	Per 350g serving
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Energy	326kcal
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Fat	10.5g
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Carbohydrate	34.3g
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Protein	19.6g
---------	-------

Salt	1.4g
------	------

Fibre	9.5g
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SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Cream of Chicken Soup

Prep time: 10 minutes Cooking time: 40 minutes

Serves 4

- 2 Tbsp. olive oil (30ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 medium leek, thoroughly washed and finely chopped (150g)
- 2 large chicken breasts, chopped (400g)
- 600ml chicken stock
- 1 Tsp. fresh parsley, chopped (5g)
- 1 Tsp. fresh thyme, chopped (5g)
- 175ml double cream
- Pinch of pepper

This smooth, mild soup provides a nourishing protein kick.

- 1 Heat the oil in a pot, add the onion and allow to soften for about 5 minutes.
- 2 Add the leek and cook for a further 5 minutes.
- 3 Add the chicken, stock, herbs and seasoning and bring to the boil for 2 minutes, reduce the heat to a simmer.
- 4 Allow to simmer for 25 minutes until the chicken is cooked through.
- 5 Add the cream and blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	476kcal
Fat	37.5g
Carbohydrate	5.6g
Protein	30.1g
Salt	1.1g
Fibre	2.5g

High in protein. Rich in vitamin A, B6, niacin and phosphorus

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Cauliflower and Cheddar Soup

Prep time: 15 minutes Cooking time: 40 minutes

Serves 6

- 50g butter
- 1 medium onion, finely chopped (150g)
- 1 stick celery, finely chopped (60g)
- Florets of 1 large cauliflower, chopped and trimmed of stalk (270g)
- 1250ml vegetable stock
- 1/2 tsp. dry mustard powder (3g)
- Small bunch of thyme leaves (1g)
- 200g skimmed milk powder
- 200ml double cream
- 150g cheddar
- Pinch of pepper

A creamy classic combination to make a quick and easy family favourite.

- 1 Heat the butter in a pot over a medium heat. Fry the onions and celery gently in the butter until soft, but ensuring they do not colour.
- 2 Add the chopped cauliflower, the stock, mustard powder and the thyme. Bring to a boil for 2 minutes, then turn down the heat and simmer gently for 30 minutes until the cauliflower is soft.
- 3 Combine the skimmed milk powder with the cream, stir and add to soup along with the cheese and pepper.
- 4 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	522kcal
Fat	37.5g
Carbohydrate	23.8g
Protein	22.4g
Salt	2.1g
Fibre	2.4g

Rich in vitamin A. A good source of B12, calcium and phosphorus

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Chicken with Honey-Roasted Parsnip, Almond and Cumin Soup

Prep time: 10 minutes Cooking Time: 50 minutes

Serves 5

6 Tbsp. olive oil (90ml)
2 large parsnips, peeled and chopped (300g)
1 Tbsp. honey (30g)
2 medium chicken breasts, chopped into chunks (300g)
1 medium onion, peeled and finely chopped (150g)
2 small potatoes, peeled and finely chopped (200g)
1 large carrot, peeled and finely chopped (120g)
2 sticks of celery, finely chopped (100g)
½ tsp. ground cinnamon (2g)
1 tsp. ground cumin (5g)
100g ground almonds
1 litre of vegetable stock
120g skimmed milk powder

A tasty, lightly sweet and spiced soup full of protein.

- 1 Preheat oven to 180°C.
- 2 Mix 3 Tbsp. of the olive oil with the honey and a pinch of salt and pepper. Coat the parsnips in this mixture.
- 3 Place on a baking tray and roast for approximately 30 minutes until soft.
- 4 Meanwhile, heat the remaining 3 Tbsp. oil in a pot, add chicken and onion and stir briefly. Cook for 5 minutes.
- 5 Add the chopped vegetables, cover with a lid, turn down to a low heat and sweat for 15 minutes, stirring occasionally.
- 6 Add the ground cinnamon and cumin and cook for a further 3 minutes.
- 7 Add the ground almonds, 900ml of stock and the roast parsnips, simmer for 20 minutes, until all the vegetables are soft.
- 8 Combine the remaining 100ml of cooled stock with the skimmed milk powder, stir and add to the soup.
- 9 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	459kcal
Fat	27g
Carbohydrate	30.5g
Protein	25.6g
Salt	1.4g
Fibre	6.0g

A good source of protein. Rich in Niacin and B6. A good source of iron and other B vitamins.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Lamb and Vegetable Soup

Prep time: 15 minutes — Cooking time: 45 minutes

Serves 5

- 2 Tbsp. olive oil (30ml)
- 400g lamb mince
- 1 medium onion, peeled and finely chopped (150g)
- 2 sticks celery, finely chopped (100g)
- 3 large carrots, peeled and finely chopped (300g)
- 1 medium potato, peeled and finely chopped (120g)
- 1/2 tsp. fresh thyme, chopped (2g)
- 800ml vegetable stock
- 150ml full-fat milk
- 120g skimmed milk powder
- 100ml double cream
- Pinch of pepper

An easy, warming and traditional recipe for creamy soup with a superb flavour.

- 1 Heat the oil in a pot and add in lamb and onion and cook for 5 minutes. Break up the lamb with a spoon into small pieces.
- 2 Add the celery and carrot and cook for 10 minutes.
- 3 Add in the potato, thyme, and stock.
- 4 Bring to the boil and then simmer for approximately 30 minutes, until the meat is tender and the vegetables are soft.
- 5 Combine the milk with the skimmed milk powder, stir and add to the pot with the cream and a pinch of pepper.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	448kcal
Fat	23.1g
Carbohydrate	28.7g
Protein	25.9g
Salt	1.4g
Fibre	3.5g

Good source of protein. Rich in vitamin B12. Good source of iron and zinc.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Courgette and Almond Soup

Prep time: 10 minutes Cooking time: 35 minutes

Serves 5

- 3 Tbsp. olive oil (45ml)
- 2 small onions, peeled and finely chopped (120g)
- 2 medium potatoes, peeled and finely chopped (300g)
- 100g canned chickpeas, drained
- 500ml vegetable stock
- 3 medium courgettes, finely chopped (400g)
- 100g skimmed milk powder
- 200ml milk
- 100ml cream
- 150g ground almonds

This soup uses almonds which are rich in heart-healthy monounsaturated fats.

- 1 Heat the oil in a pot, add the onion and cook over a very low heat for 5 minutes.
- 2 Add the potato, chickpeas and stock, bring to the boil, then reduce the heat and simmer for 20 minutes, or until the potato is cooked and chickpeas have softened.
- 3 Add the courgettes, bring back to the boil and then simmer for 10 minutes.
- 4 As soon as the courgettes are cooked, remove the pot from the heat.
- 5 Mix together the skimmed milk powder with the milk. Add this to the soup with the cream and almonds.
- 6 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	497kcal
Fat	32.6g
Carbohydrate	32.2g
Protein	18.9g
Salt	0.7g
Fibre	5.6g

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Leek and Potato Soup

Prep time: 10 minutes Cooking time: 45 minutes

Serves 5

A warm and comforting Irish favourite with an extra protein boost.

- 50g butter
- 1 large onion, peeled and finely chopped (200g)
- 1 large leek, thoroughly washed and finely chopped (200g)
- 2 large potatoes, peeled and finely chopped (400g)
- 750ml stock
- 300ml full-fat milk
- 100ml cream
- 120g skimmed milk powder

- 1 Melt the butter in a pot and add the onion and leek, cook without colour for 10 minutes.
- 2 Add the potatoes and stock and bring to the boil.
- 3 Turn down to a gentle simmer and cover, cook for 30 minutes.
- 4 Whisk together the milk, cream and skimmed milk powder. Add this mix to the soup and blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	305kcal
Fat	14.7g
Carbohydrate	31.5g
Protein	13.7g
Salt	1.4g
Fibre	3.2g

Good source of vitamin B6, B12 and phosphorus

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Lamb, Chickpea and Lentil Soup

Prep time: 15 minutes Cooking time: 1 hour & 45 minutes

Serves 6

- 3 Tbsp. olive oil (45ml)
- 2 medium onions, peeled and finely chopped (300g)
- 2 celery sticks, finely chopped (100g)
- 2 small carrots, peeled and finely chopped (120g)
- 3 garlic cloves peeled and finely chopped (10g)
- 400g lamb mince
- 1 tsp. cumin seeds (6g)
- 2 tsp. ground turmeric (10g)
- 1 tsp. paprika (5g)
- 2 Tbsp. tomato puree (30g)
- 1 litre chicken stock
- 1 x 400g can of chopped tomatoes
- 1 x 400g can of chickpeas, drained and rinsed
- 100g dried raw brown/green lentils or 1 x 400g tinned lentils, drained

This soup is high in protein, iron and zinc and packs a fragrant punch of flavour.

