

RECIPES

for people affected by cancer

WE ARE
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CANCER SUPPORT

This is one of a series of booklets on diet and cancer. We also have booklets about healthy eating, eating problems during and after cancer treatment, and eating to help you gain weight.

Our information booklets on diet and cancer are:

Eating problems and cancer

Healthy eating and cancer

The building-up diet

Recipes for people affected by cancer.

It's important that you check with your hospital consultant, dietitian or nurse specialist about which of these are right for you, and 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 or booklets that contain the information you need.

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About this recipe book

Hello and welcome to *Recipes for people affected by cancer*. In this book you'll find a variety of delicious recipes. Although the recipes have been designed for people with cancer, your family and friends may enjoy them too.

We realise that if you're affected by cancer you may not feel like eating, but it's important that you do. The recipes are designed to be appetising and to encourage you to eat even when you don't feel like it. Hopefully they will help you rediscover the joy of tasty, nutritious food. Many of them have been chosen because they're simple and quick to prepare, so that if you have to cook while you're not feeling well, it's as easy as possible.

This book has been planned and written with chef Brian Turner and other food experts, including dietitians. Recipes have kindly been contributed by BBC Good Food, NHS Choices, the Oesophageal Patients Association, the Royal Marsden Hospital and Waitrose.

If you'd like to chat about any of the information in this book, our cancer support specialists are always here for you. Just give them a call on **0808 808 00 00** and they can give you information about healthy eating and answer any questions you may have.

Choosing a recipe

Quick and simple meals

We've created this recipe book because we believe that, even if you feel sick, tired, or generally unwell, it should be possible to make good meals with the minimum of fuss and effort. That's why a number of recipes in this book have been included because they're quick and simple to prepare. Just look for the 🕒 symbol next to these recipes.

Saving money

Worries about money are very common for people affected by cancer. If you're trying to save money, you may want to choose recipes with lower-priced ingredients. Meat and fish dishes in particular will probably cost you more to make. You can always substitute ingredients that seem too expensive for ones that cost less (see page 5).

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

Special conditions

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

- a dry or sore mouth
- problems with chewing
- feeling sick
- loss of sense of smell and taste
- loss of appetite altogether.

Recipes that are particularly suitable for one or more of these conditions are marked with small symbols next to the recipe. See the key to recipes on page 7.

Our booklet *Eating problems and cancer* contains useful tips on how to cope with special conditions.

Celebrity chef recipes

We're very excited that Brian Turner has specially created some of the recipes in this book. Keep an eye out for recipes marked with a celebrity chef's hat symbol to taste Brian's creations (see page 7).

Foods to avoid if your immunity is low

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 (and other foods or drinks made from unpasteurised milk)
- liver pâté
- raw or undercooked eggs.

It's also especially important to be careful about food hygiene if your immunity is very low (see page 6).

Using the recipes

We want this recipe book to be as helpful to you as possible. That means it's easy to follow and flexible. We're all different and we all have different requirements, whether that's changing ingredients or quantities.

Changing quantities

If you'd like to follow a recipe but want to make fewer or more portions than are listed, just adjust the quantities accordingly. You may also like to cook extra and freeze some portions for later, saving you time.

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.

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 to eat something exciting. However, if highly flavoured foods don't appeal, you can make these dishes milder by swapping ingredients or adding natural yoghurt.

Adding supplements to the recipes

If you're losing weight or have a poor appetite, your doctor, nurse or cancer specialist may suggest you take supplements to increase the protein or energy content of your diet. These supplements, which are usually available on prescription, can also be used as drinks or snacks between meals.

Alcohol

If your appetite is poor or you feel sick, a small glass of wine or sherry before a meal may stimulate your appetite and help you digest your food better. So if you drink alcohol and fancy a glass of something with your meal, then go ahead and enjoy it. If you're taking any medicines, you should check with your doctor or pharmacist that it's okay for you to drink alcohol.

But please remember to moderate your alcohol intake and include one or two alcohol free days each week.

For more information about alcohol, read our booklet *Healthy eating and cancer*.

Food hygiene

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

To minimise this risk you should:

- wash your hands before you touch food
- keep pets out of the kitchen
- 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.

