

**WE ARE
MACMILLAN.
CANCER SUPPORT**

RECIPES FOR PEOPLE AFFECTED BY CANCER



This is one of a series of booklets on diet and cancer.

The other information booklets are:

- *Eating problems and cancer*
- *Healthy eating and cancer*
- *The building-up diet.*

These are also available as audiobooks.

It's important that you check with your hospital consultant, dietitian or nurse specialist about which of these books are right for you. It's also important to check whether you need any additional information.

If you would like more information about these booklets, you can contact our cancer support specialists on **0808 808 00 00**. They will be able to send you the booklet(s) that contain the information you need.

Key

We've added the following symbols to the recipes, so you can quickly spot the ones that may suit you. These are a guideline only and you should talk to your doctor about which foods are suitable for you. This key is also on the bookmark on the back cover.

You can search for recipes by looking for each symbol in the index on pages 84–87.



Suitable for people with a dry or sore mouth



Suitable for people with loss of weight or appetite



Suitable for people with sickness or nausea



Quick and simple recipe



Suitable for people with problems chewing or swallowing



Healthier-eating recipe



Suitable for people with loss of taste or smell

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About this recipe book

Who is this book for?

When you're affected by cancer, you may not feel like eating. But it's important that you do. The recipes in this book have been designed for people with cancer who have eating problems. Many of the recipes include ingredients that are high in fat or sugar to help you get enough energy and maintain your weight during cancer treatment. They are designed to be appetising and to encourage you to eat even when you don't feel like it.

Most of the recipes are simple and quick to prepare. This is to make it as easy as possible to cook when you're not feeling well. Hopefully they will help you rediscover some enjoyment in eating tasty, nutritious food.

If you are eating well and want to follow a healthy diet, there are some healthier-eating recipes in this book. Our booklet *Healthy eating and cancer* may also be helpful for you.

Where are the recipes from?

This book has been planned and written with food experts, including dietitians. The original version was put together with help from celebrity chef Brian Turner, and some of his creations are in this edition. Other recipes have kindly been contributed by a number of people and organisations, including BBC Good Food, Canned Food UK, CaribbeanPot.com, NHS Choices, the Oesophageal Patients Association, the Royal Marsden Hospital and Waitrose. Some of these recipes have been adapted to make them more suitable for people affected by cancer.

Further information

If you'd like to talk about any of the information in this book, you can call our cancer support specialists on **0808 808 00 00**. They can give you information about eating problems and answer any questions you have.

See pages 90–92 for a list of other useful organisations and resources.


Dietary needs when you have cancer

Eating for health is important for us all. The usual advice is to eat at least five portions of fruit and vegetables a day, increase our fibre intake, and eat only small amounts of foods that are high in fat. If you want to follow a healthy diet, you can find out more in our booklet *Healthy eating and cancer*.

When you have cancer, there are times when your dietary needs may change. The cancer may have caused you to lose weight. Or you may have a specific problem that makes eating difficult. It is important to try to maintain your weight. This helps you stay strong to deal with the side effects of cancer and its treatment.

Protein and calories

People who are finding it difficult to eat enough may need to get extra protein and calories from foods that are high in fat, such as milk, cheese and eggs. Your doctor or dietitian may recommend you eat foods that you would normally think of as unhealthy.

For recipes that are high in calories and protein, look out for the  symbol. We also have a list of tips for adding extra protein and energy to your food on page 9. If you're struggling to eat enough to maintain your weight, our booklet *The building-up diet* is also useful.

Other health conditions

If you are already on a special diet for diabetes, kidney or heart disease, or other health problems, it is important to talk to your doctor or dietitian for advice. See page 7 for more information.

Ready meals


If you find you are too tired to prepare and cook food, having ready meals can be the easiest way to get enough calories. There are many options available, from ready-made pasta and curry sauces to microwavable meals. It's a good idea to stock your cupboards with some of these before treatment starts. Adding side portions of vegetables will bulk up the meal and increase your intake of vitamins and minerals. Green, leafy vegetables such as broccoli or spinach are good choices.




Choosing a recipe


Eating problems


Some people with cancer develop problems that affect their ability to eat. These problems may be a result of the cancer or its treatment.

If you have a **dry or sore mouth**, you may need to avoid dry foods and add sauces or gravies. Creamy foods may be easier to eat. Look for recipes with this symbol . If your mouth is sore, you should also avoid foods that are spicy, acidic or salty. These include chilli peppers, citrus fruits and tomatoes. We can send you more information about mouthcare during treatment.

If you have **problems chewing or swallowing**, softer foods may be easier to eat. Cut all the ingredients into small slices or chunks. Adding sauces or gravies may also help the food go down. You may need to use a liquidiser or blender for some dishes. In this book, look for recipes with this symbol .

If you have **lost your sense of taste or smell**, you may want to eat foods that have stronger flavours or spices. You can add extra spices to the recipes in this book, or try the recipes with this symbol .

If you are **feeling sick**, it may help to eat bland or dry foods. Many people find they need to avoid creamy or spicy foods. But foods that make one person feel sick might be fine for someone else. This means that some of the recipes we've labelled as suitable for people with sickness may not be suitable for you. These recipes have this symbol .

Some people may have a bigger appetite due to medicines they are taking. In this case, it's important to eat lower-calorie foods so you don't put on too much weight. Look for recipes with the **healthier-eating** symbol . Or adapt the recipes to reduce the fat content, for example by using skimmed milk instead of cream. Our booklet *Healthy eating and cancer* has more information on following a healthy diet.

Recipes that are particularly suitable for one or more of these problems are marked with the symbols above. You can see the full key on the inside front cover of this book. There's also an index of recipes ordered by eating problem on pages 84–87. This will help you find a recipe that's most suitable for your needs.

The recommendations in this book are a guideline only. Talk to your doctor and/or dietitian about the foods that are suitable for your needs. And experiment to find out what works well for your tastes.

Our booklet *Eating problems and cancer* has more useful tips on how to cope with the problems listed on the opposite page. It also has advice on which foods to eat and which to avoid if you have constipation or diarrhoea.

Other health conditions

Some people with cancer may have dietary needs or eating problems that are not covered in this book. For example:

- people with diabetes, kidney disease or heart disease
- people who have a colostomy or ileostomy
- people who have had all or part of their stomach or bowel removed
- people who have had radiotherapy to their mouth or jaw.

These people may need to follow a special diet designed for them. You can ask your doctor, specialist nurse or dietitian for advice about these diets.

Low immunity

If your immunity is very low, you should ask your doctor about whether there are any foods you need to avoid. They may recommend that you avoid:

- cheeses made from unpasteurised milk, such as brie and blue-veined cheeses
- liver pâté
- live bacterial yoghurt
- raw or undercooked eggs
- uncooked herbs, spices, pepper and peppercorns.

It's also important to be careful with food hygiene when you're cooking (see page 11).

Saving money

Worries about money are very common for people affected by cancer. If you're on a limited budget, you may want to choose recipes with lower-priced ingredients. You can also substitute ingredients that seem too expensive for ones that cost less.

We can send you our booklet *Help with the cost of cancer*, which has information about getting financial support. You can also view this information online at macmillan.org.uk/financialissues



Adapting the recipes

Adding extra energy and protein

If you're losing weight or have a poor appetite, it is important to choose high-energy foods to get enough calories. Look out for the  symbol.

Below are some tips to add energy and protein to meals:

- When you're shopping, choose full-fat foods instead of 'diet' or 'light' foods.
- Fry your foods in oil or ghee.
- Add extra butter, margarine or oil to bread, potatoes, pasta and cooked vegetables.
- Add extra cheese to sauces and extra paneer to curries.
- Add cream, sour cream, plain yoghurt, mascarpone or creme fraiche to sauces, soups and meat dishes.
- Add whole or blended beans, lentils or peas to curries and stews.
- Add evaporated milk, condensed milk or cream to desserts and hot drinks.
- Have cream or ice-cream with desserts.
- Add peanut butter (and other nut spreads), chocolate spread, tahini, honey or jam to bread, toast, crackers and biscuits.

Our booklet *The building-up diet* has more information on maintaining your weight when you have a poor appetite or eating difficulties.


If you are still struggling to maintain your weight, your doctor, nurse or dietitian may suggest you take supplements. These will increase the protein or energy content of your diet. They are usually available on prescription. You can take them as drinks or snacks between meals or add them to food.

Substituting ingredients

None of the recipes need to be followed exactly, so feel free to use different ingredients from the ones listed. Just remember that this will change the nutritional values from those given.

If you don't eat dairy products, you can:

- replace milk with soya, oat, rice, hazelnut, almond or coconut milk
- replace cream with coconut cream
- replace butter with vegetable or coconut oil
- replace yoghurt with soya or coconut yoghurt.

Some of the recipes include spices (look for the  symbol). These can help if you've lost some sense of taste and smell and want something with strong flavours. But if highly flavoured foods don't appeal to you, make these dishes milder by swapping ingredients or adding natural yoghurt.

Cooking the recipes

Food hygiene

If your immune system is weak, you are more at risk of getting food poisoning. You may also be less able to cope with the symptoms of food poisoning.

To reduce this risk you should:

- use ingredients that are as fresh as possible
- wash your hands before you touch food
- keep pets out of the kitchen
- wash all fruit and vegetables well in cold running water – do not soak them unless you're using dried lentils or beans
- clean cooking utensils and chopping boards thoroughly
- wipe worktops with hot, soapy water or an antibacterial spray, particularly after you've used them to prepare raw meat or eggs
- wash or replace dishcloths and tea towels regularly.

Leftovers

If you decide to store food to eat later, let it cool down completely then store it in the fridge or freezer. Freezing extra portions can save you time later and is a useful thing to do before your treatment starts. Remember to defrost your foods fully before reheating them. This is especially important if you have low immunity due to treatment. Only reheat food once and make sure it's piping hot right through before you eat it. Take care not to burn your mouth or tongue if you're reheating food.



STARTERS AND SNACKS



Great to snack on or something light

If you struggle with sickness, a lighter snack may appeal. If you have problems chewing, soups are great if you thoroughly blend and mix the ingredients. If you're underweight or need to increase your energy and protein intake, choose recipes with a higher fat content (see the nutritional information next to each recipe). You can also try some of the tips on page 9 to add extra energy.



**Nutritional information
per portion**

Energy 348kcal

Protein 15.2g

Total fat 14.6g

(of which saturates 3.7g)

Carbohydrate 41.6g

Fibre 6.1g

Chorizo bruschetta

Preparation 20 minutes

Serves 4

For the topping:

Olive oil (2 tbsp)

2 garlic cloves, crushed

Chorizo (100g/3.5oz),
cut into 1cm/0.5 inch slices

Splash of good red
wine (optional)

Half a tin of cherry tomatoes
(200g/7oz), drained

Half a tin of butter beans
(220g/8oz), drained

Half a tin of cannellini beans
(200g/7oz), drained

Large handful of fresh
parsley, chopped

Salt and black pepper

For the bruschetta:

1 baguette, cut diagonally
into 12 x 1cm/0.5-inch slices

1 garlic clove, peeled

Olive oil (2 tbsp)

Cooking 20 minutes

- 1 Preheat the oven to 200°C/180°C fan/
gas mark 6.
- 2 Heat the oil in a frying pan and add the garlic
and chorizo. Fry gently, making sure the garlic
doesn't brown.
- 3 Add the wine and tomatoes and continue
cooking for 1–2 minutes.
- 4 Add the butter beans, the cannellini beans
and half the parsley. Continue cooking for
5 minutes on a medium/low heat. Add the
salt and pepper and take off the heat.
- 5 Rub each side of each slice of bread with the
garlic. Spread the slices flat on a baking tray.
- 6 Drizzle with the oil and sprinkle over more salt.
Bake in the oven for 5–10 minutes.
- 7 Spoon the warm chorizo mixture over the
bread. Sprinkle with the remaining chopped
parsley and serve.