- 1 Heat the oil in a pot, add the onions, celery and carrots and cook over a medium heat for 5 minutes, stirring frequently, until the onions begin to colour.
- 2 Add the garlic and lamb and cook until the lamb is lightly browned all over, about 5 minutes. Add the spices and stir in the tomato puree. Cook for 2 minutes.
- 3 Pour in the stock and bring to the boil. Reduce the heat, cover and simmer for one hour, or until the meat is tender.
- 4 Rinse and drain the lentils.
- 5 Add the tomatoes, chickpeas and lentils and simmer gently for a further 30 minutes or until the lentils are soft.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	319kcal
Fat	17.9g
Carbohydrate	22.1g
Protein	21.0g
Salt	0.7g
Fibre	3.9g

High in protein. Rich in vitamin B12, phosphorus, iron and zinc.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT



*Photo includes garnish of grated parmesan.
If you have been advised to follow a purely liquidised diet please do not garnish soup with grated cheese.



Minestrone Soup

Prep time: 20 minutes Cooking time: 35 minutes

Serves 5

- 3 Tbsp. olive oil (45ml)
- 75g streaky bacon, finely chopped
- 1 small onion, peeled and finely chopped (100g)
- 2 cloves garlic, peeled and finely chopped (6g)
- 1 small leek, thoroughly washed and finely chopped (100g)
- 1 small celery stalk, finely chopped (30g)
- 1 large carrot, peeled and finely chopped (100g)
- 1 Tbsp. tomato puree (15g)
- 1x400g can of tomatoes
- 1 litre vegetable stock
- 100g spaghetti, broken into small pieces
- 100g peas
- 100g green beans
- 100g grated parmesan

A light, Italian style broth full of nutritious vegetables

-Department of Tourism and Hospitality, Cork Institute of Technology

- 1 Heat the oil in a pot. Add the bacon and onion and cook for 5 minutes.
- 2 Add the garlic, leek, celery and carrot and cook for a further 5 minutes.
- 3 Add tomato puree and tinned tomatoes and bring to a boil for 2 minutes.
- 4 Add the stock and pasta and bring to the boil for 1 minute, then turn down to a simmer. Cook for 15 minutes.
- 5 Add peas and green beans and cook for 5 minutes.
- 6 Stir in the parmesan and blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	312kcal
Fat	18.6g
Carbohydrate	23.8g
Protein	14.7g
Salt	1.4g
Fibre	4.9g

Good source of protein, calcium, iron and zinc

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Parsnip, Ginger and Carrot Soup

Prep time: 10 minutes Cooking Time: 45 minutes

Serves 6

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 clove of garlic, peeled and finely chopped (3g)
- 2 large parsnips, peeled and finely chopped (400g)
- 3 medium carrots, peeled and finely chopped (300g)
- Thumb size piece of ginger, grated (20g)
- 1 tsp. orange zest (3g)
- 1 litre stock
- 1 x 400g can of chickpeas, drained and rinsed
- 150ml fresh orange juice
- 200ml double cream
- 120g skimmed milk powder
- Pinch of pepper

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

- 1 Heat the oil in a pot and add the onion, cook for 5 minutes.
- 2 Add the garlic, parsnip, carrot, ginger and orange zest. Cook for 5 minutes.
- 3 Add the stock and chickpeas and bring to the boil.
- 4 Turn down the heat and allow to simmer for 30 minutes, until all of the vegetables are soft.
- 5 Mix together the skimmed milk powder and cream. Add to the soup with the orange juice and a pinch of pepper.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	403kcal
Fat	26.3g
Carbohydrate	30.5g
Protein	11.9g
Salt	1.1g
Fibre	6.7g

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Pea and Bacon Soup

Prep time: 10 minutes — Cooking time: 30 minutes

Serves 4

2 Tbsp. oil (30ml)

1 medium onion, peeled and finely chopped (150g)

1 medium potato, peeled and finely chopped (175g)

400ml stock

600g frozen garden peas

100g cooked ham

300ml full-fat milk

100g skimmed milk powder

30g parmesan

Pinch of pepper

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

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes, until soft.
- 2 Add in the potato, stock and pepper. Boil for 15 minutes until the potato is soft.
- 3 Stir in the peas and ham and cook for 10 more minutes.
- 4 Mix the milk with the skimmed milk powder and add to the soup along with the parmesan.
- 5 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per 350g serving

Energy	354kcal
Fat	13.3g
Carbohydrate	35g
Protein	23g
Salt	2.1g
Fibre	7.7g

High in protein. A good source of vitamin C, calcium, iron, and zinc.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Pork and Mushroom Soup

Prep time: 10 minutes — Cooking time: 35 minutes

Serves 5

3 Tbsp. olive oil (45ml)
1 medium onion, peeled and finely chopped (150g)
300g pork mince
300g mushrooms, rinsed and finely chopped
2 cloves garlic, peeled and finely chopped (6g)
1 large potato, peeled and finely chopped (200g)
800ml stock
250ml full-fat milk
100g skimmed milk powder
100ml cream
Pinch of pepper

This velvety soup is rich in flavour and B vitamins but takes minimal effort to prepare.

- 1 Heat the oil in a pot and cook the onions for 5 minutes. Add the pork and brown the meat for 5 minutes.
- 2 Add the mushrooms and garlic and cook for a further 5 minutes.
- 3 Add the potato and stock. Bring to the boil and then turn down to a simmer for 20 minutes.
- 4 Combine the milk and skimmed milk powder, stir and add to the soup along with the cream and a good pinch of pepper.
- 5 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values	Per 350g serving
Energy	357kcal
Fat	20.7g
Carbohydrate	21.4g
Protein	22.8g
Salt	1.4g
Fibre	2.1g

High in protein. Rich in B vitamins.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Seafood Chowder

Prep time: 15 minutes Cooking Time: 35 minutes

Serves 4

- 1 Tbsp. olive oil (15ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 Tbsp. plain flour (15g)
- 2 small potatoes, peeled and finely chopped (225g)
- 600ml fish or vegetable stock
- 300ml full-fat milk
- Grated nutmeg (1g)
- 170g salmon, chopped into small chunks
- 150g cod, chopped into small chunks
- 4 Tbsp. cream (60ml)
- 250g frozen prawns
- Small bunch of parsley, chopped (5g)

This creamy chowder is bursting with protein, a good source of vitamin D and gives you your daily requirement for vitamin B12 in just one bowl!

- 1 Heat the oil in a saucepan and then add the onion. Cook until onion is soft, for about 5 minutes, and then add the flour and cook for a further two minutes.
- 2 Add in the potatoes and stock and bring to the boil for a minute, then turn it down to a gentle simmer. Cook for about 15 minutes, until the potatoes are soft.
- 3 Add the milk and nutmeg with the salmon and cod. Cook for 5 minutes.
- 4 Add the cream and prawns and simmer for another 5 minutes.
- 5 Finally, add the parsley and blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Note: Please ensure fish is free from bones as they pose a choking hazard.

Typical Values Per 350g serving

Energy	322kcal
Fat	15.8g
Carbohydrate	18.6g
Protein	28.7g
Salt	2.5g
Fibre	2.1g

High in protein. Rich in B12, B6, vitamin E, and a good source of vitamin D.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Chicken and Red Lentil Soup

Prep time: 10 minutes — Cooking time: 40 minutes

Serves 5

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 medium chicken breasts, cut into small chunks (300g)
- 2 cloves of garlic, peeled and finely chopped (6g)
- 1 tsp. cumin seeds (5g)
- 2 tsp. coriander seeds (10g)
- 250g raw red lentils
- 1500ml chicken stock
- 50ml double cream
- 200ml Greek-style yogurt
- 1 Tbsp. fresh parsley, finely chopped (15g)
- 2 tsp. lemon juice (10ml)

This gently spiced soup is full of protein, B vitamins, Magnesium, Zinc and Iron

- 1 Heat the oil in a frying pan over a medium heat and add the onion. Cook for 5 minutes.
- 2 Add the chicken and garlic and then cook for about 10 minutes until the chicken is slightly golden on the outside.
- 3 Add the ground spices and cook for 2 minutes.
- 4 Rinse and drain the lentils and to the stock, bring to a boil for 2 minutes, and then reduce to a gentle simmer. Cook for 20 minutes.
- 5 Stir in the cream, Greek-style yogurt, parsley and lemon juice. Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values Per serving

Energy	385kcal
Fat	20.6g
Carbohydrate	32.9g
Protein	30g
Salt	0.8g
Fibre	7.1g

High in protein. Rich in B vitamins & iron.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Sweet Potato and Lentil Soup

Prep time: 5 minutes Cooking time: 35 minutes

Serves 6

- 3 Tbsp. olive oil (45ml)
- 1 large onion, peeled and finely chopped (200g)
- 10g minced ginger
- 10g minced garlic
- 600g sweet potatoes, peeled and finely chopped
- 200g dried red lentils
- 1 x 400ml tin coconut milk
- 800ml vegetable stock
- 100ml double cream
- 120g skimmed milk powder

This warming and filling soup is full of iron and full of flavour.

- 1 Heat the oil in a pot. Gently fry the onions, ginger and garlic for 5 minutes.
- 2 Rinse and drain lentils. Add the sweet potatoes, lentils, coconut milk and the stock. Simmer for 30 minutes.
- 3 Mix together the cream and skimmed milk powder and add to the soup.
- 4 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values	Per 350g serving
Energy	541kcal
Fat	28.8g
Carbohydrate	55.7g
Protein	18.1g
Salt	1.2g
Fibre	7.9g

A good source of iron.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Sweetcorn, Chicken and Chickpea Soup

Prep time: 10 minutes Cooking time: 40 minutes

Serves 6

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 large chicken breasts, diced small (400g)
- 2 medium potatoes, peeled and finely chopped (300g)
- 1 x 400g tin chickpeas, drained
- 800ml chicken stock
- 300g tinned sweetcorn, drained
- 350ml full-fat milk
- 100g skimmed milk powder
- 100mls double cream
- Pepper to taste

A quick and easy soup that's high in protein.