If you decide to store food to eat later, let it cool down completely then store it in the fridge or freezer. Only reheat food once and make sure it's piping hot right through before you eat it. Finally, take care not to burn your mouth or tongue if you're reheating food in the microwave.

Key

We've added these symbols to the recipes, so you can quickly spot those that suit you.



Suitable for people with a dry or sore mouth



Suitable for people with sickness or nausea



Suitable for people with problems chewing



Suitable for vegetarians



Suitable for people with loss of taste or smell



Quick and simple recipe



Suitable for people with loss of weight or appetite



Brian Turner recipe

Nutritional information

We've included nutritional information for each dish, so you know all about your nutritional intake. This information is for one portion.



Serve up a bowl of deliciously warming soup

If you have swallowing difficulties, please be careful to thoroughly blend and mix the ingredients. And if you're losing weight or need to increase your energy and protein intake, you should choose those with higher nutritional values (just see the nutritional information next to each recipe).

Nutritional information

Energy 223.3kcal

Protein 4.6g

Total fat 9g (of which saturates 1.8g)

Carbohydrate 32.4g

Fibre 8g



Parsnip and coconut soup

Preparation 15 minutes

Serves 4–6

Olive oil (2 tbsp)

1 large onion, skinned and roughly chopped

1 garlic clove, finely chopped

1 piece of fresh root ginger, skin scraped off and chopped (25mm/1 inch cubed)

Garam masala (1 tbsp)

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

Full fat coconut milk (500ml/17floz)

Vegetable stock (1 ltr/1¾ pints)

Salt and black pepper

Cooking 45 minutes

- 1 Heat the olive oil in a large saucepan. Add the onion, garlic, ginger and garam masala. Gently fry the mixture for about three to five minutes, until the onions begin to soften but not colour.
- 2 Add the chopped parsnips and mix well with the other ingredients to bring out all the flavours.
- 3 Pour the coconut milk and stock into the saucepan. 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 purée with a blender or food processor.
- 6 Adjust seasoning to taste.

Thanks to the Oesophageal Patients Association for contributing this recipe.



Chicken, sweetcorn and noodle soup

Preparation 15 minutes

Serves 8

2 large carrots, chopped

2 large leeks (white part only), trimmed and finely sliced

Corn from 2 cobs of corn

Vermicelli noodles (200g/7oz)

A small bunch of parsley, finely chopped

For the stock

Whole medium-sized chicken (1.3kg/3lb)

2 medium-sized onions, quartered

1 leek, cut into chunks

2 medium-sized carrots, thickly sliced

2 bay leaves

Cooking 1 hour 30 minutes

For the stock cont'd

6 black peppercorns

4 medium-sized celery sticks, roughly chopped

Vegetable bouillon (2 tbsp) or a vegetable stock cube

Small bunch of parsley stalks

- 1 Put all the stock ingredients in a very large saucepan. Cover everything with about three litres of cold water. Bring to the boil, then simmer for 1–1½ hours, until the chicken is cooked through. Skim off any froth every 20 minutes or so. Put the chicken on a plate to cool. Strain the stock through a sieve, skimming off as much fat as you can.
- 2 Rinse out the pan and put the stock back in. Then simmer until reduced a little – you need about two litres in total. Add the carrots and leeks, then simmer for 10 minutes.
- 3 Meanwhile, shred the meat from the chicken, discarding the skin and bones. Add to the pan with the sweetcorn. Add the vermicelli noodles, unless you want to freeze the soup, and simmer for about seven minutes more, until the corn and noodles are cooked. Ladle into bowls and sprinkle with the parsley.

Thanks to *Good Food* magazine for contributing this recipe.



Photo: Good Food / David Munns.



