

Nutrition through *active treatment* — and after.

Symptom-driven MNT for chemotherapy, radiotherapy & surgical patients.

Built on **ESPEN · ASPEN · NICE · GLIM · PG-SGA.**

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout contents and a complete handout, and a full recipe card from the Recipe Collection.



SWIPE TO EXPLORE

Volume

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A CLINICAL GUIDE

The Oncology Nutrition Handbook

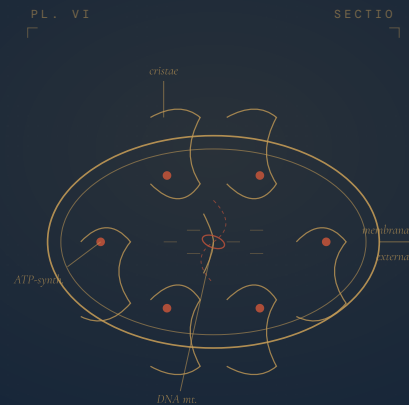


Fig. vi · Mitochondrion — sectio transversa

BIOENERGETICS · CELLULAR · METABOLISM

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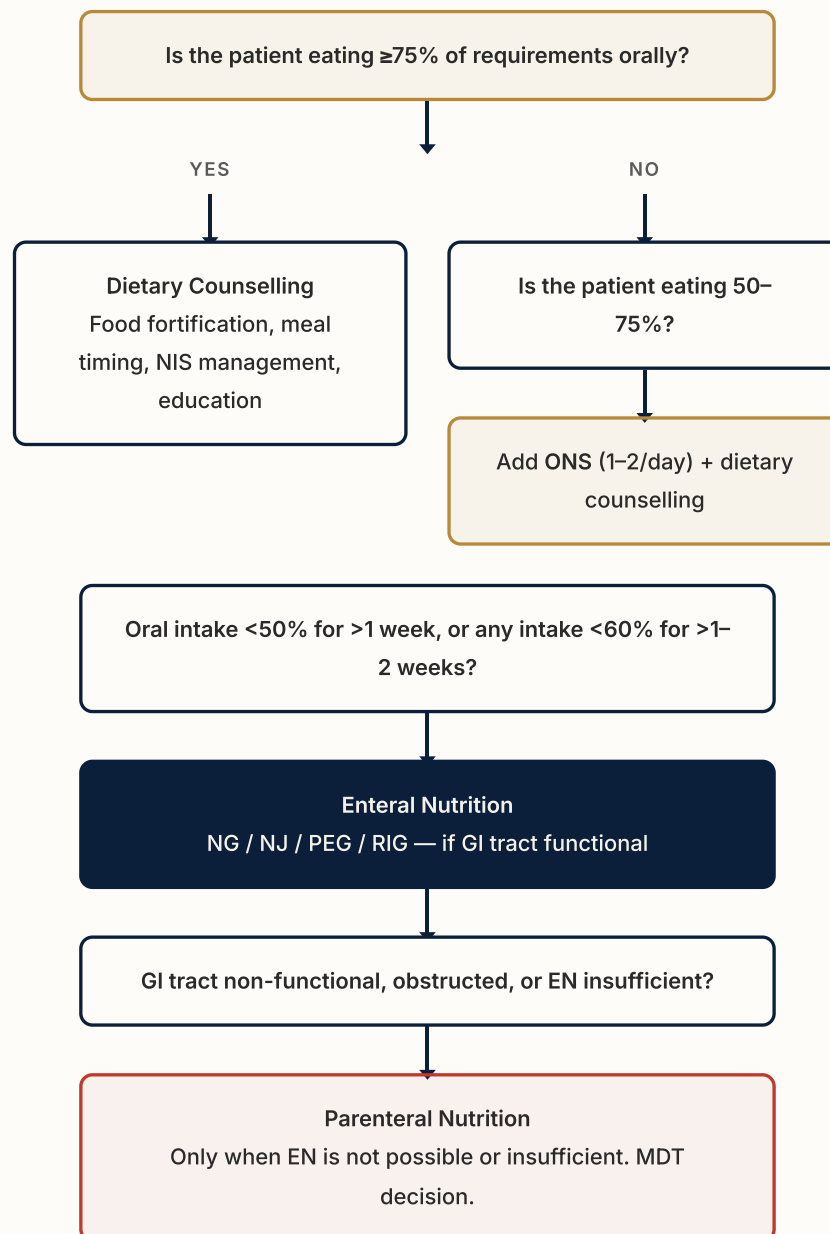
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Nutrition support in oncology follows a stepwise approach: optimise oral intake first, supplement with ONS when needed, escalate to enteral nutrition (EN) when oral intake is insufficient, and consider parenteral nutrition (PN) only when the GI tract is non-functional.¹

Nutrition Support Decision Pathway



Patient Handouts

01 Eating with a Sore Mouth (Mucositis)

02 Managing Nausea & Vomiting

03 When Food Tastes Different (Taste Changes)

04 When You Don't Feel Like Eating (Poor Appetite)

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Staying Hydrated During Treatment

Why fluids matter and how to drink enough every day

Staying well hydrated is essential during cancer treatment. Dehydration can make side effects worse, affect kidney function (especially with certain chemotherapy drugs), and leave you feeling tired, dizzy, and unwell.

READ THIS FIRST IF YOU ARE HAVING OXALIPLATIN

Oxaliplatin (often given as part of FOLFOX) makes cold painful. For **3–5 days after each treatment**, do not have cold or frozen food, cold drinks, or ice. Cold can trigger painful tingling, pins and needles, or cramping in your hands, feet and throat.

During those days, have **everything at room temperature or warmer**, including water. Skip any suggestion on this page to use cold, chilled, iced or frozen items until the 3–5 days have passed — then they are fine again until your next treatment.