- 1 Heat the oil in a pot and add the onions. Cook for 5 minutes.
- 2 Add the chicken and cook for 5 minutes. Add the potatoes, chickpeas, stock and pepper.
- 3 Bring to the boil, reduce the heat and cook for 15 minutes until the potato is soft.
- 4 Add the sweetcorn and cook for a further 10 minutes.
- 5 Mix the milk with the skimmed milk powder. Add this mix to the soup along with the cream.
- 6 Blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

Typical Values	Per 350g serving
Energy	396kcal
Fat	20.0g
Carbohydrate	27.3g
Protein	28.0g
Salt	2.2g
Fibre	3.9g

High in protein. A good source of B vitamins and iodine.

SOUPS

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT





Vegetable Soup

Prep time: 15 minutes Cooking time: 40 minutes

Serves 5

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and finely chopped (150g)
- 2 large carrots, peeled and finely chopped (200g)
- 2 sticks celery, finely chopped (100g)
- 1 medium leek, thoroughly washed and finely chopped (150g)
- ½ turnip, peeled and finely chopped (250g)
- 1 x 400g tin butterbeans, drained
- 1 medium potato, peeled and finely chopped (150g)
- 1/2 tsp. fresh thyme (2g)
- 600ml stock
- 250ml full-fat milk
- 120g skimmed milk powder
- 100ml double cream

An easy, warming recipe for creamy vegetable soup - a lovely satisfying light meal.

- 1 Heat the oil in a pot and cook the onion for 5 minutes.
- 2 Add in the remaining vegetables, except the potato. Cook for 10 minutes.
- 3 Add in the butterbeans, potato, thyme, and stock. Bring to the boil for 2 minutes and then simmer for 20 minutes, until the vegetables are soft.
- 4 Mix together the milk and skimmed milk powder. Add this to the soup along with the cream.
- 5 Blend the soup until completely smooth. Adjust consistency by adding more liquid if required.

Typical Values	Per 350g serving
Energy	371kcal
Fat	21.0g
Carbohydrate	32.6g
Protein	14.7g
Salt	1.8g
Fibre	7.0g

A good source of vitamin C, B vitamins and iron



Light Meals



LIGHT MEALS

MINCED & MOIST

SMOOTH PUREED

SOFT





Chicken with Carrot and Apple Puree

Prep time: 10 minutes Cooking time: 40 minutes

Serves 4

30ml olive oil

1 medium onion, peeled and finely chopped (150g)

2 medium carrots, peeled and finely chopped (200g)

250ml chicken stock

2 large chicken breast fillets, cut into small chunks (400g)

2 small apples, peeled, cored and chopped (130g)

100g ground almonds

100ml full-fat milk

A highly nutritious, smooth puree that's packed with protein

- 1 Heat the olive oil in a saucepan and sauté the onion for about 10 minutes until softened.
- 2 Add the carrots and the chicken stock and bring to the boil.
- 3 Reduce the heat, then cover and cook for 10 minutes.
- 4 Add the chicken to the pot with the chopped apple and ground almonds. Cook for a further 25 minutes, until the chicken is cooked through and the apples are soft.
- 5 Take the pot off the heat, add the milk and puree in a blender. Blend until the mix is completely smooth if following the smooth pureed diet plan. Adjust consistency by adding more liquid if required.

Typical Values	Per serving
Energy	386kcal
Fat	24.1g
Carbohydrate	12.7g
Protein	31.3g
Salt	1.1g
Fibre	4.2g

High in protein. Rich in vitamins and minerals.

LIGHT MEALS

MINCED & MOIST

SOFT



V

Couscous Salad

Prep time: 15 minutes Cooking time: 15 minutes

Serves 2

- 3 Tbsp. olive oil (45ml)
- 140g butternut squash, peeled and diced into pea sized cubes
- 100g couscous
- 200ml vegetable stock
- 3 Tbsp. green pesto (45g)
- 75g feta cheese
- 1 tsp. fresh mint, finely chopped (5g)
- 150g hummus

A delicious salad rich in vitamin E that's light and refreshing.

- 1 Drizzle 2 tbsp. of the oil over the butternut squash and roast at 180°C for 15-20 minutes until soft.
- 2 Meanwhile, in a large bowl add boiling stock to couscous and cover. Leave to stand for 10 minutes until all the water has been absorbed.
- 3 Fluff couscous with a fork once cooked and stir in the remaining olive oil and the pesto.
- 4 Add in the crumbled feta, the cooked butternut squash and mint to the couscous and serve with the hummus.

Typical Values Per serving

Energy	730kcal
Fat	55.7g
Carbohydrate	49.8g
Protein	20.1g
Salt	4.1g
Fibre	4.3g

Rich in vitamin E and phosphorus. A good source of vitamin C, B vitamins, calcium, iron, magnesium and zinc.

LIGHT MEALS

MINCED & MOIST

SOFT





Egg in a Cup

Prep time: 5 minutes Cooking time: 15 minutes

Serves 1

2 tsp. butter (10g)
1 large egg (70g)
50ml double cream
50g cheddar cheese, grated
Salt and pepper to taste

This dish makes for a perfect simple breakfast or light meal that's rich in vitamin A, B12 and biotin

- 1 Preheat the oven to 180°C.
- 2 Use the butter to grease the inside of a ramekin dish. Break the egg into the cup and add the double cream, seasoning and cheese.
- 3 Place into the preheated oven and bake for 10 minutes.

Typical Values Per serving

Energy	568kcal
Fat	54.0g
Carbohydrate	0.9g
Protein	19.8g
Salt	2.2g
Fibre	0.3g

A good source of protein. Rich in vitamin A, B vitamins, calcium, phosphorus and iodine.
A good source of vitamin D and zinc.

LIGHT MEALS

SOFT





Mixed Herb Omelette

Prep time: 5 minutes Cooking time: 5 minutes

Serves 1

2 large eggs (140g)
2 Tbsp. full-fat milk (30ml)
30g butter
5g of parsley, chervil and chives, very finely chopped
Pinch of salt and pepper

A great recipe for a light lunch or supper which is packed full of protein, vitamins and minerals.

- 1 Add the eggs, milk, salt and pepper into a bowl and beat until well mixed.
- 2 Heat a frying pan over a medium-low heat until hot and add the butter.
- 3 Add the eggs and cook until the bottom of the omelette is set and the top is still almost fully cooked.
- 4 Add the herbs to the centre of the omelette. Tilt the pan slightly so that the omelette slides towards the edge of the pan and use the spatula to fold the top half of the omelette over the herbs. Slide the omelette onto a plate.

Typical Values Per serving

Energy	378kcal
Fat	34.8g
Carbohydrate	2.4g
Protein	14.5g
Salt	1.9g
Fibre	0.3g

A good source of protein. Rich in vitamin A and B vitamins. A good source of vitamin D, E, and iron.

LIGHT MEALS

MINCED & MOIST

SOFT





Red Pepper, Mushroom & Feta Scrambled Eggs

Prep time: 10 minutes Cooking time: 15 minutes

Serves 2

2 Tbsp. olive oil (30ml)
200g fresh mushrooms, very finely chopped
1 clove garlic, peeled and very finely chopped (3g)
1 medium red pepper, very finely chopped (160g)
4 large eggs (280g)
100ml milk
50g feta cheese, crumbled
25g parmesan, grated
Pinch of pepper

This speedy egg dish is highly nutritious, packed with protein and providing you with a source of 17 vitamins and minerals including vitamin D, iron, folic acid and zinc

- 1 Heat the oil in a pan over a medium-low heat. Add the mushrooms, peppers and garlic and gently cook for 10-15 minutes, until the vegetables are soft.
- 2 In a bowl, whisk together the eggs, milk, cheeses and a small sprinkle of pepper. Pour this mixture into the pan over the red peppers and mushrooms.
- 3 Gently cook the eggs in the pan for 5 minutes, stirring occasionally to scramble them, until the eggs are fully cooked through.

Typical Values Per serving

Energy	496kcal
Fat	39.0g
Carbohydrate	6.7g
Protein	30.3g
Salt	1.4g
Fibre	3.2g

High in protein. Rich in B Vitamins, vitamin D, E, C, calcium, phosphorus, zinc, iodine, and iron.

LIGHT MEALS

SOFT





Salmon Fish Cakes

Prep time: 10 minutes Cooking time: 30 minutes

Serves 4

4 medium potatoes, peeled and chopped into small chunks (600g)
2 x 180g tins of quality skinless and boneless salmon, flaked into small chunks
Zest of 1 lemon (3g)
1 Tbsp. flour (15g)
15g fresh chives, finely chopped
1 medium egg (50g)
30g grated parmesan
Pinch of black pepper
2 Tbsp. olive oil (30ml)

A delicious high protein lunch that provides you with over 100% of your daily requirement for vitamin D.