Nutritional information

Energy 288kcal

Protein 25g

Total fat 9g (of which saturates 3g)

Carbohydrate 28g

Fibre 2g



Nutritional information

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)

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

2 medium-sized onions,
finely chopped

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

Butter (55g/2oz)

Flour (2 level tbsp)

Single cream
(140ml/5fl oz)

Salt and black pepper

- 1** Boil about one litre of water and then reduce the heat to simmer. Add the fish for about 10 minutes (until tender). Drain, keeping the water to use as a stock later. Flake the fish roughly, discarding the skin and bones.
- 2** Heat the butter in a saucepan. Add the onion and fry until soft.
- 3** Stir in the flour and cook for one minute.
- 4** Gradually add the remaining fish stock and bring to the boil, stirring constantly.
- 5** Add the potatoes and carrots and simmer for about 10 minutes until tender.
- 6** Stir in the flaked fish and cream and season well.
- 7** Liquidise the soup in a blender or food processor (and sieve if necessary) and then reheat it, without boiling, before serving.

Thanks to the Oesophageal Patients
Association for contributing this recipe.



Watercress and leek soup

Preparation 10 minutes

Serves 4–6

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

2 bunches of watercress,
washed, trimmed,
destalked and chopped

2 medium-sized
potatoes, peeled
and chopped

Butter (55g/2oz)

Vegetable stock
(840ml/30floz)

Double cream
(140ml/5floz)

Salt and black pepper

Watercress sprigs
to garnish

Cooking 35 minutes

- 1 Melt the butter in a large saucepan. Add the washed and chopped leeks, potato and watercress, and stir well.
- 2 Add a good pinch of salt. Then cover the pan and allow the vegetables to cook over a low heat for about 20 minutes, stirring occasionally.
- 3 Add the stock, 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, and then return to the saucepan.
- 6 Stir in the cream, season with salt and pepper to taste and reheat gently.
- 7 Serve with a sprig of watercress.

Nutritional information

Energy 410.51kcal

Protein 5.49g

Total fat 33.11g (of which saturates 20.19g)

Carbohydrate 23.42g

Fibre 4.29g



Tomato and basil soup

Preparation 2 minutes

Serves 2

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

Single cream or crème fraîche (150ml/5fl oz)

Basil pesto (1 tbsp)

To serve (per serving)

Croutons (28g/1oz)

Sprinkling of grated parmesan cheese

2–3 fresh basil leaves

Cooking 5–10 minutes

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

Nutritional information

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*. The supplement Fortisip can be used in place of cream in this recipe, if it has been prescribed.



Hearty vegetable soup

Preparation 15 minutes

Cooking 30 minutes

Serves 6

Vegetable oil (½ tbsp)

1 medium-sized
onion, sliced

2 small carrots, sliced

3 sticks of celery, sliced

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

Green beans (80g/3oz)

Tomato purée (1½ tbsp)

1 leek, sliced

Frozen peas (80g/3oz)

Dried pasta (50g/2oz)

Black pepper to taste

Dried herbs (1½ tsp)

- 1** Heat the oil in a large saucepan. Add the onions, carrots, leeks and celery and fry until sizzling. Reduce the heat, cover and cook gently for five minutes, stirring if needed. While the vegetables are cooking, boil one litre (1¾ pints) of water.
- 2** Add the tin of tomatoes, boiling water, tomato purée, 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.

Nutritional information

Energy 78kcal

Protein 3.6g

Total fat 1.9g (of which saturates 0.3g)

Carbohydrate 12.9g

Fibre 2.9g



Thanks to NHS Choices
for contributing this recipe.

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, skinned and roughly chopped

2 garlic cloves, skinned and crushed

2 bay leaves

Fresh, roughly chopped thyme leaves (1 tbsp), or dried thyme (1 tsp)

Vegetable stock or chicken stock (1 ltr/1¾ pints)

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

Salt and black pepper

Cooking 40 minutes

- 1 Put the lentils, onion, garlic, bay leaves, thyme and a little black pepper in a large saucepan. Add the stock and tomatoes to the saucepan 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 at intervals to stop the lentils from sticking to the bottom of the pan.
- 3 Season with salt to taste and serve as it is, or blend with a hand blender to a smooth paste.

Tip To increase the calories, cook the onions and garlic in 30g butter first, and then swirl in one tablespoon of double cream when ready to serve.

Nutritional information

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.