Assemble the bruschetta immediately
before serving, so the bread doesn't
go soft. If you have a dry or sore mouth,
serve the warm chorizo mixture with pasta
or on a baked potato instead of bread.



Thanks to Canned Food UK for contributing this recipe.

Breakfast on the grill

Preparation 10 minutes

Serves 4

2 large potatoes, peeled and sliced 60mm/0.25 inch thick

Olive oil (2 tbsp)

1 medium onion, thinly sliced

Feta cheese
(85g/3oz), crumbled

Fresh chives (1 tbsp), chopped

1/4 scotch bonnet pepper,
deseeded and chopped

Dried thyme (1 tsp)

4 strips of crispy bacon,
cut or crumbled into small pieces

4 eggs

1 medium tomato, thinly sliced

Fresh parsley (1 tbsp), chopped

Salt and black pepper

Handful of cheese (such as
cheddar or red leicester), grated

Cooking 45 minutes

- 1 Boil the sliced potatoes for about 15 minutes until tender.
- 2 Brush the olive oil over the bottom of a pan. Spread the sliced onion across the bottom of the pan, then layer the sliced potato on top.
- 3 Spread the feta cheese evenly on top of the potato. Then top with the chives, scotch bonnet pepper, thyme and bacon bits.
- 4 Crack in the eggs so they're spaced apart evenly. Put the tomato slices between them. Top with the parsley, black pepper and salt.
- 5 Grill for 20–25 minutes at a moderate heat.
- 6 Top with the cheese and melt under the grill for 5 minutes.
- 7 Cut into four slices and serve.

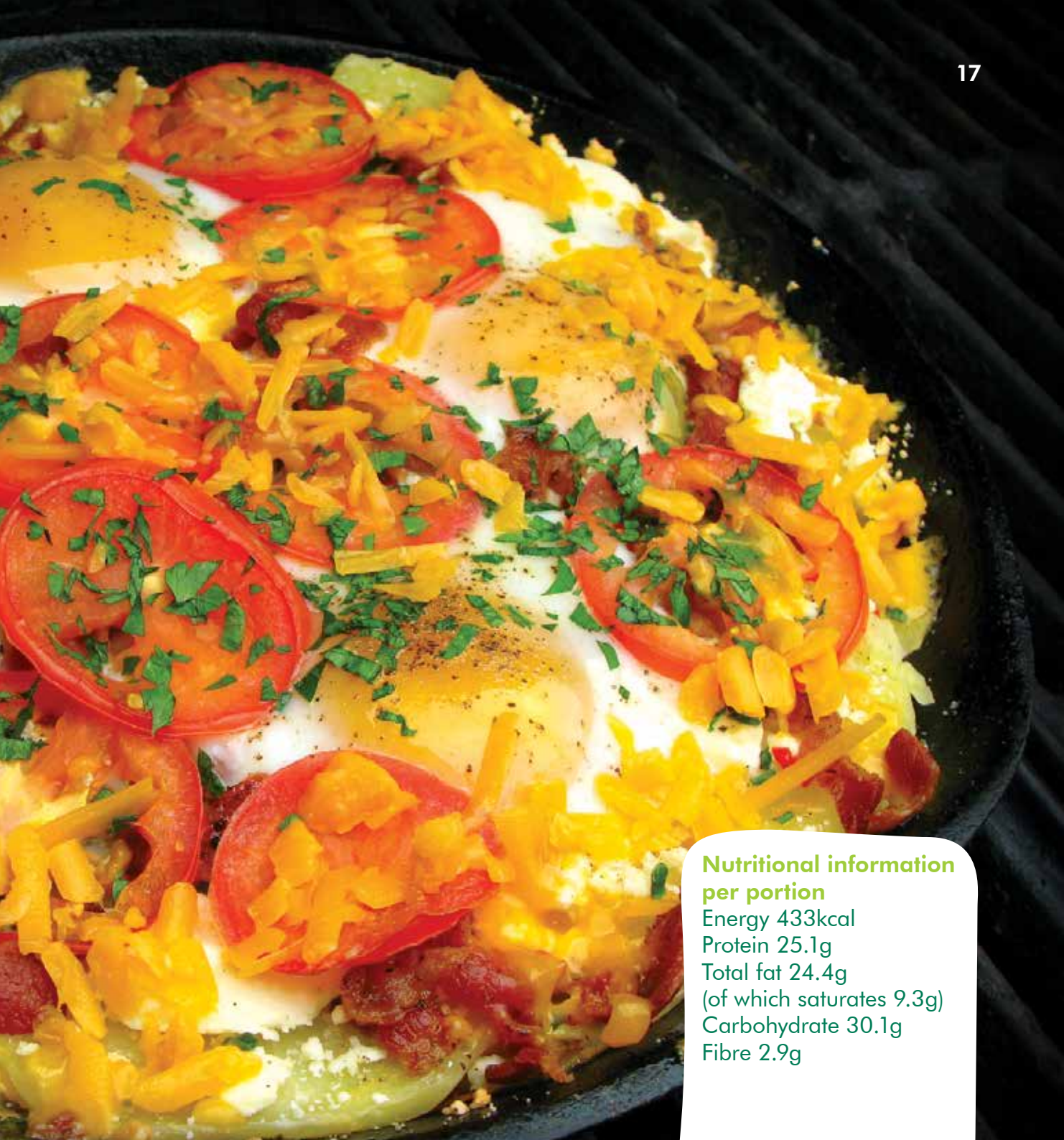


Try using different types of cheese, or using sweet potato or yam instead of potato. To save time and effort, you can buy ready-grated cheese in many supermarkets.



If you have a sore mouth or don't like spicy food, leave out the scotch bonnet.





**Nutritional information
per portion**

Energy 433kcal

Protein 25.1g

Total fat 24.4g

(of which saturates 9.3g)

Carbohydrate 30.1g

Fibre 2.9g

Caribbean-style tuna spread

Preparation 15 minutes

Serves 2

- 2 cans of tuna (200g/7oz each), drained
- 1 small red onion, finely diced
- 1 spring onion, chopped
- 1 small stalk of celery, finely diced
- Cucumber (3.5 tbsp), finely diced
- 1 pimento or sweet pointed pepper, finely diced (optional)
- Black pepper
- Caribbean hot pepper sauce (0.5 tsp) (optional)
- Mayonnaise (1 tbsp)
- 1/2 avocado, diced
- Lemon juice (1.5 tsp)

Serving suggestion

Bread, crackers or a baked potato





**Nutritional information
per portion (without bread,
crackers or baked potato)**

Energy 270kcal

Protein 31.9g


Total fat 14g


(of which saturates 2.2g)

Carbohydrate 4.2g

Fibre 2.2g

- 1 Squeeze the water from the tuna. Flake it into small pieces in a large bowl. Don't overwork it or it will become mushy.
- 2 Add all the ingredients except the avocado and lemon juice. Mix well.
- 3 Top with the avocado and add the lemon juice.
- 4 Gently fold in the avocado, taking care not to crush it.
- 5 Adjust seasoning or add more lemon juice to taste.
- 6 Serve the mixture in a sandwich, on crackers or on a baked potato.

 Make in advance and store in the fridge. It will last for a couple days in a sealed container.

 If you have a sore mouth or don't like spicy food, leave out the Caribbean hot pepper sauce. You can buy this sauce with different levels of spice.



Sweet potato crab cakes

Preparation 10 minutes

Serves 4

Sweet potato (450g/1lb),
peeled and cut into chunks

1 spring onion, chopped

Half a small red onion,
finely chopped

Salt and black pepper

Dried thyme (0.25 tsp)

Fresh parsley (1 tbsp), chopped

Half a scotch bonnet pepper,
deseeded and finely diced

Mayonnaise (1 tbsp)

1 tin of crabmeat
(120g/4oz), drained

Breadcrumbs (120g/4oz),
natural or golden

Vegetable oil (1 tbsp)

Cooking 35 minutes (plus 30 minutes chilling)

- 1 Boil the sweet potato until tender. Drain it and mash it in a deep bowl.
- 2 When the sweet potato is cool, add all the ingredients except the crabmeat, breadcrumbs and vegetable oil. Mix well.
- 3 Squeeze the water from the crabmeat and fold into the mixture. Chill in the fridge for about 20 minutes.
- 4 Roll the mixture into balls the size of a golf ball. Then roll the balls in the breadcrumbs, pressing down gently so the crumbs stick. Put them in the fridge for 10 minutes to firm up.
- 5 Heat the vegetable oil on medium in a wide pan. Press down on each crab cake ball to make a patty. Fry them on each side until golden brown, then drain them on paper towels to absorb the extra oil.



Using wholemeal breadcrumbs will increase the fibre content.



Scotch bonnets are hot! If you have a sore mouth, leave it out. If you like less heat, use a bird's eye chilli instead.





**Nutritional information
per portion**

Energy 379kcal

Protein 11.2g

Total fat 17.4g

(of which saturates 2.2g)

Carbohydrate 45.8g

Fibre 4g

**Nutritional information
per portion**

Energy 379.1kcal
 Protein 25.9g
 Total fat 19.2g
 (of which saturates 11.6g)
 Carbohydrate 27.6g
 Fibre 3.1g

Smoked fish chowder

Preparation 15 minutes

Cooking 30 minutes

Serves 4

Smoked haddock fillet
(450g/1lb)

Butter (55g/2oz)

2 medium onions,
finely chopped

Flour (2 level tbsp)

Potatoes (225g/8oz),
peeled and finely chopped

Carrots (170g/6oz),
peeled and finely chopped

Single cream (140ml/0.25 pint)

Salt and black pepper

- 1 Boil 1 litre of water, then reduce the heat to simmer. Add the haddock for about 10 minutes until tender.
- 2 Drain the haddock, keeping the water to use later as a stock. Flake the haddock roughly, discarding the skin and bones.
- 3 Heat the butter in a pan. Add the onion and fry until soft. Stir in the flour and cook for 1 minute.
- 4 Gradually add the stock and bring to the boil, stirring constantly. Add the potatoes and carrots and simmer for about 10 minutes until tender.
- 5 Stir in the flaked fish and cream. Season well and serve.



If you have problems chewing or swallowing, liquidise the soup in a blender or food processor (and sieve if necessary). Then reheat it, without boiling, before serving. To make it more varied and easier to prepare, use a fish pie mix instead of the haddock.



Thanks to the Oesophageal Patients Association for contributing this recipe.

Nutritional information per portion

Energy 267kcal
Protein 21.5g
Total fat 19g
(of which saturates 3.5g)
Carbohydrate 2.6g
Fibre 1g

Salad Niçoise

Preparation and cooking

15 minutes

Serves 2

Green beans (50g/2oz)

Mixed salad leaves (50g/2oz)

1 tin of tuna
(180g/6oz), drained

Black olives (15g/0.5oz),
halved and stones removed

1 hard-boiled egg,
cut into quarters

French salad dressing

- 1 Blanch the green beans in boiling water for 2 minutes. Drain them and cool them under cold, running water.
- 2 Place the salad leaves in a serving bowl.
- 3 Flake the tuna over the leaves.
- 4 Top with the green beans, egg and black olives.
- 5 Drizzle with French salad dressing and serve.



To make a more filling meal,
add sliced tomatoes and sliced,
cooked, cold potatoes.



Thanks to Canned Food UK for contributing this recipe.

Sardine bruschetta

Preparation 10 minutes

Cooking 6 minutes

Serves 4

1 tin of peeled plum tomatoes (400g/14oz), drained and roughly chopped

1 red onion, finely chopped

2 garlic cloves, crushed

Large handful of fresh basil, finely chopped

Olive oil (1 tbsp)

Salt and black pepper

2 farmhouse-style bread rolls

2 tins of sardines in tomato sauce (240g/8oz)

Nutritional information per portion

Energy 221kcal

Protein 14.2g

Total fat 9.3g

(of which saturates 2.2g)

Carbohydrate 21.3g

Fibre 2g



- 1 Preheat the oven to 220°C/200°C fan/gas mark 7.
- 2 Put all the ingredients except the bread rolls and sardines in a large bowl. Mix thoroughly.
- 3 Cut the rolls in half and place in the oven for 2 minutes.
- 4 Remove the rolls from the oven and spoon the mixture over the top of each roll.
- 5 Put the sardine fillets onto each roll and place back in the oven for 4 minutes. Serve warm.