- 1 Preheat the oven to 180°C.
- 2 Put the potato pieces into a pot, cover with water and bring to the boil. Cover with a lid, turn down the heat to medium and cook for 10-15 minutes, until the potatoes are soft. Drain and mash the potato and allow to cool.
- 3 Add the flaked salmon, lemon zest, flour, chives, egg, pepper and parmesan to a large bowl.
- 4 Add the potato to the bowl and mix well until all ingredients are combined.
- 5 Divide the mixture into 8 cakes, roughly 2cm thick, and shape.
- 6 Place the cakes on a baking tray and brush with olive oil.
- 7 Cover with tin foil and bake for 10-15 minutes until heated through.

Typical Values Per 2 fishcakes

Energy	342kcal
Fat	15.2g
Carbohydrate	27.4g
Protein	25.8g
Salt	1.1g
Fibre	2.9g

High in protein. Rich in vitamin D & B vitamins.

LIGHT MEALS

MINCED & MOIST

SOFT





Salmon Scrambled Eggs

Prep time: 2 minutes Cooking time: 5 minutes

Serves 1

- 2 medium eggs (100g)
- 1 egg yolk (20g)
- 2 Tbsp. double cream (30ml)
- 1 Tbsp. oil (15ml)
- 30g smoked salmon, chopped
very finely
- Pinch of pepper

A sophisticated yet simple take on scrambled egg.

- 1 Whisk together the eggs, yolk, cream and seasoning in a bowl. Heat the oil in a pan.
- 2 Cook the egg mixture over a medium-low heat for about 5 minutes until the eggs are cooked through, occasionally stirring to scramble the eggs.
- 3 Remove from the heat and stir in the salmon.

Typical Values Per serving

Energy	539kcal
Fat	49.5g
Carbohydrate	0.6g
Protein	23.4g
Salt	1.3g
Fibre	0.3g

Good source of protein. Rich in B vitamins, vitamins A, D, & E. Good source of iron and zinc.

Main Meals



MAIN MEALS

MINCED & MOIST

SOFT





Beef & Stout Stew

Prep time: 10 minutes Cooking time: 1 hour 45 minutes

Serves 6

- 2 Tbsp. olive oil (30ml)
- 800g beef mince
- 1 medium onion, peeled and very finely chopped (150g)
- 2 medium carrots, peeled and very finely chopped/grated (130g)
- 2 Tbsp. plain flour (30g)
- 2 cloves garlic, peeled and very finely chopped (6g)
- 150ml beef stock
- 500ml Stout
- Pinch of pepper

This hearty Irish classic is a comforting yet simple dish prepared in just one pot.

- 1 Heat half the oil in a large pot and brown the meat in two batches. Remove and set aside on a plate.
- 2 Add the remaining oil and then fry off the onion and carrot for 5 minutes. Add the flour and cook for another minute while stirring.
- 3 Add the meat back into the pot along with the garlic, stock, stout and pepper.
- 4 Bring to the boil, then turn down the heat and simmer gently for about 1 1/2 hours, until the liquid has reduced.
- 5 Serve with creamed potatoes. **(See Page 107)**

Typical Values

Per serving (with mashed potatoes)

Energy	664kcal
Fat	44.5g
Carbohydrate	32.4g
Protein	30.4g
Salt	0.9g
Fibre	3.8g

A good source of protein. Rich in B vitamins & zinc. A good source of iron.

MAIN MEALS

MINCED & MOIST

SOFT





Turkey and Broccoli with Mashed Potatoes

Prep time: 15 minutes Cooking time: 30 minutes

Serves 4

1 Tbsp. olive oil (15ml)

400g turkey mince

100g mushrooms, very
finely chopped

1 small onion, peeled and very
finely chopped (100g)

150g broccoli finely chopped

2 Tbsp. cream cheese (30g)

100g parmesan cheese,
grated

170ml full-fat milk

100ml cream

For the Mashed Potatoes:

4 medium potatoes, peeled
and chopped into small
chunks (600g)

150ml full-fat milk

50g butter

This dish can be made with minced chicken or turkey and packs a big protein punch. One portion provides you with your daily requirement for vitamins B6, B12 and phosphorus!

- 1 Heat the oil in a pan and add the turkey, mushrooms and onions. Cook for 15 minutes over a medium heat, until the turkey is completely cooked through and the vegetables are soft.
- 2 Cook the broccoli in boiling water for 5-8 minutes, until tender.
- 3 In a bowl whisk together the cream cheese, parmesan, milk, and cream until smooth. Add the sauce to the turkey and onions and bring to a boil. Reduce heat to low and simmer for 5 minutes, or until slightly thickened. Toss in the broccoli.
- 4 Meanwhile, make the mashed potatoes: Put the potatoes in a pot and cover with cold water.
- 5 Bring the water to a boil for a few minutes, then turn down the heat and cover the pot with a lid. Leave to cook for 15-20 minutes, until the potatoes are soft.
- 6 Drain the potatoes, return to the pot and add the milk and butter. Gently heat the milk and then mash the potatoes with a potato masher until completely smooth and lump-free. Season to taste and serve with the turkey and broccoli.

Typical Values Per serving

Energy 606kcal

Fat 35.1g

Carbohydrate 32.8g

Protein 42.0g

Salt 1.2g

Fibre 4.4g

High in protein. Rich in vitamin B vitamins, A, C, calcium and zinc. A good source of iron.

MAIN MEALS

MINCED & MOIST

SOFT





Chicken Casserole

Prep time: 15 minutes Cooking time: 1 hour

Serves 5

- 2 Tbsp. olive oil (30ml)
- 50g butter
- 500g chicken mince*
- 1 small onion, peeled and very finely chopped (100g)
- ½ leek, thoroughly washed, peeled and very finely chopped (100g)
- 2 cloves garlic, peeled and very finely chopped (6g)
- 1 x 400g tin chopped tomatoes
- 2 large carrots, peeled and very finely chopped/grated (200g)
- 1 litre chicken stock

*Ask your local butcher to mince chicken breasts for you or use turkey mince instead which is readily available at most supermarkets.

A hassle-free family favourite, that's high in protein and B vitamins. This one-pot wonder is ready in just an hour.

- 1 Preheat the oven to 170°C.
- 2 Heat oil and butter in heavy pot suitable for the oven. Add the chicken to the pot and cook over a medium heat for 5 minutes to lightly seal.
- 3 Add onion, leek, and garlic and cook for 5 minutes. Add the tomatoes, carrots and stock and bring to the boil.
- 4 Cover with lid and place in oven for 45 minutes.
- 5 Serve with creamed potatoes.

See Page 107

Typical Values Per serving

Energy	597kcal
Fat	37.1g
Carbohydrate	33.5g
Protein	33.6g
Salt	1.8g
Fibre	6.1g

High in protein. Rich in vitamins A, C and B vitamins. A good source of iron.

MAIN MEALS

MINCED & MOIST

SOFT





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 medium onion, quartered (150g)

4 cloves

2 bay leaves

2 medium eggs (100g)

Small bunch parsley leaves, very finely chopped (10g)

50g butter

3 heaped Tbsp. plain flour (50g)

A pinch of freshly grated nutmeg (1g)

For the Mashed Potatoes:

3 medium potatoes, peeled and chopped into small chunks (500g)

50g butter

150ml full-fat milk

This classic fish pie is packed full of nutrients providing you with your full daily recommendation for vitamin B12 and iodine, and is a source of 16 vitamins and minerals.

- 1 Put the fish in the 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 very small pieces in a baking dish.
- 3 Hard-boil the eggs for 10 minutes, then drain and cool. Peel, chop very finely or grate the eggs and arrange on top of the fish, then scatter over the chopped parsley.
- 4 Melt the butter in a pan, stir in the flour and cook for 1 minute over moderate heat. Pour in a little of the poaching milk and whisk until blended.
- 5 Continue to add the milk gradually; mixing well and cook over a medium heat until you have a smooth sauce that coats the back of a spoon. Remove the sauce from the heat, season with salt, pepper and nutmeg, and then pour over the fish.
- 6 Boil the potatoes for 20 minutes.
- 7 Drain, season and mash the boiled potatoes with the butter and milk.
- 8 Spoon the potatoes over the fish to make a pie. Cover with tinfoil and place in a preheated oven at 180°C for 20 minutes until heated through.

Note: Please ensure fish is free from bones as they pose a choking hazard.

Typical Values	Per serving
Energy	597kcal
Fat	37.1g
Carbohydrate	33.5g
Protein	33.6g
Salt	1.8g
Fibre	6.1g

High in protein. Rich in vitamin A & B vitamins.
A good source of calcium & iron.

MAIN MEALS

MINCED & MOIST

SOFT





Irish Stew

Prep time: 20 minutes Cooking time: 1 hour 30 minutes

Serves 4

- 600g lamb mince
- 1 medium onion, peeled and very finely chopped (150g)
- 1 small leek, washed thoroughly, peeled and very finely chopped (125g)
- 2 medium carrots, peeled and very finely chopped (120g)
- 50g barley
- 1 litre stock
- 3 medium potatoes, peeled and cut into very small cubes (400g)
- Handful of parsley, very finely chopped (10g)

This one-pot Irish stew is the perfect comfort food for cold winter evenings. With a healthy dose of iron and zinc, this is one for in front of the fire!