A sumptuous selection of savoury dishes and mouth-watering mains

You'll find a mixture of traditional favourites and some slightly more complicated but very tasty dishes in this section. 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

Energy 717.9kcal

Protein 24.5g

Total fat 54g (of which saturates 33.3g)

Carbohydrate 36g

Fibre 6.1g

Broccoli mornay

Preparation 15 minutes

Cooking 1 hour

Serves 4

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

4 large
tomatoes, chopped

2 medium-sized
onions, chopped

Butter (115g/4oz)

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

Grated cheese
(170g/6oz)

Salt and black pepper

For the white sauce

Milk (560ml/20flox)

Butter (55g/2oz)

Flour (55g/2oz)

Salt and pepper

Cayenne pepper

Mustard powder

- 1 Preheat oven to 200°C/180°C fan/gas mark 6.
- 2 Heat the 115g/4oz butter in a saucepan and gently cook the tomato and onion until the onion is soft.
- 3 Add salt and pepper to taste, and then mix in the tomato ketchup or tomato purée.
- 4 In another pan, cook the broccoli in boiling water until it's nearly tender, and then drain.
- 5 Place the tomato and onion mixture into an ovenproof dish and lay the broccoli on top.
- 6 Make the white sauce by heating 420ml/15flox of the milk with 55g/2oz butter in a saucepan. In a small bowl, mix the flour with the remaining milk to form a paste. Add the paste to the milk and butter mixture, and cook gently until thickened, stirring constantly. Add salt and pepper, a pinch of cayenne pepper and a pinch of mustard powder.
- 7 Stir about two-thirds of the grated cheese into the white sauce and pour over the vegetables.
- 8 Sprinkle the remaining grated cheese over the top and cook in the oven for 20 minutes or until the top has browned.

With thanks to Elizabeth Ward for contributing this recipe.





Nutritional information

Energy 605kcal

Protein 47.3g

Total fat 18.7 (of which saturates 4.4g)

Carbohydrate 66.2g

Fibre 3.6g

Chicken curry

Preparation 15 minutes

Cooking 45 minutes

Serves 2

Olive oil or vegetable oil
(1 tbsp)

1 large onion, chopped

2 cloves of garlic,
finely chopped

1 large tomato, chopped

Tomato purée (1 tbsp)

1 medium chilli, chopped

Chilli, coriander,
cumin and turmeric
powder (¼ tsp of each)

Chicken breast, chopped
(250g/9oz)

Natural yoghurt (1 tbsp)

Black pepper to taste

Basmati rice (130g/4½oz)