If you have a dry or sore mouth, try serving the mixture with pasta or on a baked potato instead.



Minestrone soup

Preparation 10 minutes

Serves 4

Vegetable oil (1 tbsp)
 1 large onion, chopped
 1 large carrot, peeled and chopped
 1 stick of celery, chopped
 1 tin of chopped tomatoes (400g/14oz)
 Half a cup of tinned beans, such as cannellini, kidney, borlotti or pinto beans
 Half a cup of dry pasta (any shape)
 1 cup of frozen vegetable mix
 Vegetable stock (1 litre/1.75 pints)
 Tomato puree (0.25 tube)
 Pinch of dried, mixed herbs
 Black pepper

Cooking 35 minutes

- 1 Put the oil, onion, carrot and celery in a pan and heat gently for 10 minutes, stirring from time to time.
- 2 Add the chopped tomatoes, stock, beans and frozen vegetables. Bring the pan to the boil and add the pasta.
- 3 Reduce the heat to a simmer and cover the pan with a lid. Continue cooking, stirring occasionally, for about 15 minutes or until the vegetables and pasta are soft.
- 4 Add the tomato puree. Season with herbs and black pepper to taste.



If you have problems chewing or swallowing, use a hand blender or liquidiser to make the soup smooth.

Nutritional information per portion

Energy 391kcal
 Protein 15.1g
 Total fat 10.5g (of which saturates 3g)
 Carbohydrate 61.4g
 Fibre 11.9g



Watercress and leek soup

Preparation 10 minutes

Serves 4–6

Leeks (450g/1lb),
washed and chopped

2 handfuls of watercress,
destalked and chopped

2 medium potatoes,
peeled and chopped

Butter (55g/2oz)

Vegetable stock
(840ml/1.5 pints)

Double cream (140ml/0.25 pint)

Salt and black pepper

Watercress leaves to garnish

Cooking 35 minutes

- 1** Melt the butter in a large pan. Add the leeks, potatoes and watercress, and stir well.
- 2** Add a good pinch of salt. Then cover the pan and cook the vegetables over a low heat for about 20 minutes, stirring occasionally.
- 3** Add the stock and bring to simmering point. Cover and simmer for a further 10–15 minutes until the vegetables are tender.
- 4** Remove from the heat and allow to cool.
- 5** Liquidise the cooled soup with a food processor or blender, then return it to the pan.
- 6** Stir in the cream, season with salt and pepper to taste and reheat gently.
- 7** Garnish with watercress leaves and serve.



Leave the soup in the fridge overnight to improve the flavours.

Nutritional information per portion

Energy 275kcal

Protein 4.4g

Total fat 21.2g (of which saturates 12.9g)

Carbohydrate 18.1g

Fibre 3.3g



Paneer bhujija

Preparation 5 minutes

Serves 2–3

Oil (2 tbsp)

1 medium onion, chopped

2 garlic cloves, crushed

Paneer (200g/7oz),
cut into small pieces

Turmeric (0.5 tsp)

Salt (0.5 tsp)

1 red pepper, deseeded
and chopped

1 medium tomato, chopped

1–2 green chillies

Handful of coriander leaves

Serving suggestion

Toast or roti

Cooking 15 minutes

- 1 Heat the oil in a karai, wok or frying pan over a medium heat and fry the onion and garlic for a few minutes.
- 2 Add the paneer, turmeric and salt. Fry for 3–4 minutes, stirring continuously.
- 3 Add the pepper and tomato. Continue to cook for 4–5 minutes.
- 4 Add the chillies and coriander leaves. Mix and remove from the heat.



This is often served as a breakfast in North India. If you can't find paneer, try using tofu or another cheese, such as halloumi.



If you have a sore mouth, leave out the chillis.

**Nutritional information per portion
(without toast or roti)**

Energy 341kcal

Protein 15.7g

Total fat 26.3g (of which saturates 12.7g)

Carbohydrate 11.4g

Fibre 2.8g



Thanks to Sumana Ray for contributing this recipe.

Hearty vegetable soup

Preparation 15 minutes

Serves 6

Vegetable oil (0.5 tbsp)
 1 medium onion, sliced
 2 small carrots,
 peeled and sliced
 1 leek, sliced
 2 sticks of celery, sliced
 1 tin of chopped
 tomatoes (400g/14oz)
 Vegetable stock (1.75 pints)
 Tomato puree (1.5 tbsp)
 Green beans (80g/3oz)
 Frozen peas (80g/3oz)
 Dry pasta (50g/2oz)
 Dried mixed herbs (1.5 tsp)
 Black pepper

Cooking 30 minutes

- 1 Heat the oil in a large pan. Add the onion, carrots, leeks and celery and fry until sizzling. Reduce the heat, cover and cook gently for 5 minutes, stirring if needed.
- 2 Add the tomatoes, stock, tomato puree, beans and frozen peas. Raise the heat to the maximum to continue boiling. Add the pasta, herbs and pepper.
- 3 Reduce the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.



If you like your soup spicy, add 1–2 tsp curry powder of your choice along with the tomatoes. For extra calories, add grated hard cheese.

Nutritional information per portion

Energy 78kcal
 Protein 3.6g
 Total fat 1.9g (of which saturates 0.3g)
 Carbohydrate 12.9g
 Fibre 2.9g



Tomato and basil soup

Preparation 2 minutes

Serves 2

1 tin of condensed cream of tomato soup (295g/10.5oz)

Single cream or creme fraiche (150ml/0.25 pint)

Pesto (1 tbsp)

Serving suggestion (per serving)


Croutons (28g/1oz)

Sprinkling of grated parmesan cheese

2–3 fresh basil leaves

Cooking 5–10 minutes

- 1 Pour the tomato soup into a pan.
- 2 Add the cream or creme fraiche and pesto and heat gently, stirring constantly. Don't let the soup boil.
- 3 Pour into soup bowls and sprinkle each one with croutons and grated parmesan cheese.
- 4 Serve with basil leaves.

 You can use the supplement Fortisip (neutral flavour) instead of cream, if it has been prescribed.

Nutritional information per portion

Energy 440kcal

Protein 7.7g

Total fat 33g (of which saturates 12g)

Carbohydrate 30g

Fibre 1.7g



Thanks to Nutricia Clinical Care for permission to reproduce this recipe from its leaflet *Fortisip quick soup recipes*.

Bean dip

Preparation 10 minutes

Serves 4

1 tin of beans, such as kidney, cannellini, butter, borlotti or pinto beans (400g/14oz)

Olive oil (1 tbsp)

Grated zest and juice of 1 lemon

Tahini or smooth peanut butter (1 tbsp)

1 garlic clove, crushed

Salt and black pepper

Serving suggestion

Crusty bread or a baked potato

Cooking 10 minutes

- 1 Drain the beans and rinse well in cold running water.
- 2 Blend the beans into a puree using a food processor or hand blender. Put the bean paste in a mixing bowl and add the rest of the ingredients. Stir everything together well.
- 3 Serve on a baked potato or crusty bread.



To make the dip a bit softer, add some water and mix to the desired consistency.

Nutritional information per portion (without crusty bread or baked potato)

Energy 161.9kcal

Protein 5.9g

Total fat 11.7g (of which saturates 1.7g)

Carbohydrate 8.3g

Fibre 2.9g



Thanks to the Oesophageal Patients Association for contributing this recipe.

Minty summer rice salad

Preparation 5 minutes
Cooking 20 minutes

Serves 4

Long-grain rice (250g/9oz)

Asparagus (250g/9oz),
chopped into bite-sized pieces

1 red pepper, deseeded
and chopped

Olive oil (3 tbsp)

Grated zest and juice of
1 lemon

Mozzarella (250g/8.8oz),
cut into small pieces

Large bunch of mint, chopped

Salt and black pepper



- 1 Add the rice to a pan of boiling, salted water and cook for 10 minutes.
- 2 Add the asparagus and cook for 3–4 minutes until the rice is completely cooked and the asparagus is only slightly crunchy.
- 3 Drain into a sieve and hold under cold, running water until cool.
- 4 When the rice is cold, stir in the rest of the ingredients.
- 5 Season well and serve.

Nutritional information per portion

Energy 506kcal

Protein 22g

Total fat 23g (of which saturates 10g)

Carbohydrate 58g

Fibre 1g



Thanks to Good Food magazine for contributing this recipe.

Parsnip and coconut soup

Preparation 15 minutes

Serves 4–6

Olive oil (2 tbsp)

1 large onion, chopped

1 garlic clove, finely chopped

Fresh ginger (25mm/1 inch),
peeled and chopped

Garam masala (1 tbsp)

6 parsnips (about 600g/
1lb 5oz), roughly chopped

Full-fat coconut milk
(500ml/1 pint)

Vegetable stock
(1 litre/1.75 pints)

Salt and black pepper

Cooking 45 minutes

- 1** Heat the olive oil in a large pan. Add the onion, garlic, ginger and garam masala. Gently fry the mixture for 3–5 minutes, until the onions begin to soften but not colour.
- 2** Add the parsnips and mix well with the other ingredients to bring out all the flavours.
- 3** Pour the coconut milk and stock into the pan. Season with salt and pepper and bring the soup to the boil. Stir well.
- 4** Reduce the heat to a gentle simmer and cook with the lid on for 30 minutes.
- 5** Check the parsnips are soft by piercing through to the centre with a sharp knife. Remove the soup from the heat and blend to a smooth puree with a blender or food processor.
- 6** Adjust seasoning to taste and serve.



To lower the fat content, use reduced-fat coconut milk.



Thanks to the Oesophageal Patients Association for contributing this recipe.

**Nutritional information
per portion**

Energy 365kcal

Protein 5g

Total fat 25.3g

(of which saturates 16.9g)

Carbohydrate 32.2g

Fibre 9.3g



Lazy lentil soup

Preparation 15 minutes

Serves 4

Dried red split lentils
(200g/7oz), rinsed well in cold,
running water and drained

1 large onion, roughly chopped

2 garlic cloves, crushed

2 bay leaves

Dried thyme (1 tsp)

Vegetable stock or chicken stock
(1 litre/1.75 pints)

1 tin of chopped
tomatoes (400g/14oz)

Salt and black pepper

Cooking 40 minutes

- 1 Put all the ingredients except the salt and pepper in a large pan and bring to the boil. Boil for five minutes.
- 2 Reduce the heat to a gentle simmer. Cover the pan with a lid and cook gently for 20 minutes, until the lentils have softened. Stir occasionally to stop the lentils from sticking to the bottom of the pan.
- 3 Season to taste and serve.



To increase the calories, cook the onions and garlic in 30g butter first, and swirl in a tablespoon of double cream when ready to serve. If you have problems chewing or swallowing, use a hand blender or liquidiser to make the soup smooth.

Nutritional information per portion

Energy 223.9kcal

Protein 14.3g

Total fat 2.1g (of which saturates 0.7g)

Carbohydrate 38.6g

Fibre 3.5 g



Thanks to the Oesophageal Patients Association for contributing this recipe.



MAIN COURSES

A sumptuous selection of mouth-watering mains

You'll find a dish to suit everyone in this selection of tasty mains. If you're looking for something simple and quick, just look for the 🕒 symbol. And the other symbols are there to show you the dishes that may be right for you if you have any specific dietary needs.