- 1 Place the meat in a pot with the diced onion, carrot, leek and barley.
- 2 Cover the meat with stock and bring to the boil. Turn the heat to medium-low and simmer for one hour over a low heat.
- 3 Add the potato and simmer until tender, about 30 minutes.
- 4 Finish with the parsley and break up the mince with a spoon so that it is in small pieces.

Typical Values Per serving

Energy	446kcal
Fat	21.0g
Carbohydrate	33.9g
Protein	33.2g
Salt	1.0g
Fibre	5.6g

High in protein. Rich in iron and zinc.

MAIN MEALS

MINCED & MOIST

SOFT





Orzo Bolognese

Prep time: 15 minutes Cooking time: 1 hour

Serves 4

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and very finely chopped (150g)
- 2 cloves garlic, peeled and very finely chopped (6g)
- 2 medium carrots, peeled and grated (120g)
- 500g beef mince
- 800g Passata or 2x400g cans of tomatoes
- 1/2 tsp. dried oregano (2g)
- 1 tsp. sugar (5g)
- 100g freshly grated parmesan
- 200g orzo pasta (for 'Soft diets' can replace orzo pasta with a pasta of your choice)

This is a twist on the classic Italian spaghetti bolognese that uses orzo pasta. A serving provides you with a third of your daily recommendation of iron.

- 1 Heat the oil in a saucepan and sauté the onion over a low heat for about 5 minutes, stirring occasionally until softened.
- 2 Add the garlic and cook for one minute.
- 3 Add the grated carrot and sauté for 2 minutes.
- 4 Add the minced beef and cook until browned, stirring occasionally.
- 5 Add the passata/tomatoes, oregano and sugar.
- 6 Bring to the boil, then turn the heat to low, cover and cook for about 45 minutes.
- 7 Briefly blend the bolognese using a blender to make a smoother texture.
- 8 Meanwhile, cook the orzo pasta according to package instructions.
- 9 Toss the cooked orzo and parmesan into the bolognese and cook over a low heat for five minutes and serve.

Typical Values	Per serving (with creamed potatoes)
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Energy	733kcal
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Fat	41.3g
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Carbohydrate	50.7g
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Protein	42.7g
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Salt	0.7g
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Fibre	4.2g
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High in protein. Rich in B vitamins, iron and zinc. A good source calcium.

MAIN MEALS

MINCED & MOIST

SOFT



V

Risotto

Prep time: 5 minutes Cooking time: 45 minutes

Serves 4

- 1 litre stock
- 60g butter
- 2 Tbsp. olive oil (30ml)
- 2 small onions, peeled and very finely chopped (120g)
- 200g mushrooms, very finely chopped
- 250g Arborio risotto rice
- Grated zest and juice of ½ a lemon (10ml)
- 1 tsp. chives, very finely chopped (5g)
- 100g freshly grated parmesan
- 100g mascarpone cheese
- 50g ground almonds
- 1 tin green beans, drained and very finely chopped (185g)

This classic Italian one-pot wonder is bursting with flavour.

- 1 Put the stock in a pan, bring to the boil and keep at a slow, steady simmer while you cook the risotto.
- 2 Melt half the butter with the olive oil over a medium heat in a pot, and cook the onion and mushroom until soft, about 5 minutes.
- 3 Add the rice and stir until each grain is thoroughly coated with the butter and oil.
- 4 Pour in a cupful of hot stock and stir until the rice has absorbed nearly all the liquid.
- 5 Add in the lemon zest.
- 6 Ladle in another cupful of hot stock, occasionally stir the rice until the liquid has been absorbed. Continue in this manner, adding the stock a cupful at a time, until the rice is fully cooked through, this will take roughly 20-30 minutes.
- 7 Stir in the lemon juice with the parmesan, chives, remaining butter, ground almonds, mascarpone and green beans.
- 8 Cook for a further 2 minutes and serve.

Typical Values	Per serving (with creamed potatoes)
Energy	706kcal
Fat	45g
Carbohydrate	61.9g
Protein	18.6g
Salt	1.8g
Fibre	6.1g

Rich in B12 and phosphorus. A good source of vitamin A, calcium and zinc

MAIN MEALS

MINCED & MOIST

SOFT





Root Vegetable and Ricotta Lasagne

Prep time: 20 minutes Cooking time: 1 hour 30 minutes

Serves 4

- 200g orzo pasta
- 2 large carrots, peeled and grated (200g)
- 1 sweet potato, peeled and grated (130g)
- 2 medium parsnips, peeled and grated (250g)
- 500g passata
- 2 Tbsp. tomato puree (30g)
- 1 tsp. thyme leaves, very finely chopped (5g)
- 200g crème fraîche
- 250g ricotta
- 2 medium eggs, beaten (100g)
- 80g grated Parmesan
- 2 Tbsp. oil (30ml), for greasing

This meat-free spin on the classic lasagne takes no effort to make and is full of protein, iron and flavour.

- 1 Heat the oven to 180°C.
- 2 Cook the pasta in boiling water for 5 minutes.
- 3 Mix the vegetables, passata, tomato puree and thyme in a bowl.
- 4 In a different bowl, mix the crème fraîche, ricotta, eggs and parmesan until smooth in texture.
- 5 Lightly oil a large dish.
- 6 Place half of the vegetable mixture into the base of the dish followed by a layer of orzo pasta and then half of the cheese mixture.
- 7 Repeat this process and finish with a layer of the cheese mixture.
- 8 Cover the dish with foil and put in the middle of the oven for 60 minutes or until cooked through.

Typical Values Per serving

Energy	743kcal
Fat	42.8g
Carbohydrate	66.1g
Protein	27.8g
Salt	0.7g
Fibre	7.9g

A good source of protein. Rich in vitamin A, E, B vitamins, calcium, iron and zinc.

MAIN MEALS

MINCED & MOIST

SOFT





Shepherd's Pie

Prep time: 15 minutes Cooking time: 40 minutes

Serves 4

4 small potatoes, peeled and chopped into cubes (400g)
2 Tbsp. olive oil (30ml)
1 small onion, peeled and very finely chopped (100g)
500g beef mince
100g mushrooms, very finely chopped
2 medium carrots, peeled and grated (150g)
100g roux (50g butter + 50g flour)
350ml beef stock
3 Tbsp. tomato relish (45g)
20g butter
80ml full-fat milk
80ml cream

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

- 1 Put the potatoes in a pot and cover with cold water. Bring to the boil, then cover and leave to cook over a medium-low heat for 20 minutes, until the potatoes are soft.
- 2 Meanwhile, heat the olive oil in a large pan and cook the onions for 5 minutes. Once the onions have softened add the minced beef and cook for 5 minutes.
- 3 Add the mushrooms and carrots. Cover the pan with a lid and leave to cook on a medium heat for 10 minutes, stirring regularly.
- 4 To make the roux, melt the butter in a small saucepan. Add the flour and cook for a minute.
- 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 and leave to cook for 20 minutes.
- 7 Once the potatoes are cooked, drain them and return to the pot with the butter, milk and cream. Heat the milk and cream gently and then mash the potatoes until smooth and lump-free.
- 8 Serve the potato alongside the shepherd's pie mix, or put the beef into a casserole dish and top with the potato to make a pie.

Typical Values	Per serving
Energy	734kcal
Fat	52.1g
Carbohydrate	37.5g
Protein	30.6g
Salt	0.9g
Fibre	4.5g

A good source of protein. Rich in B vitamins and zinc. A good source iron.

MAIN MEALS

MINCED & MOIST

SOFT





Tomato & Butternut Squash Pasta

Prep time: 10 minutes Cooking time: 40 minutes

Serves 4

- 3 Tbsp. olive oil (45ml)
- 1 medium onion, peeled and very finely chopped (150g)
- 2 small carrots, peeled and very finely chopped/grated (120g)
- 1 butternut squash, peeled and chopped into small cubes (600g)
- 800g passata or 2x400g cans of tomatoes
- 200g dried split red lentils, rinsed
- 200g orzo pasta
- 150g mature Cheddar cheese, grated

This vegetarian pasta dish uses lentils to add protein and give the sauce a thick, creamy consistency. One serving contains your daily recommendation for vitamin E.

- 1 Heat the oil in a pan and sauté the onion and carrot for 5 minutes.
- 2 Add the butternut squash and sauté for 5 minutes.
- 3 Pour in the passata/tinned tomatoes and the lentils and bring to the boil.
- 4 Turn down the heat to low, cover and cook for about 30 minutes.
- 5 Meanwhile, cook the pasta according to the packet instructions.
- 6 Add the cheese to the tomato sauce and blend the sauce to a smooth consistency.
- 7 Return to the pan and add in the pasta and cook for a further 5 minutes before serving.

Typical Values Per serving

Energy 705kcal

Fat 27.2g

Carbohydrate 89.7g

Protein 32.4g

Salt 0.8g

Fibre 4.3g

A good source of protein. Rich in vitamin E, C, B1, B6, calcium, iron and zinc.