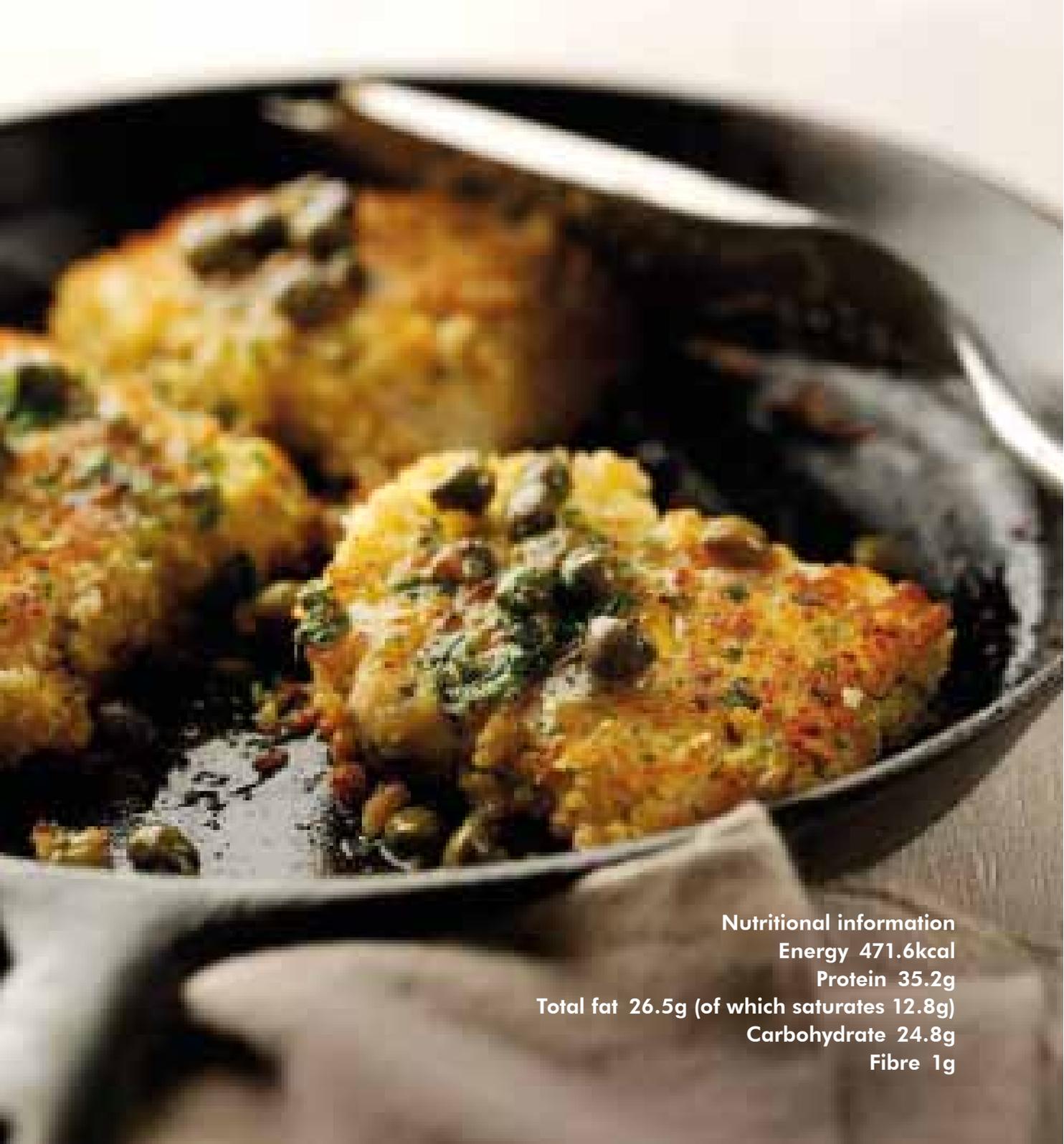
Cauliflower (160g/5½oz)

1 cube of ginger (10mm/
½ inch), finely chopped

Fresh coriander (1 tbsp)

- 1** Heat the oil in a large, non-stick saucepan or frying pan, and fry the onions until soft. Add the garlic, tomato, tomato purée, chopped chilli and spices. Cook for a few minutes. Then add two tablespoons of water and allow to reduce.
- 2** Add the chicken and cook for 10–15 minutes on a medium heat. Then add in the yoghurt, stirring slowly. Season with black pepper and simmer for a further 5–10 minutes.
- 3** Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender.
- 4** Garnish the curry with ginger and coriander, and serve with rice and cauliflower.





Nutritional information

Energy 471.6kcal

Protein 35.2g

Total fat 26.5g (of which saturates 12.8g)

Carbohydrate 24.8g

Fibre 1g

Cod Viennoise

Preparation 20 minutes

Serves 4

Olive oil (1 tbsp)

2 hard boiled eggs

Chopped parsley (1 tbsp)

White breadcrumbs
(85g/3oz)

4 cod steaks
(140g/5oz each)

Flour (40g/1½oz)

1 egg, beaten

Butter (75g/3oz)

Lemon juice (1 tbsp)

Capers (2 tbsp)

4 anchovies

Salt and black pepper

Cooking 40 minutes

- 1 Preheat oven to 180°C/160°C fan/gas mark 4.
- 2 Place the hard boiled eggs and parsley in a sieve, and push them through with your thumbs or a spoon. Mix with the breadcrumbs.
- 3 Trim the cod steaks, remove all bones and take off the skin. Dry, and then coat in seasoned flour. Dip into the beaten egg, making sure they are covered on all sides.
- 4 Dip the steaks into the breadcrumb and egg mix, making sure the coating sticks.
- 5 Melt 25g/1oz butter with some oil in a frying pan. Fry the cod steaks until they're a golden brown colour. Then turn them over, place in an ovenproof dish and put into the oven for 5–10 minutes until cooked (the length of time will depend on the thickness of the steaks).
- 6 Meanwhile, melt 50g/2oz butter until golden brown. Add the lemon juice, capers, chopped anchovies and parsley.
- 7 Take the fish out of the oven, drain and serve with the caper butter poured over.