**Nutritional information
per portion**

Energy 560kcal

Protein 41.2g

Total fat 24.9g

(of which saturates 10.2g)

Carbohydrate 39.7g

Fibre 7.2g

Bacon and chorizo cassoulet

Preparation 15 minutes

Serves 3

Smoked bacon lardons
(200g/7oz)

Chorizo (100g/3.5oz), sliced

1 onion, chopped

1 tin of black-eyed
beans (400g/14oz),
drained and rinsed

1 tin of chopped
tomatoes (400g/14oz)

Dried, mixed herbs (2 tsp)

Fresh breadcrumbs (4 tbsp)

Cheddar cheese
(40g/1.5oz), grated

Fresh herbs to garnish

Cooking 35 minutes

- 1 Preheat the oven to 190°C/170°C fan/
gas mark 5.
- 2 Heat a large pan and add the bacon lardons,
frying them in their own fat for 3–4 minutes.
Add the chorizo and onion and continue
to fry for 2–3 minutes.
- 3 Add the beans, tomatoes and herbs.
Season and simmer for 8–10 minutes.
- 4 Share the mixture between three individual
baking dishes. Sprinkle the breadcrumbs and
cheese on top, then bake for 20–25 minutes.
- 5 Garnish each dish with fresh herbs and serve.



For a softer texture, use cannellini
beans instead of black-eyed beans.



Thanks to Sue Ashworth for contributing this recipe.

Speedy Moroccan meatballs

Preparation 5 minutes

Cooking 15 minutes

Serves 4

Olive oil (1 tbsp)

Ready-made beef or chicken meatballs (about 16)

1 large onion, sliced

Dried apricots (100g/3.5oz), halved

Ground cinnamon (0.5 tsp)

1 tin of chopped tomatoes with garlic (400g/14oz)

Toasted, flaked almonds (1 tbsp)

Handful of fresh coriander, roughly chopped



Nutritional information per portion

Energy 388kcal

Protein 18g

Total fat 25g

(of which saturates 9g)

Carbohydrate 24g

Fibre 6g

- 1** Heat the oil in a large, deep frying pan. Fry the meatballs for 10 minutes, turning occasionally until cooked through. Take them out of the pan and set aside.
- 2** Fry the onion for 5 minutes, until softened.
- 3** Add the apricots, cinnamon, tomatoes and half a tin of water to the pan. Stir and bring to the boil, then simmer for 10 minutes.
- 4** Return the meatballs to the pan and coat well with the tomato sauce.
- 5** Sprinkle with the almonds and coriander, then serve.



Thanks to Good Food magazine for contributing this recipe.

Chicken curry

Preparation 10 minutes

Serves 4

Oil (6 tbsp)

3 cinnamon sticks

4 green cardamom pods

3 bay leaves

2 large onions, sliced

4 cloves garlic, crushed

Fresh ginger (4cm/1.5 inch),
peeled and grated

Turmeric (1 tsp)

Chilli powder (0.5 tsp)

White vinegar (2 tbsp)

1 whole chicken, cut into
small pieces

Salt (1 tsp)

Sugar (0.5 tsp)

2 medium potatoes, quartered

Cooking 1 hour

- 1** Heat the oil in a large pan. Add the cinnamon, cardamom and bay leaves and let them sizzle for a few seconds.
- 2** Add the onions and fry until lightly browned. Add the garlic and ginger and fry for 1 minute.
- 3** Add the turmeric, chilli and vinegar. Stir everything together.
- 4** Add the chicken and fry for 5–6 minutes.
- 5** Add the salt and sugar and mix. Add 295ml/0.5 pint water and bring to the boil. Cover and cook on a lower heat for 15 minutes.
- 6** Add the potatoes and continue to cook for 20–25 minutes until the chicken and potatoes are cooked.



If you have a sore mouth, leave out the chilli powder.

Nutritional information per portion

Energy 736.5kcal

Protein 46.35g

Total fat 47.5g (of which saturates 10.4g)

Carbohydrate 32.5g

Fibre 3.4g



Thanks to Sumana Ray for contributing this recipe.



Quick shepherd's pie

Preparation 10 minutes

Cooking 30 minutes

Serves 4

Olive oil (2 tbsp)

Minced lamb (500g/1lb)

1 medium onion, diced

2 medium carrots,
peeled and diced

Dried rosemary (1 tsp)

Onion gravy granules (2 tbsp)

Worcestershire sauce (2 tbsp)

Frozen peas (100g/3oz)

2 frozen garlic baguettes

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6.
- 2 Heat half the oil in a large pan. Fry the mince with the onion, carrots and rosemary for 5 minutes.
- 3 Add the gravy granules, Worcestershire sauce, peas and 100ml/6 tbsp boiling water. Cover and simmer for 10 minutes, stirring occasionally.
- 4 Transfer to an ovenproof serving dish. Slice the frozen garlic bread and arrange over the top of the lamb mixture. Drizzle the bread with the rest of the oil and bake for 15 minutes until golden.



If you have a dry or sore mouth or problems chewing or swallowing, replace the bread with instant mashed potato.

Nutritional information per portion

Energy 479kcal

Protein 30g

Total fat 28g (of which saturates 12g)

Carbohydrate 22g

Fibre 3g



Thanks to Waitrose for contributing this recipe.

Chilli con carne

Preparation 10 minutes

Serves 2

Sunflower or vegetable oil (0.5 tbsp)

1 garlic clove, finely chopped

1 medium onion, finely chopped

Lean beef mince (100g/4oz)

Half a red pepper, chopped

Cup or button mushrooms (100g/4oz), sliced

Chilli powder (0.5 tsp)

Ground cumin (0.25 tsp)

Dried coriander (0.25 tsp)

1 tin of chopped tomatoes (400g/14oz)

Tomato puree (1 tbsp)

Half a tin of kidney beans (200g/7oz), drained and rinsed

Black pepper



If you have a sore mouth, leave out the spices.

Cooking 40 minutes

- 1 Heat the oil in a large, non-stick pan or frying pan and add the garlic and onion. Cook for 2–3 minutes.
- 2 Add the mince and stir. Cook for at least 5 minutes until the mince is brown all over.
- 3 Add the peppers, mushrooms and spices. Cook for 2 minutes.
- 4 Add the tomatoes and tomato puree. Bring the sauce to the boil, then reduce the heat. Simmer gently for 15–20 minutes.
- 5 Add the kidney beans and simmer for another 5 minutes.
- 6 Add the black pepper to taste. Serve with boiled rice.



To make it spicier, add a finely chopped bird's eye chilli pepper with the garlic and onions.

Nutritional information per portion

Energy 452kcal

Protein 17.6g

Total fat 8.5g (of which saturates 1.9g)

Carbohydrate 81.9g

Fibre 3.3g



Thanks to NHS Choices for contributing this recipe.

Salmon curry

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Preparation 10 minutes

Cooking 20 minutes

Serves 2

Oil (1 tbsp)

1 small onion, sliced

2 garlic cloves, sliced

1/4 chilli pepper,
deseeded and sliced

Curry powder (1 tsp)

1 tin of pink salmon
(213g/7.5oz)

1 spring onion, chopped

1 tomato, chopped

Salt and black pepper

Serving suggestion

Boiled rice or roti

Nutritional information per portion (without rice or roti)

Energy 227kcal

Protein 24.1g

Total fat 11.3g


(of which saturates 1.9g)

Carbohydrate 8.1g

Fibre 1.9g



- 1 Heat the oil in a pan on a medium heat. Add the onion and garlic. Cook for about 2 minutes until the onions are soft.
- 2 Add the chilli pepper and cook for 1 minute. Then add the curry powder and cook for 2 minutes, stirring well.
- 3 Add 5 tbsp of water and stir. Turn down the heat and cook for about 3–5 minutes, until all the liquid cooks off.
- 4 Empty the tin of salmon and its liquid into the pan and break apart. Try to keep it in flakes.
- 5 Stir in the spring onion, tomato, salt and black pepper. Cover and bring to the boil. Then reduce the heat to a gentle simmer for about 5 minutes, stirring occasionally but without breaking up the fish too much.
- 6 Serve with boiled rice or in a roti.

 If you have a sore mouth, leave out the chilli pepper.

Thanks to CaribbeanPot.com for contributing this recipe.

Cod Viennoise

Preparation 20 minutes

Serves 4

2 hard-boiled eggs,
shells removed

White breadcrumbs (85g/3oz)

4 cod steaks (140g/5oz each)

Salt and black pepper

Flour (40g/1.5oz)

1 egg, beaten

Olive oil (1 tbsp)

Butter (75g/3oz)

Lemon juice (1 tbsp)

Capers (2 tbsp)

4 anchovies, chopped

Fresh parsley (1 tbsp), chopped

Cooking 40 minutes

- 1** Preheat the oven to 180°C/160°C fan/gas mark 4.
- 2** Put the hard-boiled eggs in a sieve, and push them through with your thumbs or a spoon. Mix with the breadcrumbs.
- 3** Remove the bones and skin from the cod steaks. Dry them, then coat them in seasoned flour.
- 4** Dip the steaks in the beaten egg, making sure they're covered on all sides. Then dip them into the breadcrumb mix, making sure the coating sticks.
- 5** Heat the oil with 25g/1oz butter in a frying pan. Fry the cod steaks until they're golden-brown. Then turn them over, place in an ovenproof dish and cook them in the oven for 5–10 minutes.
- 6** Meanwhile, melt the rest of the butter until it's golden-brown. Add the lemon juice, capers, anchovies and parsley.
- 7** Take the fish out of the oven and pour the caper butter over it before serving.



Thanks to Brian Turner for contributing this recipe.



**Nutritional information
per portion**

Energy 471.6kcal

Protein 35.2g

Total fat 26.5g

(of which saturates 12.8g)

Carbohydrate 24.8g

Fibre 1g



**Nutritional information
per portion**

Energy 362.9kcal

Protein 13.8g

Total fat 5.5g

(of which saturates 2g)

Carbohydrate 64g

Fibre 1.4g

Spring onion, garlic and prawn risotto

Preparation 10 minutes

Serves 4

Olive oil (1 tbsp)

2 bunches of spring onions, chopped

4 garlic cloves, sliced

Arborio rice (310g/11oz)

Chicken stock (560ml/1 pint)

Fish stock (560ml/1 pint)

20 large prawns

Juice of half a lemon

Parmesan cheese (1 tbsp)