Not sure which chemotherapy you are on? Ask your team before using any cold-food tip in this pack.

How Much Should You Drink?

As a general guide, aim for **about 2–2.5 litres (8–10 glasses) of fluid per day** — roughly 30–35 mL for every kilogram you weigh, so around 2.1–2.45 litres if you weigh 70 kg. You may need more if you are experiencing vomiting, diarrhoea, fever, or sweating, and your team may set you a different target if you have heart or kidney problems.

QUICK CHECK

Your urine colour is a simple guide to hydration. Aim for pale straw-coloured urine. If it is dark yellow or amber, you need to drink more.

What Counts as Fluid?

GOOD CHOICES

- Water (still or sparkling)
- Herbal teas (ginger, peppermint, chamomile)
- Weak tea or coffee (in moderation)
- Diluted fruit juice
- Clear broth or bouillon
- Oral rehydration solution (if vomiting/diarrhoea)
- Milk and milky drinks
- Smoothies
- Jelly, ice lollies, frozen fruit

LIMIT OR AVOID

- Large amounts of caffeine (>3–4 cups/day)
- Alcohol
- Energy drinks with high caffeine (the caffeine, not the sugar, is the problem)

Tips to Drink More

- **Keep a water bottle** with you at all times — set an hourly reminder to take a few sips
- **Flavour your water** with slices of lemon, cucumber, mint, or frozen berries
- **Set small goals:** "I will finish this glass by 10am" rather than "I need to drink 2 litres today"
- **Eat water-rich foods:** watermelon, cucumber, soup, yoghurt, oranges
- **Drink between meals** rather than during meals (to avoid feeling full too quickly)
- If plain water is unappealing, **try it cold, with ice, or as herbal tea**

SIGNS OF DEHYDRATION — CONTACT YOUR HEALTHCARE TEAM

- Very dark urine or passing very little urine
- Dry mouth and lips that don't improve with drinking
- Dizziness or light-headedness, especially when standing up
- Rapid heartbeat
- Confusion or unusual drowsiness

YOUR FLUID TARGET

Daily target: _____ glasses / _____ litres per day

Special instructions:

Red Lentil Bolognese with Soft Pasta

A rich, umami-deep vegan sauce for when meat tastes wrong

VEGAN

TASTE CHANGES

HIGH PROTEIN

BATCH COOK

500
KCAL

2090
KJ

21g
PROTEIN

4
SERVES

35
MIN

Ingredients

- 200 g (1 cup) dried red lentils, rinsed
- 1 × 400 g (14 oz) can chopped tomatoes
- 2 Tbsp (30 mL) olive oil
- 1 onion, 1 carrot, 1 stalk celery — all finely diced
- 2 cloves garlic, minced + 2 Tbsp (30 g) tomato paste
- 1 tsp soy sauce (for umami depth)
- 500 mL (2 cups) vegetable stock + 1 tsp dried oregano
- 240 g (8½ oz) dried spaghetti or penne

Method

1. Heat oil in a large pot. Sauté onion, carrot, and celery until soft (6–8 minutes).
2. Add garlic and tomato paste; cook for 1 minute.
3. Add lentils, tomatoes, soy sauce, oregano, and stock. Simmer for 20–22 minutes, stirring occasionally, until the lentils have collapsed into a thick sauce.
4. Meanwhile, cook the pasta until very soft. Drain.
5. Season the sauce and serve over the pasta. If tomato stings a sore mouth, mellow the sauce with a swirl of coconut cream or dairy cream.
6. Sauce freezes well: cool within 2 hours, freeze in portions up to 3 months, thaw in the fridge, and reheat to a rolling simmer — 74°C (165°F).

Allergens: Cereals containing gluten (wheat spaghetti or penne); dried pasta may also contain egg. Soya and wheat (soy sauce — tamari is a wheat-free alternative). Celery. Check the stock label. The non-vegan parmesan finish adds milk, as does a dairy-cream swirl.

Fortification tip: Stir 1 Tbsp (15 mL) olive oil through each serving of pasta (+120 kcal). Non-vegan option: finish with grated parmesan (+55 kcal, +5 g protein per 15 g/2 Tbsp).

Texture modification: Red lentils dissolve as they cook, so the sauce is naturally smooth-ish. Chop pasta finely and coat well in sauce for IDDSI Level 5 (Minced & Moist); blend sauce with well-cooked pasta and extra stock for Level 4 (Pureed). Acidic — avoid during active mucositis.

The *Oncology* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

10 CHAPTERS · 85 PP

- Introduction to oncology nutrition
- Screening & assessment (MST, PG-SGA)
- Nutrition impact symptoms
- Nutrition requirements (energy, protein, micronutrients)
- Nutrition interventions (oral, ONS, EN, PN)
- Drug-nutrient interactions
- Documentation & communication
- Worked case studies + cards for junior dietitians

PART TWO

Patient Handout Pack

17 PRINT-READY HANDOUTS

- Eating with a sore mouth
- Managing nausea & vomiting
- When food tastes different
- When you don't feel like eating
- Difficulty swallowing · dry mouth
- Managing diarrhoea & constipation
- Boosting protein & energy intake
- Supplements guide · staying hydrated
- Food safety during treatment
- 7-day meal plan & shopping list
- Symptom diary · weight tracker
- Eating after treatment ends (survivorship)

PART THREE

Recipe Collection

47 SYMPTOM-DRIVEN RECIPES

- Poor appetite & early satiety
- Mucositis & sore mouth
- Nausea · taste changes
- Dysphagia (soft & smooth)
- Diarrhoea · constipation
- Each recipe tagged by symptom, with allergens

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The Dietitian's Vault