Thanks to Brian Turner for contributing this recipe.



One-pot fish with black olives and tomatoes

Preparations 15 minutes

Cooking 15–20 minutes

Serves 4

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

1 large onion, roughly chopped

1 tin chopped tomatoes (400g/14oz)

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

To serve

Salt and black pepper

Chopped parsley

Lemon wedges

- 1 Preheat oven to 200°C/180 °C fan/gas mark 6.
- 2 Heat one tablespoon of the oil from the olives in an ovenproof saucepan. Add the onion and stir well. Leave to cook for a minute or two, and then give it another good stir. Add the tomatoes and some salt and black pepper. Bring to the boil, then add the olives.
- 3 Put the fish onto the sauce with the skin side down, and drizzle over a splash more oil from the olive jar. Bake, uncovered, for 15 minutes until the fish is cooked. Sprinkle with chopped parsley and serve straight from the pan, with lemon wedges to squeeze over the fish.



Thanks to *Good Food* magazine for contributing this recipe.

Photo: Good Food / William Lingwood



Nutritional information

Energy 223kcal

Protein 34g

Total fat 6g (of which saturates 1g)

Carbohydrate 7g

Fibre 3g



Nutritional information

Energy 727kcal

Protein 42g

Total fat 48g (of which saturates 26g)

Carbohydrate 35g

Fibre 2g

(without green vegetables or salad)

Creamy seafood pasta

Preparation 10 minutes

Cooking 10 minutes

Serves 6

Skinned halibut, cod or plaice (340g/12oz)

Skinned salmon (340g/12oz)

Scallops (225g/8oz)

Freshly chopped herbs for fish (such as parsley, dill or tarragon) (4 tbsp), alternatively use dried herbs

Pasta, fresh tagliatelle if possible (340g/12oz)

Butter (114g/4oz)

1 large tub of crème fraîche (600ml/1 pint)

Lemon juice (2 tbsp)