Black pepper

Chives (1 tbsp), chopped

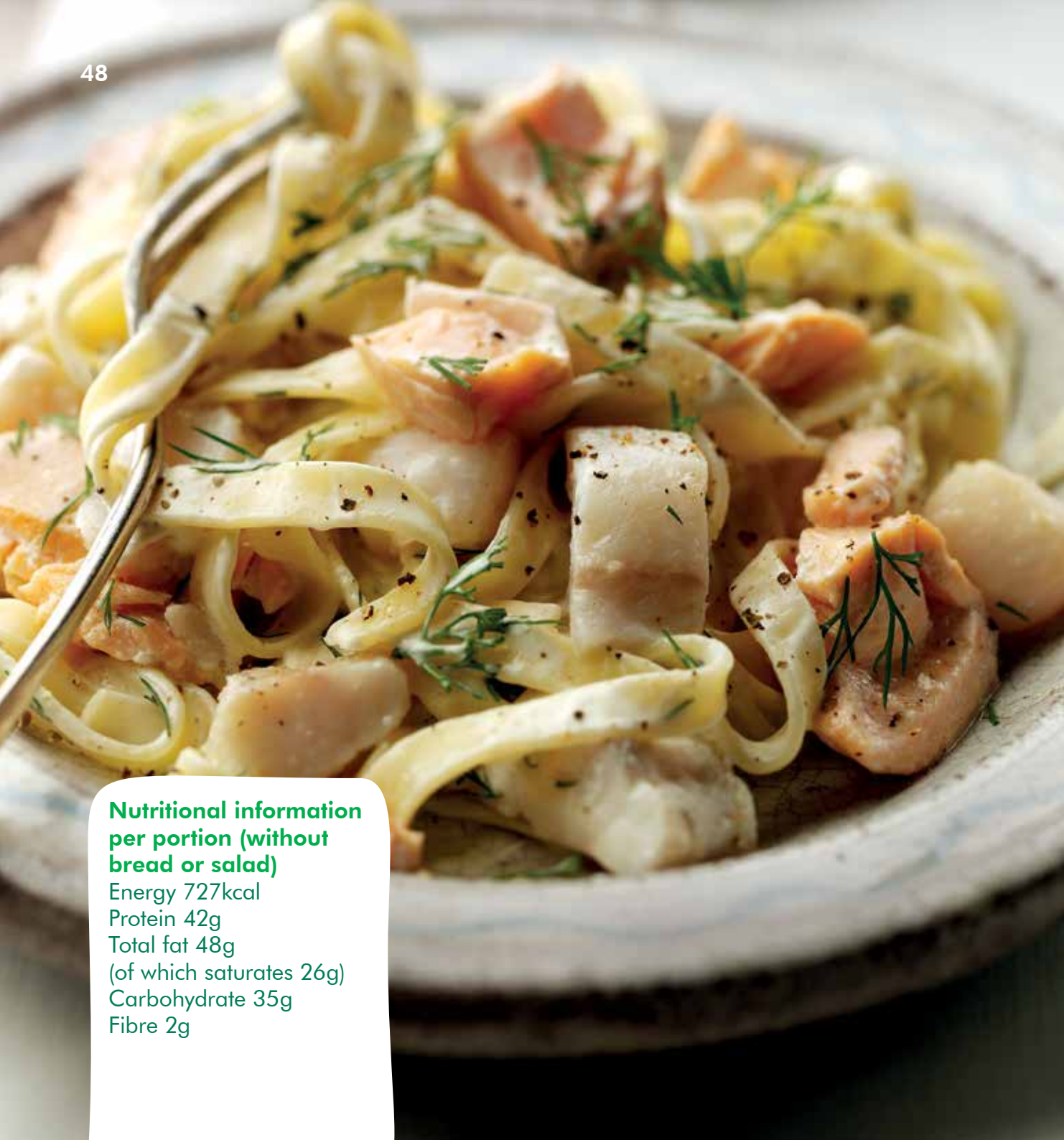
Cooking 35 minutes

- 1 Heat the oil in a large frying pan.
- 2 Add the spring onions and garlic. Cook gently, but don't brown.
- 3 Add the rice and sweat until it changes colour.
- 4 Meanwhile, boil the stocks together in a separate pan.
- 5 Add about one fifth of the stock to the frying pan and bring to the boil. Leave to simmer until the liquid disappears, stirring regularly.
- 6 Repeat step 5 until you've used all the stock.
- 7 Meanwhile, grill the prawns lightly.
- 8 When all the stock has been absorbed into the rice, add the prawns, lemon juice, parmesan and black pepper. Stir well.
- 9 Sprinkle with the chives and serve in a hot dish.



To increase the calories, add some cream with the prawns, lemon juice and cheese. If you have problems chewing or swallowing, use smaller prawns.





**Nutritional information
per portion (without
bread or salad)**

Energy 727kcal

Protein 42g

Total fat 48g

(of which saturates 26g)

Carbohydrate 35g

Fibre 2g

Creamy seafood pasta

Preparation 10 minutes

Serves 6

Halibut, cod or plaice
(340g/12oz), skin removed

Salmon (340g/12oz),
skin removed

Tagliatelle (340g/12oz)

Butter (114g/4oz)

Scallops (225g/8oz)

Crème fraîche (600ml/1 pint)

Lemon juice (2 tbsp)

Salt and black pepper

Fresh parsley, dill or tarragon
(4 tbsp), chopped

Serving suggestion

Garlic bread or granary bread

Salad

Cooking 10 minutes

- 1 Cut the fish into strips about 4 x 2cm/2 x 1 inch.
- 2 Cook the pasta in a large pan, following the instructions on the packet.
- 3 A few minutes before the pasta is ready, melt the butter in a large pan over a medium heat. Add the fish and scallops and fry for 2–3 minutes until almost cooked, taking care not to break the fish.
- 4 Stir in the crème fraîche and lemon juice and continue to cook for 1 minute, allowing the mixture to bubble and reduce.
- 5 Drain the pasta and divide it between warm plates.
- 6 Add the salt, pepper and herbs to the fish mixture, then spoon the mixture over the pasta. Serve immediately with garlic bread or granary bread and salad.



For a thicker sauce, add parmesan cheese.
For added texture, add a chopped onion.



Thanks to Elizabeth Ward for contributing this recipe.

One-pot fish with black olives and tomatoes

Preparation 15 minutes

Cooking 20 minutes

Serves 4

Olive oil (2 tbsp)

1 large onion, roughly chopped

1 tin of chopped tomatoes (400g/14oz)

Salt and black pepper

Black olives (175g/6oz), stones removed

4 boneless white fish fillets, such as cod or hoki (175g/6oz each)

Fresh parsley (2 tbsp), chopped

1 lemon, cut into wedges



- 1 Preheat the oven to 200°C/180°C fan/gas mark 6.
- 2 Heat half the oil in an ovenproof pan. Add the onion and stir well. Leave to cook for 1–2 minutes, then stir again.
- 3 Add the tomatoes, salt and pepper. Bring to the boil, then add the olives.
- 4 Put the fish on to the sauce, skin-side down. Drizzle over the rest of the oil. Bake it uncovered for 15 minutes until the fish is cooked.
- 5 Sprinkle with the parsley and serve straight from the pan, with lemon wedges to squeeze over the fish.

Nutritional information per portion

Energy 223kcal

Protein 34g

Total fat 6g (of which saturates 1g)

Carbohydrate 7g

Fibre 3g



Thanks to Good Food magazine for contributing this recipe.

Tuna and vegetable spaghetti

Preparation 2 minutes

Cooking 15 minutes

Serves 4

Spaghetti (300g/10oz)

Frozen, mixed vegetables (400g/14oz)

1 jar of white lasagne sauce (525g/18oz)

2 tins of tuna (200g/7oz each), drained

Salt and black pepper

- 1 Boil the spaghetti in a large pan for 10–12 minutes, adding the mixed vegetables for the last 5 minutes. Drain.
- 2 Pour the white lasagne sauce and tuna into the pan. Heat it for 1 minute.
- 3 Return the spaghetti and vegetables to the pan and stir to heat it through. Season to taste.

Nutritional information per portion

Energy 548kcal

Protein 39g

Total fat 17g (of which saturates 9g)

Carbohydrate 64g

Fibre 3g



Thanks to Waitrose for contributing this recipe.



**Nutritional information
per portion**

Energy 330.9kcal

Protein 11.8g

Total fat 7.2g

(of which saturates 1.2g)

Carbohydrate 51.2g

Fibre 3.9g

Pasta with mushrooms and brandy

Preparation 10 minutes

Serves 4–6

Penne or similar dry pasta (250g/9oz)

Olive oil (2 tbsp)

Button mushrooms (250g/9oz), sliced

Bunch of tarragon leaves, roughly chopped

4 garlic cloves, crushed

Dark soy sauce (4 tbsp)

Brandy (2 tbsp)

Tabasco® sauce (1 tsp)

Mixed wild mushrooms (250g/9oz), sliced thickly

Cornflour (1 tsp)

Cooking 20 minutes

- 1 Preheat the grill to a high heat. Cook the pasta according to the instructions on the packet, then drain.
- 2 Put the oil, button mushrooms, tarragon, garlic, soy sauce, brandy and Tabasco sauce in a frying pan. Fry over a gentle heat for 3–4 minutes, until the mushrooms have released their juices.
- 3 Pour 3 tbsp of the tarragon and soy sauce liquid over the wild mushrooms, then grill until they are just cooked.
- 4 Meanwhile, stir the cornflour into 1 tbsp of water. Add this to the button mushrooms and cook, stirring for 1–2 minutes to thicken.
- 5 Add the grilled mushrooms to the button mushrooms and toss with the pasta. Serve straightaway.



If you have problems chewing or swallowing, chop the mushrooms finely.



Thanks to the Orion Publishing Group for permission to reproduce this recipe from *Cranks light* by Nadine Abensur.

Red lentil, sweet potato, carrot and kale stew

Preparation 10 minutes

Serves 4

Olive oil (2 tbsp)

Half a red onion, finely chopped

3 carrots, peeled and thinly sliced

1 celery stick, finely chopped

2 garlic cloves, finely chopped

Dried red lentils (85g/3oz), rinsed

Ground cumin (1 tsp)

Ground coriander (0.5 tsp)

Chilli powder (0.5 tsp)

Turmeric (0.5 tsp)

Salt and black pepper

1 medium sweet potato, peeled and finely diced

Bunch of kale, finely shredded



To make it spicier, add smoked paprika (0.5 tsp) and cayenne pepper (0.5 tsp) instead of the cumin.



Cooking 40 minutes

- 1 Heat the oil in a heavy-bottomed pot over medium-high heat. Once the oil is shimmering and hot, add the onion and fry for 4–5 minutes, or until soft.
- 2 Add the carrots and celery and cook for 3 more minutes. Add the garlic and fry for 1 more minute.
- 3 Add the lentils and cook for about 2 minutes. Add the cumin, coriander, chilli powder and turmeric, and continue to cook for another minute, or until fragrant.
- 4 Add 1.4 litres/2.5 pints of water and a big pinch of salt and pepper. Stir and bring to the boil. Reduce to a very low heat and gently simmer for about 10 minutes.
- 5 Stir in the sweet potato and kale. Cook for another 10–15 minutes, or until the lentils are cooked through but not mushy.
- 6 Season to taste and serve.

Nutritional information per portion

Energy 259.1kcal

Protein 13.4g

Total fat 6.9g (of which saturates 1g)

Carbohydrate 39g

Fibre 5.3g

Thanks to Sonia Sengupta for contributing this recipe.

Butternut squash, leek and parmesan risotto



Preparation 15 minutes

Cooking 35 minutes

Serves 3

Olive oil (2 tbsp)

Butternut squash (400g/14 oz),
cut into 1cm/0.5-inch chunks

Arborio rice (300g/10.5oz)

1 leek, thinly sliced

Vegetable stock
(1.2 litres/42fl oz)

Fresh thyme (1 tbsp), chopped

Lemon zest (1 tsp), finely grated

Frozen peas (80g/3oz)

Parmesan cheese (4 tbsp),
finely grated

- 1 Heat the oil in a deep frying pan or large pan. Add the butternut squash and rice and fry gently for 1–2 minutes. Stir in the leek.
- 2 Add about a third of the stock. Cook over a low heat, stirring often, until the liquid has almost been absorbed. Gradually add the remaining stock, cooking gently for 25–30 minutes until the liquid has been absorbed and the rice is tender.
- 3 Add the thyme, lemon zest and peas. Cook for 2–3 minutes, then stir in half the parmesan.
- 4 Sprinkle with the rest of the parmesan then serve.

Nutritional information per portion

Energy 542kcal

Protein 13.7g

Total fat 13.2g (of which saturates 4.2g)

Carbohydrate 96g

Fibre 6.5g



Thanks to Sue Ashworth for contributing this recipe.

Broccoli mornay

Preparation 15 minutes

Serves 4

Unsalted butter (115g/4oz)

4 large tomatoes, chopped

2 medium onions, chopped

Salt and black pepper

Tomato ketchup (4 tbsp)
or tomato puree (2 tbsp)

Broccoli (450g/1lb),
cut into florets

For the white sauce

Butter (55g/2oz)

Milk (560ml/1 pint)

Flour (55g/2oz)

Salt and black pepper

Cayenne pepper (0.5 tsp)

Mustard powder (0.5 tsp)

Cheese (170g/6oz), grated

Cooking 1 hour

- 1 Preheat the oven to 200°C/180°C fan/
gas mark 6.
- 2 Heat the 115g/4oz butter in a pan. Add the
tomatoes and onion and gently cook until the
onion is soft.
- 3 Stir in the salt, pepper and tomato ketchup
or tomato puree.
- 4 In another pan, cook the broccoli in boiling
water until it's nearly tender, and then drain.
- 5 Put the tomato and onion mixture in an
ovenproof dish and lay the broccoli on top.
- 6 Make the white sauce by heating the butter
with 420ml/0.75 pint of the milk in a pan.
In a small bowl, mix the flour with the rest
of the milk to make a paste. Add the paste
to the pan, and cook gently until thickened,
stirring constantly. Stir in the salt, pepper,
cayenne pepper, mustard powder and
about two thirds of the cheese.
- 7 Pour the sauce over the broccoli. Sprinkle the
remaining grated cheese over the top and
cook in the oven for 20 minutes or until the
top has browned.