MAIN MEALS

MINCED & MOIST

SMOOTH PUREED

SOFT



V

Creamed Potatoes

Prep time: 10 minutes Cooking time: 30 minutes

Serves 5-6

**6 medium potatoes, peeled
and chopped into chunks
(800g)
60g butter
100mls double cream
Salt and Pepper**

A creamy comforting dish that's delicious on its own or makes the perfect accompaniment for any meal.

- 1 Place the potatoes in a pot and cover with cold water.
- 2 Bring the water to a boil, put on the lid and turn the heat down to medium-low.
- 3 Leave to cook for 20 minutes, until the potatoes are soft.
- 4 Drain off any remaining water, add the cream and butter to the pot and gently heat.
- 5 Mash the potatoes or beat in a mixer until completely smooth. Season to taste.

Typical Values	Per 3 scoops
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Energy	300kcal
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Fat	21.0g
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Carbohydrate	26.1g
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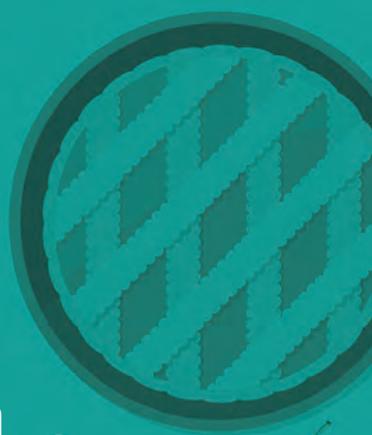
Protein	3.1g
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Salt	0.2g
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Fibre	2.6g
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Rich in vitamin B6. A good source of vitamin A, C and B1

Desserts

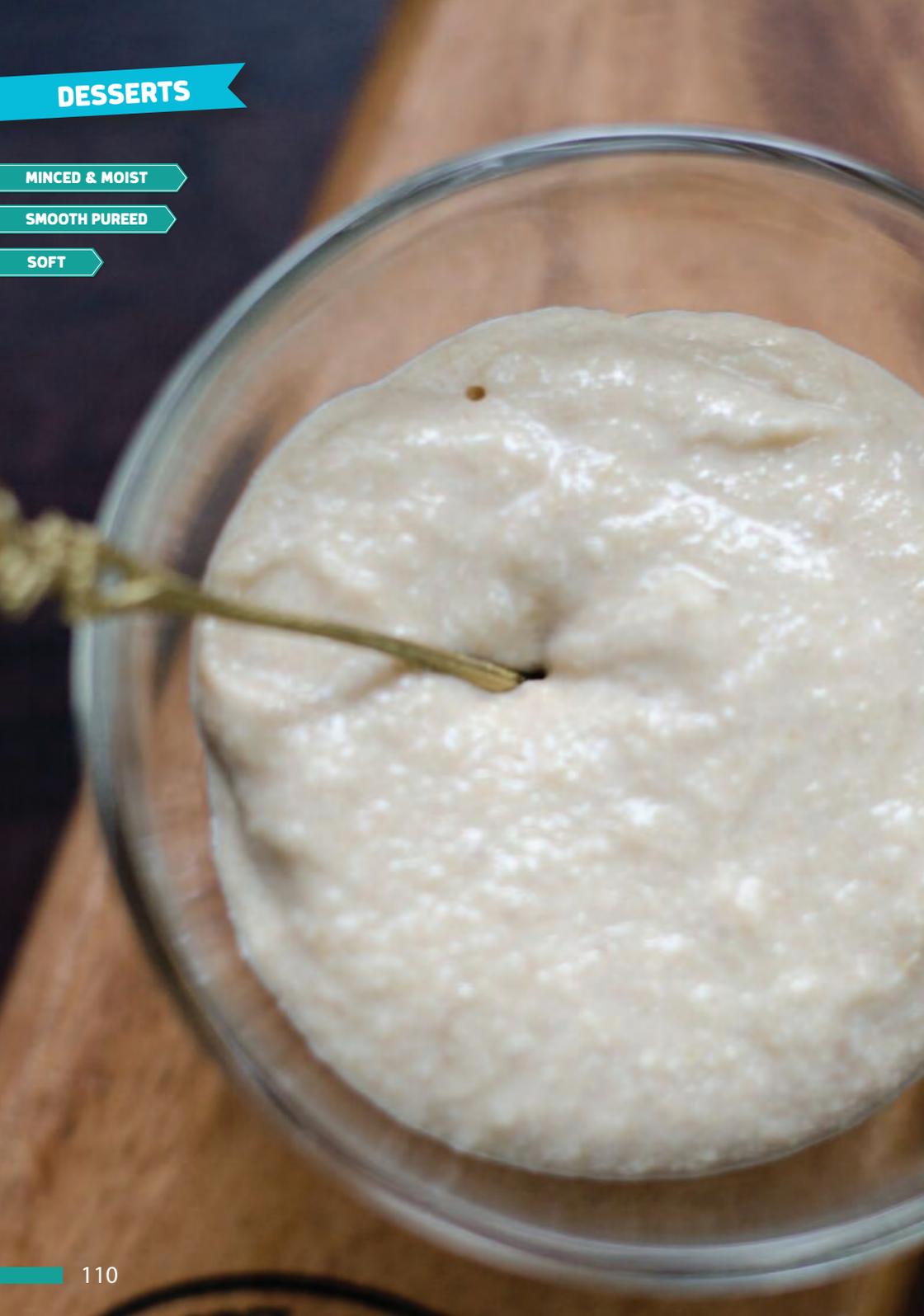


DESSERTS

MINCED & MOIST

SMOOTH PUREED

SOFT





Banana Dessert

Preparation Time: 5 minutes + 2 hours to freeze

Serves 1

1 medium banana, peeled and sliced into rounds (100g)

10g ground almonds

2 tsp. maple syrup (10ml)

2 Tbsp. double cream (30ml)

20g skimmed milk powder

1 tsp. Vanilla extract (5ml)

This quick dessert couldn't be more simple to make. Prepare a large batch and keep in the freezer for a failsafe tasty treat, ready to eat at any time!

- 1 Freeze the banana pieces for at least 2 hours.
- 2 Blend the frozen banana pieces, almonds, maple syrup, cream and skimmed milk powder and vanilla extract until the mixture is soft, creamy and smooth pureed texture. Add some milk if it is difficult to blend.
- 3 Serve or freeze for later.

Typical Values Per serving

Energy	392kcal
Fat	22.7g
Carbohydrate	38.2g
Protein	10.3g
Salt	0.6g
Fibre	2.5g

A good source of vitamin A and B6

DESSERTS

MINCED & MOIST

SMOOTH PUREED

SOFT



V

Chocolate Avocado Mousse

Preparation Time: 10 minutes + 4 hours chilling time

Serves 4

2 Tbsp. coconut oil (30ml)
150g 70% dark chocolate
1 Tbsp. cocoa powder (15g)
6 pitted medjool dates
(150g)
2 large ripe avocados,
pitted (400g)
4 Tbsp. coconut milk
(60ml)
2 Tbsp. maple syrup (30ml)
1 tsp. vanilla (5ml)

A dairy-free twist on chocolate mousse uses the creamy texture of avocados to replace cream and add nutrition.

- 1 Make a bain-marie by filling a small pot half full with water and placing a small metal bowl on top of the pot. Make sure the bowl is not touching the water in the pot. Boil the water and then turn down to a simmer.
- 2 Place the oil, chocolate and cocoa in the bowl and leave to slowly melt. Set aside.
- 3 In a blender or food processor, add the remaining ingredients and blend until almost smooth.
- 4 Add in the chocolate mixture and continue to blend until completely smooth.
- 5 Scoop the mix into a large bowl, or 4 small ramekins. Place in refrigerator to firm up for 4 hours.

Typical Values	Per serving
----------------	-------------

Energy	605kcal
Fat	42.8g
Carbohydrate	37.8g
Protein	7.2g
Salt	0.1g
Fibre	2.9g

A good source of vitamin E & B6

DESSERTS

MINCED & MOIST

SOFT





Frozen Yogurt Dessert

Preparation Time: 5 minutes + 30 minutes freezing time

Serves 4

500g Greek-style yogurt
500g frozen raspberries/
berries
5 Tbsp. honey (75g)
50g chopped dark or milk
chocolate chips

A high protein, low guilt sweet treat, which provides you with part of your daily recommendation for calcium, iron and is a good source of fibre.

- 1 Place yogurt, frozen berries and honey in a food processor. Mix until blended and the mix is completely smooth.
- 2 Add chocolate pieces and stir by hand until combined.
- 3 Chill in freezer for at least 30 minutes and serve.

Typical Values Per serving

Energy	302kcal
Fat	15.7g
Carbohydrate	31.7g
Protein	10.5g
Salt	0.3g
Fibre	8.8g

A good source of protein and fibre. Rich in vitamin C & B2. A good source of B12, calcium and iron.

DESSERTS

MINCED & MOIST

SOFT



V

Lemon and Ginger Cheesecake

Preparation Time: 20 minutes + 2 hours to chill

Serves 4

100g sugar

100g water

100g ginger nut biscuits

1 tub full-fat cream cheese
(300g)

Juice of 1 lemon (20ml)

45g icing sugar

A refreshingly zingy dessert that takes minimal preparation; just assemble and leave to chill in the fridge!