Salt and black pepper

To serve

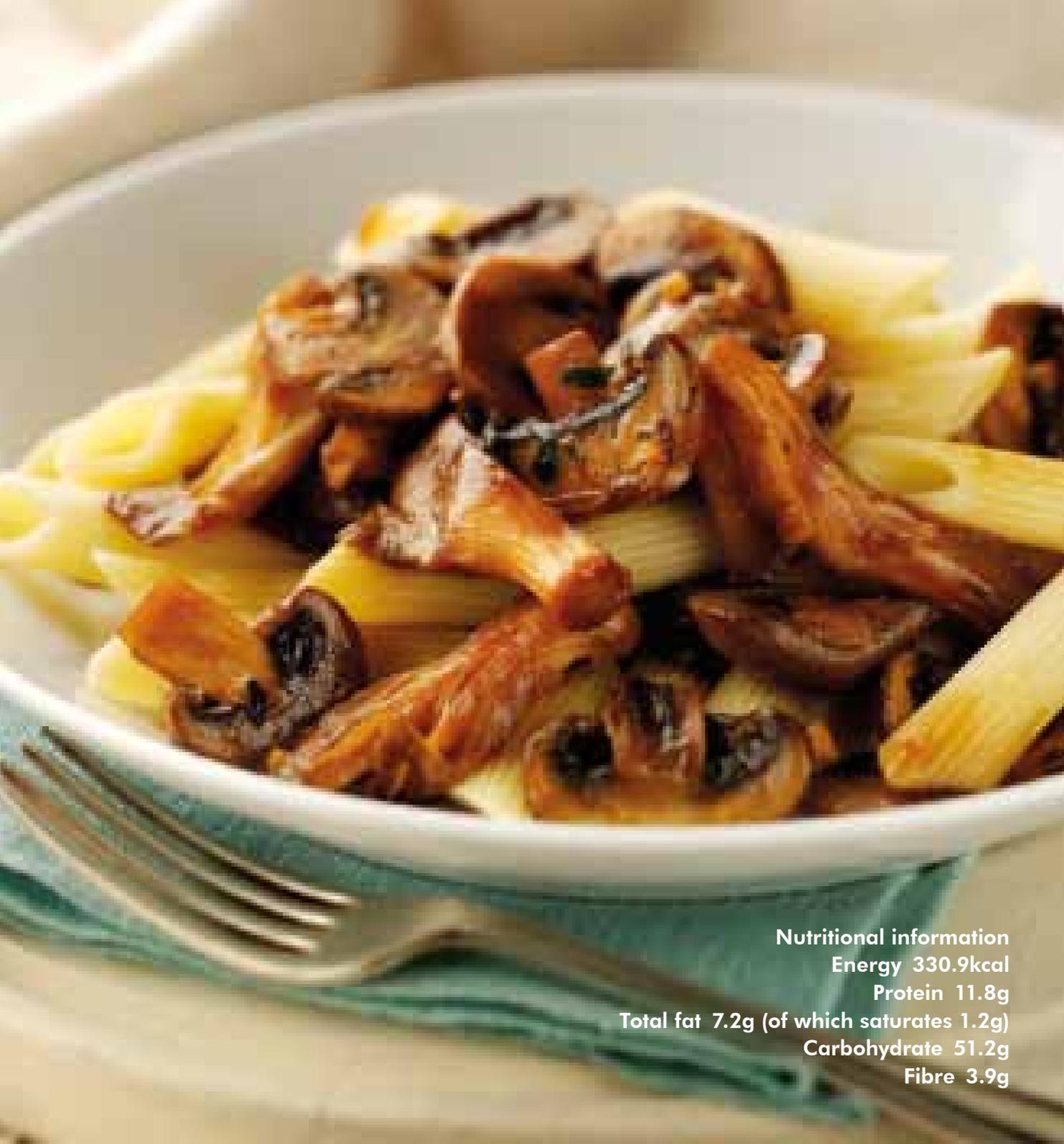
Green vegetables or salad

- 1 Cut the halibut, cod or plaice and salmon into strips about 4cm/2 inches by 2cm/1 inch.
- 2 Cook the pasta in a large saucepan, according to 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 two or three minutes until almost cooked, taking care not to break the fish.
- 4 Stir in the crème fraîche and lemon juice and continue to cook, allowing the mixture to bubble and reduce for one minute.
- 5 Drain the pasta and divide between warm plates. Season the fish mixture and sprinkle on the herbs, then spoon the mixture over the pasta.
- 6 Serve immediately with green vegetables or salad.

Tip Crunchy garlic bread or granary bread go well with this dish. For a thicker sauce, add parmesan cheese. For added texture, add a chopped onion.

Thanks to Elizabeth Ward for contributing this recipe.





Nutritional information

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

Cooking 20 minutes

Serves 4–6

Olive oil (2 tbsp)

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

Button mushrooms (250g/9oz)

1 bunch of tarragon, leaves stripped and roughly chopped

4 garlic cloves, crushed

Dark soy sauce (4 tbsp)

Brandy (2 tbsp)

A dash of Tabasco sauce

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

Cornflour (1 tsp dissolved in 1 tbsp water)

- 1 Preheat the grill to a high heat. Cook the pasta according to the instructions on the packet.
- 2 Put the button mushrooms, tarragon, garlic, soy sauce, brandy, oil and Tabasco sauce in a frying pan and sauté over a gentle heat for three or four minutes, until the mushrooms have released their juices.
- 3 Meanwhile, pour three tablespoons of the tarragon and soy sauce liquid over the wild mushrooms, then grill until they are just cooked.
- 4 Add the dissolved cornflour to the button mushrooms and cook, stirring for one or two minutes to thicken.
- 5 Add the grilled mushrooms to the button mushrooms, toss with the drained cooked pasta and serve straight away.