Thanks to Elizabeth Ward for contributing this recipe.

**Nutritional information
per portion**

Energy 695kcal

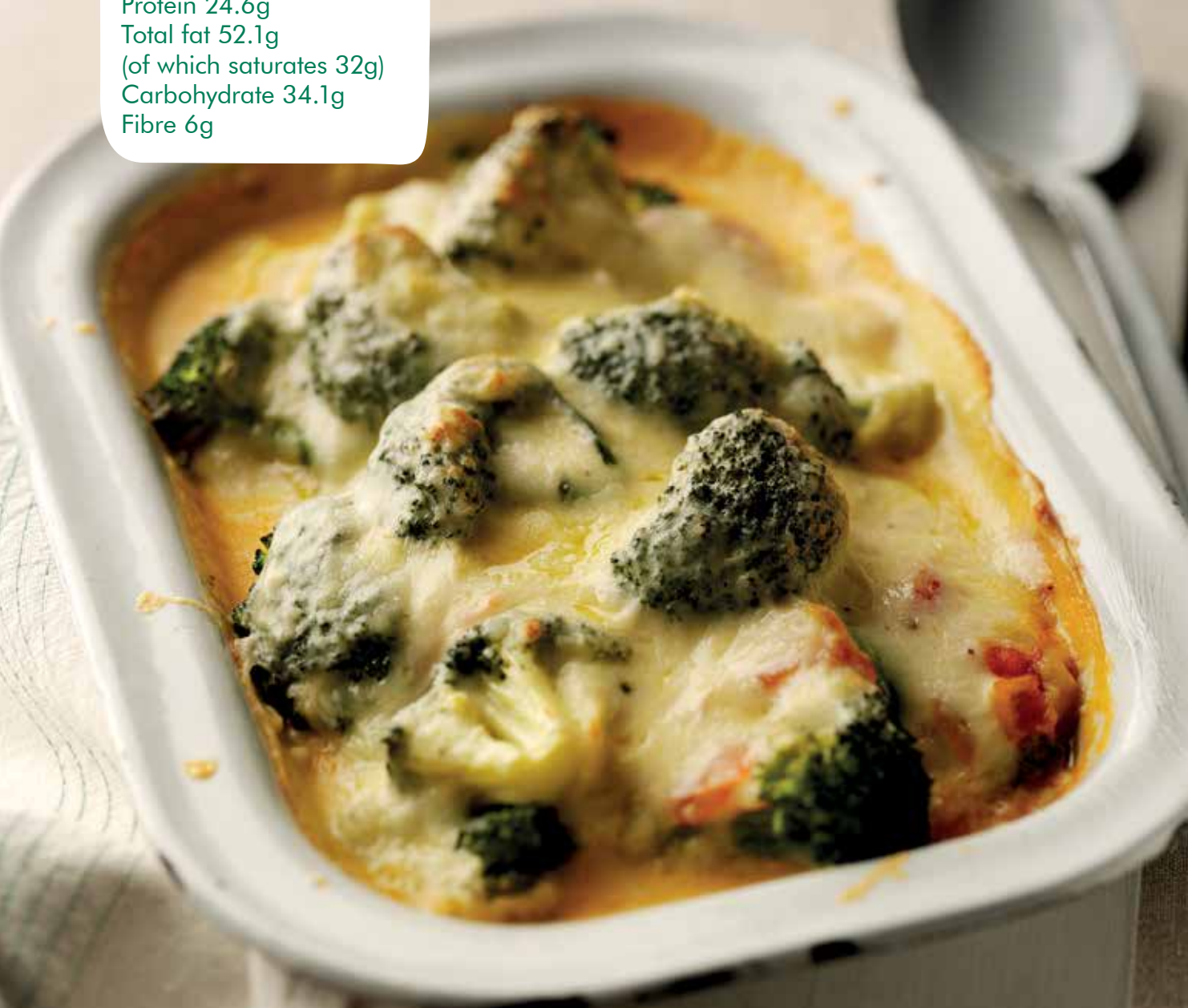
Protein 24.6g

Total fat 52.1g

(of which saturates 32g)

Carbohydrate 34.1g

Fibre 6g



Tarkarir dhal

Preparation 5 minutes

Serves 4

Dried red lentils
(170g/7oz), rinsed

Ghee or olive oil (2 tbsp)

Cumin seeds (0.5 tsp)

2 bay leaves

3–4 dried red chillies

2 medium potatoes, quartered

Cauliflower (310g/11oz),
cut into large pieces

Frozen peas (85g/3oz)

Turmeric (0.5 tsp)

Salt (1 tsp)

**Nutritional information
per portion (using oil
not ghee)**

Energy 320.8kcal

Protein 17g

Total fat 7.3g

(of which saturates 1.1g)

Carbohydrate 50.1g

Fibre 6.2g

Cooking 1 hour

- 1 Put the lentils and 850ml/1.5 pints water in a large pan and bring to the boil. Cover and simmer on a low heat for about 40 minutes until the lentils are nearly tender.
- 2 In another large pan, heat the ghee or oil over a medium heat. Add the cumin seeds, bay leaves and chillies and let them sizzle for a few seconds.
- 3 Add the potatoes, cauliflower and peas to the pan with the spices. Fry for 2–3 minutes.
- 4 Add the turmeric and salt, then add the cooked lentils to this pan. Mix thoroughly.
- 5 Lower the heat, cover and cook for at least 20 minutes until the vegetables are tender. If the mixture gets too thick, add a little water.



Serve with brown rice to increase the fibre content. You can also serve this with steamed vegetables, naan bread or a roti.



If you have a sore mouth, leave out the chillies.



Thanks to Sumana Ray for contributing this recipe.

Pasta with tomato sauce

Preparation 5 minutes

Serves 2

Olive or vegetable oil (1 tsp)

1 medium onion,
finely chopped

1 garlic clove, finely chopped

1 tin of chopped
tomatoes (400g/14oz)

Tomato puree (2 tbsps)

Mixed dried herbs (0.5 tsp)

Salt and black pepper

Penne or similar dry
pasta (210g/7oz)

Handful of fresh herbs,
such as basil

Handful of parmesan
cheese, grated

Cooking 25 minutes

- 1 Heat the oil in a non-stick pan or frying pan. Add the onion and cook on a medium heat until soft. Add the garlic and cook for another minute.
- 2 Add the chopped tomatoes, tomato puree, mixed herbs, salt and pepper. Simmer gently for 15 minutes until the sauce is thick and rich.
- 3 Meanwhile, cook the pasta according to the packet instructions then drain it.
- 4 Serve the sauce over the pasta, topped with the fresh herbs and grated parmesan.



To add calories, top with
creme fraiche.

Nutritional information per portion

Energy 307kcal

Protein 11.7g

Total fat 3.5g (of which saturates 0.4g)

Carbohydrate 61.1g

Fibre 5.2g



Thanks to NHS Choices for contributing this recipe.

Spring vegetable casserole

Preparation 10 minutes

Serves 4

Olive oil (2 tbsp)

2 leeks, sliced

Carrots (100g/3oz),
peeled and sliced

1 small swede or 4 small
turnips, diced

2 garlic cloves, finely chopped

Vegetable stock
(700ml/24fl oz)

Salt and black pepper

1 tin of borlotti beans
(400g/14oz), drained

Spring greens
(150g/5oz), shredded

Pesto (2 tbsp)

Cooking 30 minutes

- 1 Preheat oven to 200°C/180°C fan/gas mark 6.
- 2 Heat the oil in a large pan and add the leeks, carrots, turnips and garlic. Fry over a low heat for 10 minutes, until the vegetables are soft.
- 3 Add the stock to the pan. Season and bring to the boil. Cover and simmer for 10–15 minutes, until the vegetables are tender.
- 4 Add the beans and spring greens, then cover the pan and simmer for 5 minutes until piping hot and cooked through.
- 5 Stir the pesto into the casserole, and serve with warm garlic bread.



If you want to reduce the calories, serve with pasta instead of garlic bread.

Nutritional information per portion

Energy 393kcal

Protein 14g

Total fat 20g (of which saturates 4.6g)

Carbohydrate 30g

Fibre 10g



Thanks to Waitrose for contributing this recipe.



Vegetarian chilli

Preparation 15 minutes

Serves 4

Vegetable oil (1 tbsp)
 1 medium onion
 1 red or green pepper
 1 stick of celery
 2 garlic cloves, crushed
 1 tin of tomatoes (400g/14oz)
 Dried oregano (1 tsp)
 Ground cumin (0.5 tsp)
 Chilli powder (2 tsp)
 Salt and black pepper
 1 tin of kidney beans (400g/14oz), drained
 1 tin of cannellini beans (225g/8oz), drained
 1 tin of black beans (225g/8oz), drained
 1 fresh chilli, deseeded and finely chopped
 Sweetcorn (140g/5oz), frozen or tinned

Cooking 40 minutes

- 1 Heat the oil in a large pan. Add the onion, pepper, celery and garlic and cook on a medium heat until tender.
- 2 Add the tomatoes, oregano, cumin, chilli powder, salt and black pepper. Simmer gently for 15 minutes.
- 3 Add the beans and fresh chilli and simmer for a further 15 minutes.
- 4 Add the sweetcorn and cook for 5–10 minutes until tender.
- 5 Serve with soured cream.



To reduce the calories, serve with low-fat yoghurt instead of soured cream.

Nutritional information per portion

Energy 287.8kcal
 Protein 15.6g
 Total fat 10.5g (of which saturates 4.4g)
 Carbohydrate 34.8g
 Fibre 12.8g

