



Cancer Services
Nutrition Supplement Guide
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Cancer Service provides a wide selection of nutrition. We offer Boost Plus, Boost Glucose Control, Boost Pudding, Ensure Plus, Ensure Clear and Pedialyte. Boost and Ensure supplements are offered in a variety of flavors: Chocolate, Vanilla or Strawberry.

Supplement	Serving Size	Calories	Protein (g)	Carbohydrates (g)	Fat (g)	Sugars (g)
Boost Plus	1 bottle(237mL)	360	14	45	14	22
Ensure Plus	1 bottle (8 fl oz)	350	13	50	11	20
Boost Glucose Control	1 bottle (8oz)	190	16	16	7	4
Ensure Clear	1 bottle (10 fl oz)	180	9	35	0	18
Boost Pudding	5 fl oz	230	7	32	8	14
Pedialyte Liquid	12 fl oz	35	0	9	0	9
Pedialyte Powder	.3oz per packet	25	0	6	0	6
Pedialyte Freezer Pops	2 pops	15	0	3	0	3

It's important to talk to your Dietician during your treatments to get recommendations if you are experiencing changes in your eating habits. Keeping a healthy diet helps your body function at its best. A nutritional diet is very individualized. Try to eat more fruits and vegetables every day, including citrus fruits and dark-green and deep-yellow vegetables. Colorful vegetables and fruits and plant-based foods have many natural health-promoting substances.

Keeping your body hydrated by drinking water, juices diluted (mixed) with water, or liquids containing electrolytes (such as Pedialyte, Gatorade, Powerade, and other sports drinks) are good choices. Nutritional Supplements are another way to help fill in the gaps when you need extra calories or protein.

Cancer Treatment Nutrition Checklist:

- Speak to a dietitian during treatment.
- Increase your calorie intake.
- Focus on whole foods. The Mediterranean Diet serves as a strong guideline for this.
- Increase protein. Examples are fish, poultry, lean red meat, eggs, nuts, lentils, low-fat dairy products.
- Limit processed food-and alcohol.

Helpful information website links:

American Cancer Society:
www.cancer.org

National Cancer Institute: Eating Hints for before, during, and after Cancer Treatment
www.cancer.gov/publications/patient-education/eatinghints.pdf

HEAL Well: A Cancer Nutrition Guide
livestrong.org