- 1 Boil the water and 100g sugar in a pot for 10 minutes to make sugar syrup.
- 2 Allow the syrup to cool slightly and then soak the ginger nut biscuits in it, until all the moisture is absorbed and the biscuits are very soft.
- 3 Mash the biscuits with a fork and divide between 4 glasses.
- 4 Beat the cream cheese, lemon juice and the icing sugar together and spoon this mixture on top of the biscuits. Leave to chill in the fridge.

Typical Values	Per serving
----------------	-------------

Energy	526kcal
--------	---------

Fat	28g
-----	-----

Carbohydrate	66g
--------------	-----

Protein	6.5g
---------	------

Salt	1g
------	----

Fibre	0.6g
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DESSERTS

MINCED & MOIST

SOFT



V

Rice Pudding

Preparation Time: 5 minutes Cooking Time: 35 minutes

Serves 6

120g pudding rice
 700ml milk
 100g sugar
 200ml cream
 Half a vanilla pod (or 1 tsp.
 vanilla extract)
 ½ tsp. ground cinnamon
 (2g)
 A pinch of salt
 75g ground almonds
 100g skimmed milk powder

Always a favourite of cancer patients, rice pudding makes a delicious and nutritious snack when you don't feel like a main meal.

- 1 Blanch the rice in a pot of boiling water for 3 minutes.
- 2 In another pot, mix 600ml milk with the sugar, cream, vanilla, cinnamon and salt and bring to the boil.
- 3 Add the blanched rice and ground almonds and leave to simmer for 30 minutes, stirring occasionally.
- 4 Combine the remaining 100ml milk with the skimmed milk powder and add to the pot. Stir well to combine.
- 5 Fill into small ramekin dishes or cups. (Even if it seems too runny, it will firm up eventually and you can keep eating small portions regularly.)
 Serve warm or cold.

Tip: 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	422kcal
Fat	18.8g
Carbohydrate	50.6g
Protein	15g
Salt	0.8g
Fibre	1.7g

Rich in vitamin B12. A good source of vitamin B2, calcium, phosphorus and iodine.

DESSERTS

MINCED & MOIST

SOFT





Tiramisu

Prep time: 10 minutes + 2 hours chilling time

Serves 8-10 portions

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

- 1 large carton cream (500ml)
- 1 tub mascarpone cheese (250g)
- 50g icing sugar
- 1 small cup strong coffee (100ml)
- 3 ½ Tbsp. Tia Maria or Kahlua (50ml)
- 2 tsp. vanilla extract (10ml)
- 24 sponge finger biscuits (150g)
- 1 tsp. cocoa powder (5g)

- 1 Whisk the cream, mascarpone and sugar together until thick.
- 2 Mix the coffee, Tia Maria and vanilla in a bowl.
- 3 Dip the biscuits into the coffee mixture until they have softened and place half of them in a dish or divide among individual glasses.
- 4 Top the biscuits with half of the mascarpone mix, then place the rest of biscuits on top, and finish with the remainder of the mascarpone mix.
- 5 Sieve the cocoa powder over the top and chill for 2 hours in the fridge.

Typical Values Per serving

Energy	375kcal
Fat	26.5g
Carbohydrate	26.8g
Protein	5.6g
Salt	0.1g
Fibre	0.2g

A good source of vitamin A

DESSERTS

MINCED & MOIST

SMOOTH PUREED

SOFT



V

White Chocolate- Strawberry Mousse

Preparation Time: 10 minutes + 2 hours chilling time

Serves 6

Mousse:

350ml double cream
230g premium quality
white chocolate, finely
chopped
1 tsp. orange zest (5g)

Strawberry Sauce:

300g fresh strawberries,
stemmed and hulled
2 Tbsp. honey (30g),
optional
Juice of one orange (50ml)

A simple sweet dessert that couldn't be easier to make.

- 1 Heat half the cream in a pot until it comes to the boil.
- 2 Place the chopped white chocolate in a bowl and immediately pour on the boiled cream.
- 3 Allow to sit for one minute without stirring.
- 4 After one minute gently stir until all the chocolate has melted.
- 5 Allow to cool but not set and add the orange zest.
- 6 Lightly whisk the remaining cream and fold into the cooled chocolate mixture.
- 7 Pour mixture into six individual glasses or one large serving bowl.
- 8 In a food processor or blender, puree the strawberries with the honey and orange juice on high speed until smooth. Chill the sauce and serve with the mousse.

Typical Values Per serving

Energy	453kcal
Fat	34.6g
Carbohydrate	31.8g
Protein	5.5g
Salt	0.2g
Fibre	1.9g

Rich in vitamin A and C. A good source of vitamin B2, B12 and phosphorus.



Smoothies & Nourishing Drinks

These recipes are particularly useful for cancer patients with swallowing difficulties or a sore mouth. They are ideal snacks if you do not feel like a solid meal. Having a ready supply of fruit and ice-cream in the freezer means that a variety of chilled, refreshing smoothies can be whipped up in very little time.

Bananas can be peeled, chopped and frozen in the freezer in bags for easy use. Tinned or frozen fruit also work well in smoothies. Any fresh or frozen berries used should be boiled briefly to kill any bacteria present before they are added to smoothies. 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.

As discussed earlier in the book adding skimmed milk powder can greatly enhance the protein content of smoothies. Skimmed milk powder can be purchased in most of the main supermarkets in the tea/coffee aisle. It can be kept in a cupboard for 6 weeks once opened. When adding to nourishing drinks, simply add it into the blender with the other ingredients. It will not affect the taste or consistency; it is just like adding milk to a smoothie.

IMPORTANT: If you have been advised by a speech and language therapist to thicken fluids to a Grade 3 or 4 consistency, you will need to thicken smoothies with a commercial thickener. Please refer to your speech and language therapist's guidelines on how to thicken fluids.



MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Apple & Avocado Smoothie

Prep time: 5 minutes Serves: 1



V

- 1 small apple, peeled, cored and roughly chopped (100g)
- 1 small avocado (100g)
- Juice of ½ a lime (10ml)
- 1 Tbsp. honey (15g)
- 100ml full-fat milk
- Handful of ice
- 20g skimmed milk powder

1 Blend all of the ingredients together.

Typical Values	Per serving
Energy	418kcal
Fat	23.6g
Carbohydrate	39.9g
Protein	12.9g
Salt	0.7g
Fibre	7.9g

Rich in vitamin E, B6 and B12

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Banana Peanut Butter Smoothie

Prep time: 5 minutes Serves: 2



V

- 1 large ripe banana, peeled (120g)
- 2 Tbsp. smooth peanut butter (30g)
- 100ml full-fat milk
- 50ml cream
- A scoop of vanilla ice-cream (60g)
- Handful of ice
- 20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	309kcal
Fat	17.6g
Carbohydrate	28.0g
Protein	11.3g
Salt	0.5g
Fibre	2.0g

Rich in vitamin B12 and biotin

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Chocolate Banana Smoothie

Prep time: 5 minutes Serves: 1



V

300ml full-fat milk

1 Tbsp. chocolate spread (15g)

1 medium banana, peeled and frozen (100g)

2 Tbsp. double cream (30ml)

2 Tbsp. milled flaxseed (30g)

Handful of ice

20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	391kcal
Fat	24.7g
Carbohydrate	28.3g
Protein	13.1g
Salt	0.4g
Fibre	5.2g

Rich in vitamin B12 and iodine

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Creamy Berry Smoothie

Prep time: 5 minutes Serves: 2



V

200ml apple or any fruit juice

6 Tbsp. Greek-style yogurt (90g)

6 Tbsp. vanilla ice-cream (90g)

6 Tbsp. full-fat cream cheese (90g)

50g fresh or frozen strawberries/
raspberries

2 tsp. honey (10g)

Handful of ice

20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	373kcal
Fat	23.1g
Carbohydrate	31.3
Protein	11.6g
Salt	0.8g
Fibre	0.6g

A good source of vitamin C, B2 and phosphorus

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Frozen Fruit Smoothie

Prep time: 5 minutes Serves: 2



1 medium ripe banana,
peeled (100g)
150g frozen
strawberries
5 Tbsp. Greek-style
yogurt (75g)

50g unsalted
cashew nuts
50g oats
200ml full-fat milk
20g skimmed milk
powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	446kcal
Fat	21.3g
Carbohydrate	48.8g
Protein	17.4g
Salt	0.5g
Fibre	5.0g

A good source of protein. Rich in vitamin C & B vitamins.
Good source of calcium, iron, & zinc.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Ginger & Raspberry Smoothie

Prep time: 5 minutes Serves: 2



- 2 tsp. fresh ginger, chopped (10g)
- 2 tsp. honey (15g)
- 140g frozen raspberries
- 2 Tbsp. milled flaxseed (30g)
- 1 glass apple juice (200ml)
- 20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	174kcal
Fat	5.0g
Carbohydrate	25.1g
Protein	6.8g
Salt	0.3g
Fibre	7.8g

A good source of fibre. Rich in vitamin C

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

High Fibre Smoothie

Prep time: 5 minutes Serves: 2



- 8 dried figs (150g)
- 100ml full-fat milk
- 2 Tbsp. cold, cooked porridge (30g)
- 2 Tbsp. honey (30g)
- 200g Greek-style yogurt
- Handful of ice
- 20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values Per serving

Energy	417kcal
Fat	14.2g
Carbohydrate	61.4g
Protein	14.4g
Salt	0.8g
Fibre	9.4g

A good source of fibre. Rich in vitamin B12, calcium & iron.



MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Mint Milkshake

Prep time: 5 minutes Serves: 1


V

2 large scoops
vanilla ice-cream
(150g)

75ml full-fat milk

1 drop of
peppermint

3 Tbsp. chocolate
syrup/spread (45g)

20g skimmed milk
powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	659kcal
Fat	35.8g
Carbohydrate	70.7g
Protein	17.0g
Salt	0.9g
Fibre	0.2g

Rich in B vitamins. A good source of vitamin A & calcium.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Nutty Mango & Banana Smoothie

Prep time: 5 minutes Serves: 2



250ml orange juice
5 Tbsp. Greek-style yogurt (75g)
150g mango
1 medium banana, peeled (100g)

50g oats
2 Tbsp. smooth peanut butter (30g)
20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	397kcal
Fat	13.9g
Carbohydrate	56.9g
Protein	14.3g
Salt	0.5g
Fibre	3.8g

A good source of protein. Rich in vitamin C & B vitamins. A good source of iron.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Oatmeal Smoothie

Prep time: 5 minutes Serves: 2



V

100g porridge oats
1 Tbsp. honey (15g)
200g Greek-style yogurt
1 medium banana, peeled (100g)
30g ground almonds
100g Strawberries
Handful of ice
20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	510kcal
Fat	21.3g
Carbohydrate	63.7g
Protein	19.3g
Salt	0.5g
Fibre	7.2g

Rich in vitamin C & B vitamins. A good source of calcium & iron.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Orange Crush

Prep time: 5 minutes Serves: 1



V

100mls orange juice
50mls pineapple juice
50ml full-fat milk
5 Tbsp. Greek-style yogurt (75g)

1 Tbsp. milled flaxseed (15g)
20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	352kcal
Fat	17.3g
Carbohydrate	30.5g
Protein	17.3g
Salt	0.8g
Fibre	4.7g

A good source of protein, vitamin B12 and calcium. Rich in vitamin C

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Peach Smoothie

Prep time: 5 minutes Serves: 1



V

150g tinned peaches
80ml full-fat milk
80g ice-cream
2 Tbsp. honey (30g)

Pinch of cinnamon (1g)
20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	417kcal
Fat	11.1g
Carbohydrate	69.0g
Protein	13.6g
Salt	0.8g
Fibre	2.7g

Rich in vitamin B12. A good source calcium.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Raspberry Mango Smoothie

Prep time: 5 minutes Serves: 2



V

100g frozen raspberries

100g mango

300ml full-fat milk

100ml cream

2 tsp. honey (10g)

30g ground almonds

20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	376kcal
Fat	23.8g
Carbohydrate	27.7g
Protein	14.0g
Salt	0.5g
Fibre	6.7g

Rich in vitamin C & B vitamins. A good source of vitamin A & calcium.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Strawberry Avocado Smoothie

Prep time: 5 minutes Serves: 2



V

60ml full-fat milk

1 medium banana,
peeled (100g)200g frozen
strawberries½ small avocado
(50g)¼ tsp. vanilla extract
(1ml)1 Tbsp. ground
almonds (15g)175g Greek-style
yogurt20g skimmed milk
powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	329kcal
Fat	19.6g
Carbohydrate	25.5g
Protein	13.7g
Salt	0.5g
Fibre	5.0g

Rich in vitamin C and B2. A good source of calcium.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Strawberry, Peanut Butter & Banana Smoothie

Prep time: 5 minutes Serves: 2



200g Greek-style yogurt

100g strawberries

1 medium banana, peeled (100g)

3 Tbsp. smooth peanut butter (45g)

50ml full-fat milk

20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	375kcal
Fat	23.2g
Carbohydrate	25.5g
Protein	17.1g
Salt	0.7g
Fibre	3.7g

A good source of protein, calcium & vitamin E. Rich in vitamin C & B vitamins.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

SMOOTHIES/DRINKS

Tangy Lemon Milkshake

Prep time: 5 minutes Serves: 1



V

2 scoops vanilla ice-cream (150g)
50ml full-fat milk
1 tsp. lemon juice (5ml)

1 Tbsp. lemon curd (15g)
20g skimmed milk powder

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	412kcal
Fat	17.5g
Carbohydrate	51.6g
Protein	14.3g
Salt	0.9g
Fibre	0.3g

Rich in B vitamins. A good source of calcium.

MINCED & MOIST

SMOOTH PUREED

LIQUIDISED

SOFT

Tasty Tropical Smoothie

Prep time: 5 minutes Serves: 2



V

- 1 large banana, peeled (120g)
- 1 small peach, stone removed (80g)
- 1 small mango, skin and stone removed (160g)
- 100ml full-fat milk
- 2 Tbsp. honey (30g)
- 1 Tbsp. ground almonds (15g)
- 20g skimmed milk powder
- 100ml cream

- 1 Blend all of the ingredients together until smooth.

Typical Values	Per serving
Energy	337kcal
Fat	14.7g
Carbohydrate	44.6g
Protein	9.6g
Salt	0.4g
Fibre	5.0g

Rich in vitamin C. A good source of B vitamins.

Acknowledgements & Contributors



Aoife Ryan PhD RD

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. This is the second cookbook her group has produced for cancer patients.



Fiona Dwyer BSc

Fiona graduated with a BSc (Hons) Nutritional Science degree from University College Cork. She has a strong passion for cooking and has worked on both the 'Good Nutrition for Cancer Recovery book' and this book over the past 2 years. She performed all of the nutritional analysis and taste tested the majority of recipes in this book. Through her efforts the protein intake of recipes was maximised which optimised the nutritional profile of each recipe. She is currently a research MSc student with Dr. Aoife Ryan at UCC.



Jane Healy BSc BA MA

Jane Healy works as a 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 to complete a BA in Culinary Arts. She has 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.



Derek Power MRCPI

Dr Power is a consultant medical oncologist at Mercy University Hospital and Cork University Hospital. He obtained his medical degree from the Royal College of Surgeons in Ireland and also holds a BSc in Pharmacy (Trinity College Dublin). He completed his basic medical training in medical oncology in Ireland and then was awarded a clinical fellowship at Memorial Sloan Kettering Cancer Centre in New York for 3 years. In New York he obtained specialist oncology training in solid tumour oncology and cancer genetics. His specialist interests are gastrointestinal cancer, genitourinary cancer and malignant melanoma.



Ruth Elliott BSc

Ruth is a fourth year BSc Nutritional Sciences student at UCC. She worked with the team at UCC to develop and adapt the majority of the recipes in this book during her 6 month work placement in third year, for which she was the recipient of a Health Research Board Summer Student Scholarship. She is due to graduate in 2016.



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

Ann O' Connor is a Culinary Arts Lecturer in the Department of Tourism and Hospitality at The 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. She has judged culinary competitions both nationally and internationally.



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 a 3rd year PhD student under the supervision of Dr Aoife Ryan at UCC. She is also a member of the Irish Nutrition and Dietetics Institute (INDI).



Marta & Jakub Miklinska

Marta is a Dublin-based freelance food & lifestyle photographer. Her affection for photography started along with her journal *Loaf Story* where she documents beautiful food she discovers on her way throughout her passion. Jakub is a full time chef with over 15 years of experience in the United States and Ireland. They regularly collaborate with other creative types & brands and work with variety of editorial and advertising clients as well as cookbook publications. After 6 years together, they are always continuing to evolve together as husband and wife and professional colleagues.



Michelle Fanning BSc RD

Michelle graduated from TCD/DIT in December 2003 with a BSc in Human Nutrition and Dietetics. She is working in the area of medical and surgical oncology since 2010 and is currently the Senior Dietitian in oesophageal and gastric cancer surgery in St James's Hospital Dublin. She has a specific interest in the management of gastrointestinal symptoms and malabsorption after oesophageal and gastric cancer surgery.



Aisling McHugh BSc RD

Aisling graduated from DIT/TCD with a BSc in Human Nutrition & Dietetics and has worked at St James's hospital in the area of surgery for the past 13 years. She became Clinical Specialist Dietitian in 2008. Her role involves the co-ordination of a comprehensive clinical nutrition service for Upper GI surgery patients at 'The National centre for Oesophageal and Gastric cancer' at SJH which treats >250 cases of oesophageal/gastric cancer every year. Aisling is particularly interested in the management of post-operative upper GI cancer patients with maldigestion/ malabsorption syndrome and she was a key member of the INDI/IASLT working group which developed the 'National descriptors for terminology for modified foods and fluids' in 2009.



Eoghan O'Sullivan BA

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 star 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. Eoghan holds a BA in Hotel & Catering Management from Galway Mayo Institute of Technology.



Orla Dolan BSc

Orla Dolan is a graduate of UCC and UL Kemmy Business School. Originally educated as a scientist, she went on to work in Human resources in Social and Health Sectors in the United States. 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 the fundraising director. Orla is a National Cancer Registry of Ireland Board member since 2013.



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