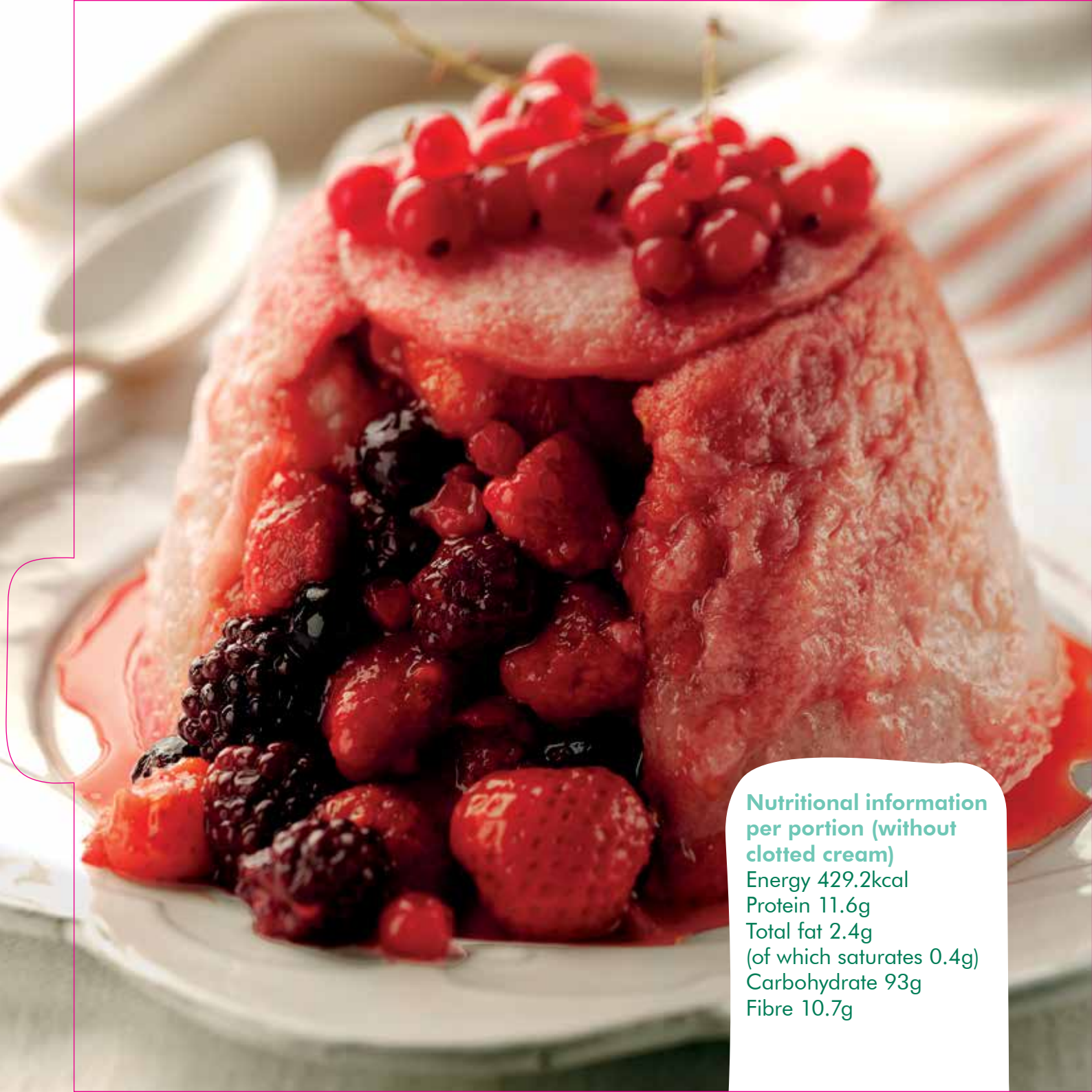




DESSERTS

Treat yourself with our selection of sweet recipes

These dishes are delicious and they're suitable for people with particular eating problems or who are on a particular diet due to cancer or its treatment. Many are quick and simple for those who don't have much time. So why not finish your meal on a sweet note?



**Nutritional information
per portion (without
clotted cream)**

Energy 429.2kcal

Protein 11.6g

Total fat 2.4g

(of which saturates 0.4g)

Carbohydrate 93g

Fibre 10.7g

Summer pudding

Cooking 15 minutes plus chilling overnight

Serves 4

Mixed fruits – raspberries, blackberries, redcurrants and blackcurrants (900g/2lbs in total)

Caster sugar (115g/4oz)

Juice of 1 lemon

1 cinnamon stick

Bread (450g/1lb), one day out of date, sliced and crusts removed

Clotted cream (150ml/0.25 pint)

- 1 Wash the fruit and put it in a pan.
- 2 Add the sugar, lemon juice and cinnamon. Bring to the boil and simmer gently for 5 minutes.
- 3 Use a colander and a bowl to separate the fruit from the juice. Put the fruit to one side.
- 4 Return the juice to the heat and simmer until it's reduced by half. Leave to cool.
- 5 Dip the slices of bread in the juice, then use them to line the base and sides of a pudding basin or pie dish. Overlap the slices a little so there are no gaps.
- 6 Cover the base with a layer of fruit, then a layer of dipped bread. Repeat until the dish is full, ending with a layer of bread.
- 7 Put a piece of greaseproof paper on top, and weigh it down lightly.
- 8 Refrigerate overnight. Turn the pudding out upside-down on to a plate and serve with clotted cream and some of the juice.



If you have sickness, leave out the clotted cream. If the fruit is out of season, buy frozen fruit.



Greek honey cheesecake with apricot compote

Preparation 10 minutes

Serves 4–6

8 digestive biscuits

Butter (56g/2oz)

Runny honey (2 tbsp)

Curd cheese or ricotta (225g/8oz)

Caster sugar (55g/2oz)

2 eggs, separated

Dried, no-soak apricots (115g/4oz), chopped

Set honey (2 tbsp)



To separate the eggs, crack each one over a bowl, letting the white fall into the bowl. Keep the yolk in one half of the shell. Move the yolk from one half of the shell to the other, tipping any white into the bowl. When there's no white left, drop the yolk into a different bowl.



Cooking 40 minutes

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4.
- 2 Put the digestive biscuits in a clean plastic bag and crush into fine crumbs using a rolling pin.
- 3 Melt half the butter in a pan, then mix in the biscuit crumbs.
- 4 Use the mixture to cover the bottoms of individual ramekin dishes or one round, ovenproof dish (about 20cm/8 inches wide and 5cm/2 inches deep).
- 5 Warm the runny honey in a small pan or in the microwave. Pour it into a bowl and stir in the cheese.
- 6 Add the sugar and egg yolks, and beat well.
- 7 Whisk the egg whites until they form soft peaks (standing up but not completely stiff, with edges that curl over). Then fold this into the mixture.
- 8 Pour the mixture over the top of the biscuit base. Bake in the oven for 25–30 minutes until the top of the mixture has set. Leave to cool.
- 9 Melt the rest of the butter in a pan over a low heat. Add the apricots and set honey. Cook for a few minutes, then leave to cool for 10 minutes. Then spoon on top of the cheesecake. Cool before serving.



**Nutritional information
per portion**

Energy 492.1kcal

Protein 13.4g

Total fat 22.2g

(of which saturates 9.6g)

Carbohydrate 62.7g

Fibre 3.3g

Banana cream

Preparation 10 minutes

Serves 4

Whipping cream
(280ml/0.5 pint)

3 ripe bananas

Caster sugar (2 heaped tbsp)

Grated zest and juice of
1 lemon

- 1 Whisk the cream until thick.
- 2 Mash the bananas with the sugar, lemon zest and lemon juice.
- 3 Stir in the cream.
- 4 Chill before serving.

Nutritional information per portion

Energy 374.8kcal

Protein 2.3g

Total fat 28.1g (of which saturates 17.6g)

Carbohydrate 29.9g

Fibre 0.8g



Thanks to Juliet Wilson for contributing this recipe.

Brown sugar plums with soured cream

Preparation 5 minutes

Cooking 25 minutes

Serves 4

8 plums, halved and stones removed

Light brown muscovado sugar (2 tbsp)

Ground cinnamon (0.5 tsp)

Soured cream (300ml/0.5 pint)

Demerara sugar (2 tbsp)

Serving suggestion

Shortbread biscuits

Nutritional information per portion (without shortbread biscuits)

Energy 234kcal

Protein 1.6g

Total fat 15g

(of which saturates 9g)

Carbohydrate 21g

Fibre 1g



- 1 Preheat the oven to 220°C/200°C fan/gas mark 7.
- 2 Arrange the plums in the base of an ovenproof dish to make a tight-fitting single layer.
- 3 Mix the brown sugar and cinnamon together, then sprinkle over the plums. Bake for 20–25 minutes until tender and golden.
- 4 Spoon the soured cream over the top and sprinkle with the demerara sugar. For a crunchier sugar topping, put the dish under a hot grill until the sugar melts.
- 5 Serve with shortbread biscuits.

Thanks to Waitrose for contributing this recipe.



Microwave banana pudding

Preparation 10 minutes

Serves 4–6

Butter (100g/3.5oz)

2 ripe bananas

Light muscovado sugar
(100g/3.5oz)

Self-raising flour (100g/3.5oz)

Ground cinnamon (2 tsp)

2 eggs

Milk (2 tbsp)

Serving suggestion


Icing sugar

Toffee sauce

Ice-cream

Cooking 10 minutes

- 1 Put the butter in a 1-litre baking dish. Microwave it on high for 30–60 seconds until melted.
- 2 Mash 1.5 of the bananas into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.
- 3 Slice the remaining banana over the top, then put it back in the microwave and cook on high for 8 minutes until cooked through and risen.
- 4 Serve warm, dusted with icing sugar, with a drizzle of toffee sauce and a scoop of ice-cream.

 You can use over-ripe bananas in this recipe. The browner and softer they are, the stronger the flavour when baked.



Thanks to Good Food magazine for contributing this recipe.



**Nutritional information
per portion (without
icing sugar, toffee
sauce or ice-cream)**

Energy 474kcal

Protein 7g

Total fat 26g

(of which saturates 15g)

Carbohydrate 57g

Fibre 1g

Coconut and cardamom rice pudding

Preparation 5 minutes

Serves 6

Pudding rice (75g/3oz)

10–12 cardamom pods,
very gently bruised with
the end of a rolling pin

Grated zest of half a lemon
or 1 small lime

Coconut milk (600ml/1 pint)

Cooking 1 hour 30 minutes

- 1 Preheat the oven to 150°C/130°C fan/
gas mark 2.
- 2 Put all the ingredients in a shallow baking dish
and mix gently.
- 3 Cover with foil and bake for one hour,
stirring occasionally to ensure the cardamom
is well buried to release as much flavour as
possible. After an hour, take the foil off the
dish then cook for another 30–45 minutes,
or until the rice is soft.
- 4 Serve warm or at room temperature, on its
own or with fruit.

Nutritional information per portion

Energy 89kcal

Protein 1.2g

Total fat 7.5g (of which saturates 6.2g)

Carbohydrate 4.1g

Fibre trace



Thanks to Waitrose for contributing this recipe.



Stuffed baked apples

Preparation 10 minutes

Serves 4

4 cooking apples

Runny honey (1 tbs)

Butter (28g/1oz), melted

Stuffings

(choose from the following – you'll need 2–3 tsp of each filling per apple):

- Sultanas, chopped hazelnuts and honey
- Mincemeat
- Chopped dates, walnuts and honey
- Chopped prunes and brown sugar
- Raisins and honey

Serving suggestion

Cream, ice-cream or yoghurt

Cooking 1 hour 10 minutes

- 1 Preheat the oven to 160°C/140°C fan/gas mark 3.
- 2 Core the apples then cut them in half. Put them in an ovenproof dish then add the honey and 5mm/0.25 inch water.
- 3 Stuff the centre of each apple (where the core was) with the filling of your choice.
- 4 Drizzle the butter over the apples then bake them for 45–50 minutes until they're tender.
- 5 Serve hot or cold, on their own or with cream, ice-cream or yoghurt.



If you have sickness, don't serve this with cream. To reduce the fat content, leave out the butter and serve with low-fat yoghurt.

Nutritional information per portion
(will vary depending on filling but without cream, ice-cream or yoghurt)

Energy 221kcal

Protein 2g

Total fat 26g (of which saturates 6g)

Carbohydrate 30g

Fibre 2g



Toffee chocolate ice-cream

Preparation 5 minutes

Serves 4

4 Mars™ bars

Milk (2 tbsp)

Cream (4 tbsp)

Ice-cream (4 scoops)

Cooking 5 minutes

- 1 Put the Mars bars and milk in a pan over a low heat.
- 2 When the Mars bars have melted, stir in the cream.
- 3 Put one scoop of ice-cream in each serving dish, then pour the sauce over it and serve immediately.

Nutritional information per portion

Energy 446.1kcal

Protein 5.8g

Total fat 20.8g (of which saturates 12.3g)

Carbohydrate 62.8g

Fibre 0.3g



Thanks to Juliet Wilson for contributing this recipe.

Amaretti-stuffed peaches

Preparation 5 minutes

Serves 4

4 ripe peaches, halved and stones removed

8 Amaretti biscuits, crushed

Mascarpone (4 tbsp)

Brandy or orange juice (2 tbsp)

Serving suggestion

Vanilla ice-cream

Cooking 20 minutes

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6.
- 2 Arrange the peaches in the base of a shallow ovenproof dish to make a tight-fitting single layer.
- 3 Mix the biscuits with the mascarpone, then spoon it into the centres of the peaches. Sprinkle over the brandy or orange juice.
- 4 Bake for 15–20 minutes until tender.
- 5 Serve warm or cold with vanilla ice-cream.

Nutritional information per portion (without ice-cream)

Energy 251kcal

Protein 3g

Total fat 18g (of which saturates 11g)

Carbohydrate 25g

Fibre 1.7g



Thanks to Waitrose for contributing this recipe.



DRINKS AND SMOOTHIES

The perfect blend of flavours

You can make these drinks and smoothies really quickly, using a blender, food processor or smoothie maker. They work well at breakfast and are particularly good for people who have difficulty chewing or swallowing.



Banana, honey and hazelnut smoothie

Preparation 10 minutes

Serves 2

1 banana, sliced

Soya milk (250ml/9fl oz)

Honey (1 tsp)

Ground nutmeg (0.5 tsp)

Hazelnuts (2 tsp),
chopped and toasted

- 1 Put the banana, soya milk, honey and nutmeg in a smoothie maker or blender. Blend until smooth.
- 2 Pour into two large glasses and top with the hazelnuts to serve.



If you have a sore mouth or problems chewing or swallowing, leave out the hazelnuts. Try using finely grated chocolate instead.

Nutritional information per portion

Energy 220kcal

Protein 8g

Total fat 10g (of which saturates 1g)

Carbohydrate 24g

Fibre 2g



Thanks to Good Food magazine for contributing this recipe.

Citrus fizz

Preparation 1 hour 10 minutes

Serves 4

Unsweetened orange juice
(560ml/1 pint)

Lime cordial (140ml/0.25 pint)

Caster sugar (28g/1oz)

Fresh mint (2 tbsp), chopped

Soda water (420ml/0.75 pint)

Mint leaves to garnish

Ice cubes

- 1** Pour the orange juice and lime cordial into a bowl or jug. Add the sugar and stir well to dissolve.
- 2** Stir in the chopped mint then chill for 1 hour.
- 3** Sieve the juice to remove the mint, then add the soda water.
- 4** Serve with mint leaves and ice.

Nutritional information per portion

Energy 131.9kcal

Protein 0.8g

Total fat Trace

Carbohydrate 32.6g

Fibre Trace



Watermelon frappe

Preparation 3.5 hours

Serves 4

Sugar (170g/6oz)

4 limes, each cut into 8 pieces

4 cardamom seeds

1 large watermelon
(about 900g/2lbs of flesh)

Crushed ice

- 1** Pour 280ml/0.5 pint water into a pan. Add the sugar then bring to the boil.
- 2** Remove from the heat then add the limes and cardamom seeds. Leave to sit for 2 hours then put in the fridge for 1 hour.
- 3** Meanwhile, crush the watermelon flesh in a food processor or with a fork.
- 4** Take the pan out of the fridge and mix in the watermelon. Leave to sit for 5 minutes.
- 5** Sieve the drink into a container, add the crushed ice and serve.

Nutritional information per portion

Energy 237kcal

Protein 1g

Total fat 0.5g (of which saturates 0.2g)

Carbohydrate 60g

Fibre 0.3g



Thanks to Brian Turner for contributing this recipe.

Fruit smoothie

Preparation 5 minutes

Serves 4

1 tin of peaches or other
tinned fruit (400g/14oz)

Double cream (150ml/0.25 pint)

Thick and creamy yoghurt
(175g/6oz)

Ice-cream (1 scoop)

Apple juice (400ml/0.75 pint)

- 1 Put all the ingredients in a smoothie maker or blender. Blend until smooth.
- 2 Serve immediately.

Nutritional information per portion

Energy 352kcal

Protein 3.5g

Fat 23g (of which saturates 13g)

Carbohydrate 34g

Fibre 1g



Thanks to Barbara Machin for contributing this recipe.

Bubbly Build-Up

Preparation 10 minutes

Serves 1

1 sachet of Build-Up®
(a non-prescription supplement)

Whole milk (200ml/7fl oz)

Ice-cream (1 scoop)

- 1 Put all the ingredients in a smoothie-maker or blender. Blend until well mixed and frothy.
- 2 Serve immediately.

Nutritional information per portion

Energy 344.4kcal

Protein 10.9g

Total fat 19.6g (of which saturates 12.35g)

Carbohydrate 32.8g








Fibre 0g

















Thanks to the Royal Marsden Hospital for contributing this recipe.

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* These recipes can be adapted to be suitable for people with a sore mouth by removing the spices and/or chilli.

Further resources

How we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you. No one should face cancer alone.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open Monday–Friday, 9am–8pm. Our cancer support specialists can:

- help with any medical questions you have about your cancer or treatment
- help you access benefits and give you financial advice
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via **macmillan.org.uk/talktous**

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face.

Visit one to get the information you need, or if you'd like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **macmillan.org.uk/informationcentres** or call us on **0808 808 00 00**.

Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That's why we help to bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting **macmillan.org.uk/selfhelpandsupport**

Online community

Thousands of people use our online community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you've been affected in this way, we can help.

Financial advice

Our financial guidance team can give you advice on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants. We can also tell you about benefits advisers in your area.

Visit [macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport) to find out more about how we can help you with your finances.

Help with work and cancer

Whether you're an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work.

Visit [macmillan.org.uk/work](https://www.macmillan.org.uk/work)

Other useful organisations

BBC Good Food

www.bbcgoodfood.com

Has thousands of recipes, including a healthy eating selection, and general advice about how to cook.

British Dietetic Association

5th Floor, Charles House,
148–149 Great Charles Street,
Queensway,

Birmingham B3 3HT

Tel 0121 200 8080

Email info@bda.uk.com

www.bda.uk.com

Represents dietitians across the UK. Provides fact sheets about different foods, healthy eating and eating when you have certain medical conditions – visit bda.uk.com/foodfacts

Colostomy Association

Enterprise House,
95 London Street,
Reading RG1 4QA

Tel 0800 328 4257

Email

cass@colostomyassociation.org.uk

www.colostomyassociation.org.uk

Offers support, reassurance and practical information to anyone who is about to have, or already has, a colostomy. Has details of local stoma support groups throughout the UK.

Core

3 St Andrew's Place,
London NW1 4LB

Tel 020 7486 0341

Email info@corecharity.org.uk

www.corecharity.org.uk

Provides information about treatments for and coping with the effects of digestive disorders.

Diabetes UK

MacLeod House,
10 Parkway,

London NW1 7AA

Tel 0345 123 2399

(Mon–Fri, 9am–7pm)

Email (England, Wales and Northern Ireland)

careline@diabetes.org.uk

Email (Scotland)

carelinescotland@diabetes.org.uk

www.diabetes.org.uk

Offers information and support on managing diabetes, including medication, diet and exercise. Has information in several languages, and the helpline has a translation service.

IA (The Ileostomy and Internal Pouch Support Group)

Peeverill House,
1–5 Mill Road,
Ballyclare,
Co Antrim BT39 9DR
Tel 0800 0184 724
Email info@iasupport.org
www.iasupport.org

Aims to help anyone who has had, or is about to have, their colon removed and has an ileostomy or internal pouch. A network of branches throughout the UK provide advice, information leaflets and home and hospital visiting.

National Association of Laryngectomee Clubs

Lower Ground Floor,
152 Buckingham Palace Road,
London SW1W 9TR
Tel 020 7730 8585
Email info@laryngectomy.org.uk
www.laryngectomy.org.uk

Provides information and support for people who have had a laryngectomy. Runs support groups throughout the UK.

NHS Choices www.nhs.uk

The online ‘front door’ to the NHS. It is the country’s biggest health website and has all the information you need to make decisions about your health. Has recipe ideas, some of which are included in this book – visit nhs.uk/livewell/healthy-recipes

Oesophageal Patients Association

22 Vulcan House,
Vulcan Road,
Solihull B91 2JY
Tel 0121 704 9860
(Mon–Fri, 9am–3pm)
Email enquiries@opa.org.uk
www.opa.org.uk

Offers telephone support for oesophageal cancer patients and their families. Has fact sheets about swallowing problems and nutrition, and restaurant cards that can be used to indicate particular needs. Has details of local support groups in England and Northern Ireland.

Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT)

PO Box 3126,
Christchurch,
Dorset BH23 2XS
www.pinnt.com

Supports and provides information to patients who need artificial nutrition therapy. Runs regional meetings in England and Scotland and encourages mutual support among its members.

Waitrose

www.waitrose.com/recipes
Has lots of recipes, including some featured in this book.

World Cancer Research Fund (WCRF)

22 Bedford Square,
London WC1B 3HH

Tel 020 7343 4205

Email wcrf@wcrf.org

www.wcrf-uk.org

The website lets you browse and download healthy recipe ideas, and it has an ingredients search tool – visit wcrf-uk.org/cancer_prevention/healthy_recipes

Helpful books***Complete guide to nutrition for cancer patients***

American Cancer Society, 2009, £20.50

Covers issues such as maintaining body weight, hydration, fatigue, immunity, dealing with eating or digestion issues (such as swallowing, nausea and mouth sores) and how to eat well after cancer treatment.

Easy-to-swallow, easy-to-chew cookbook: over 150 tasty and nutritious recipes for people who have difficulty swallowing

Donna L Weihofen, JoAnne Robbins, Paula A Sullivan, 2002, £11

Contains a variety of recipes for people who cannot chew or swallow very well. Some of the products mentioned in the recipes are American and may be unfamiliar to British readers and unavailable in the UK.

Healthy eating during chemotherapy

Jose van Mil, 2009, £14.99

Contains over 100 recipes designed to excite the palate without over-stimulating it. Includes helpful advice and practical information about eating well during chemotherapy.

One bite at a time: nourishing recipes for cancer survivors and their friends

Rebecca Katz, 2009, £21.00

A recipe book for people living with cancer, people who have survived cancer and their carers. Includes recipes that are simple to prepare and that can help boost the immune system.

The Royal Marsden cancer cookbook

Kyle Books, 2015, £19.99

Aimed at people experiencing changes in body weight, appetite, ability to taste and swallow or the way their digestive system works, and people who are feeling full or nauseous. Includes recipes donated by Nigella Lawson, Mary Berry and Ruth Rogers.

Can you do something to help?

We hope this book has been useful to you. It's just one of our many publications that are available free to anyone affected by cancer. They're produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we're there to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.



Share your cancer experience

Support people living with cancer by telling your story, online, in the media or face to face.

Campaign for change

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

Help someone in your community

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

Raise money

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

Give money

Big or small, every penny helps. To make a one-off donation see over.

Call us to find out more

0300 1000 200

macmillan.org.uk/getinvolved

Please fill in your personal details

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Name _____

Surname _____

Address _____

Postcode _____

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Email _____

Please accept my gift of £ _____

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I enclose a cheque / postal order / Charity Voucher made payable to Macmillan Cancer Support

OR debit my: Visa / MasterCard / CAF Charity Card / Switch / Maestro

Card number
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Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

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Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.



27530

If you'd rather donate online go to macmillan.org.uk/donate

Please cut out this form and return it in an envelope (no stamp required) to: Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851, 89 Albert Embankment, London SE1 7UQ



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Thanks

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Oven heat conversion chart

If your oven measures heat in Fahrenheit (°F), you can use this chart to convert the temperatures used in this book.

Electricity °C	Electricity (fan) °C	Gas mark	Electricity °F
150	130	2	300
160	140	3	325
180	160	4	350
190	170	5	375
200	180	6	400
220	200	7	425

Key

-  Suitable for people with a dry or sore mouth
-  Suitable for people with sickness or nausea
-  Suitable for people with problems chewing or swallowing
-  Suitable for people with loss of taste or smell
-  Suitable for people with loss of weight or appetite
-  Quick and simple recipe
-  Healthier-eating recipe

Cancer is the toughest fight most of us will ever face. If you or a loved one has been diagnosed, you need a team of people in your corner, supporting you every step of the way. That's who we are.

We are the nurses and therapists helping you through treatment. The experts on the end of the phone. The advisers telling you which benefits you're entitled to. The volunteers giving you a hand with the everyday things. The campaigners improving cancer care. The community supporting you online, any time. The fundraisers who make it all possible.

You don't have to face cancer alone. We can give you the strength to get through it. We are Macmillan Cancer Support.

Questions about living with cancer?

Call free on **0808 808 00 00**

(Mon–Fri, 9am–8pm)

Alternatively, visit macmillan.org.uk

Hard of hearing? Use **textphone**

0808 808 0121, or Text Relay.

Non-English speaker? Interpreters available.



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