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



**Nutritional information
without potatoes and vegetables**
Energy 730.1kcal
Protein 47.6g
Total fat 53.3g (of which saturates 31.3g)
Carbohydrate 9.8g
Fibre 0.5g

Tarragon and lime chicken

Preparation 10 minutes

Cooking 25 minutes

Serves 4

Lemon oil (or olive oil mixed with lemon juice)
(2 tbsp)

4 skinless chicken breasts

Flour (2 tbsp), seasoned with salt and pepper

Butter (55g/2oz)

4 spring onions, sliced lengthways

Tarragon vinegar (3 tbsp)

Dry white wine or dry vermouth (140ml/5floz)

Grated rind and juice of 1 lime

Double cream (280ml/10floz)

Tarragon leaves, chopped

Salt and black pepper

To serve

Potatoes

Green vegetables

- 1** Cut the chicken into slices roughly 1cm/0.5 inch thick. Coat the slices with the seasoned flour.
- 2** Heat the butter and lemon oil in a pan. Add the chicken pieces and fry until golden brown. Remove and set aside in a warm dish.
- 3** Fry the spring onions in the pan. Add the vinegar, wine (or vermouth), and lime juice and rind, and cook gently until syrupy.
- 4** Return the chicken to the pan and cook gently for 12–15 minutes, until the chicken is cooked through.
- 5** Add the cream, salt and black pepper and chopped tarragon.
- 6** Serve with potatoes and green vegetables.



Spring onion, garlic and prawn risotto

Preparation 10 minutes

Serves 4

Olive oil (1 tbsp)

2 bunches of
spring onions

4 garlic cloves, peeled

Arborio rice (310g/11oz)

Chicken stock
(560ml/20floz)

Fish stock (560ml/20floz)

20 large prawns

Juice of half a lemon

Parmesan cheese (1 tbsp)

Black pepper

Chopped chives (1 tbsp)

Cooking 35 minutes

- 1 Heat the oil in a large frying pan.
- 2 Chop the spring onions and slice the garlic cloves. Add to the frying pan and cook gently, but do not 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. Stir regularly.
- 6 Repeat step 5, each time adding about one fifth of the stock.
- 7 Meanwhile, grill the prawns lightly and then chop.
- 8 When the last of the stock has been absorbed into the rice, add the chopped prawns with a squeeze of lemon juice, the parmesan cheese and freshly ground black pepper. Stir well.
- 9 Serve in a hot dish and sprinkle with chopped chives.





Nutritional information

Energy 362.9kcal

Protein 13.8g

Total fat 5.5g (of which saturates 2g)

Carbohydrate 64g

Fibre 1.4g



Nutritional information
(without new potatoes and broccoli)
Energy 256kcal
Protein 24g
Total fat 13g (of which saturates 4g)
Carbohydrate 10g
Fibre 1g

Chicken thighs with crumbed tomatoes

Preparation 10 minutes

Cooking 50 minutes

Serves 4

Olive oil (1 tbsp)

6 chicken thighs

6 tomatoes, halved

White breadcrumbs
(50g/2oz)

Fresh oregano (1 tbsp),
chopped

Parmesan or hard
cheese (2 tbsp), grated

Chicken stock or white
wine (150ml/5floz)

To serve

New potatoes

Broccoli

- 1 Preheat oven to 190°C/170°C fan/gas mark 5.
- 2 Season the chicken. Heat the oil in a non-stick frying pan and cook the chicken thighs on both sides until golden. Drain on kitchen paper and place in a greased shallow baking dish.
- 3 Arrange the tomato halves cut-side up over the chicken thighs. Mix the breadcrumbs, oregano, cheese and seasoning, then scatter over the chicken. Pour in the stock or wine and bake for 45–50 minutes until the top is crisp and golden, and the chicken is cooked through with no pink meat. Divide the chicken into four servings and serve with new potatoes and broccoli.



Quick shepherd's pie

Preparation 10 minutes

Cooking 30 minutes

Serves 4

Olive oil (1 tbsp)

Minced lamb (500g/1lb)

1 medium-sized
onion, diced

2 medium-sized
carrots, diced

Dried rosemary (1 tsp)

Onion gravy
granules (2 tbsp)

Worcestershire
sauce (2 tbsp)

Frozen peas (100g/3oz)

2 frozen garlic baguettes

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



Thanks to Waitrose for contributing this recipe.



Nutritional information

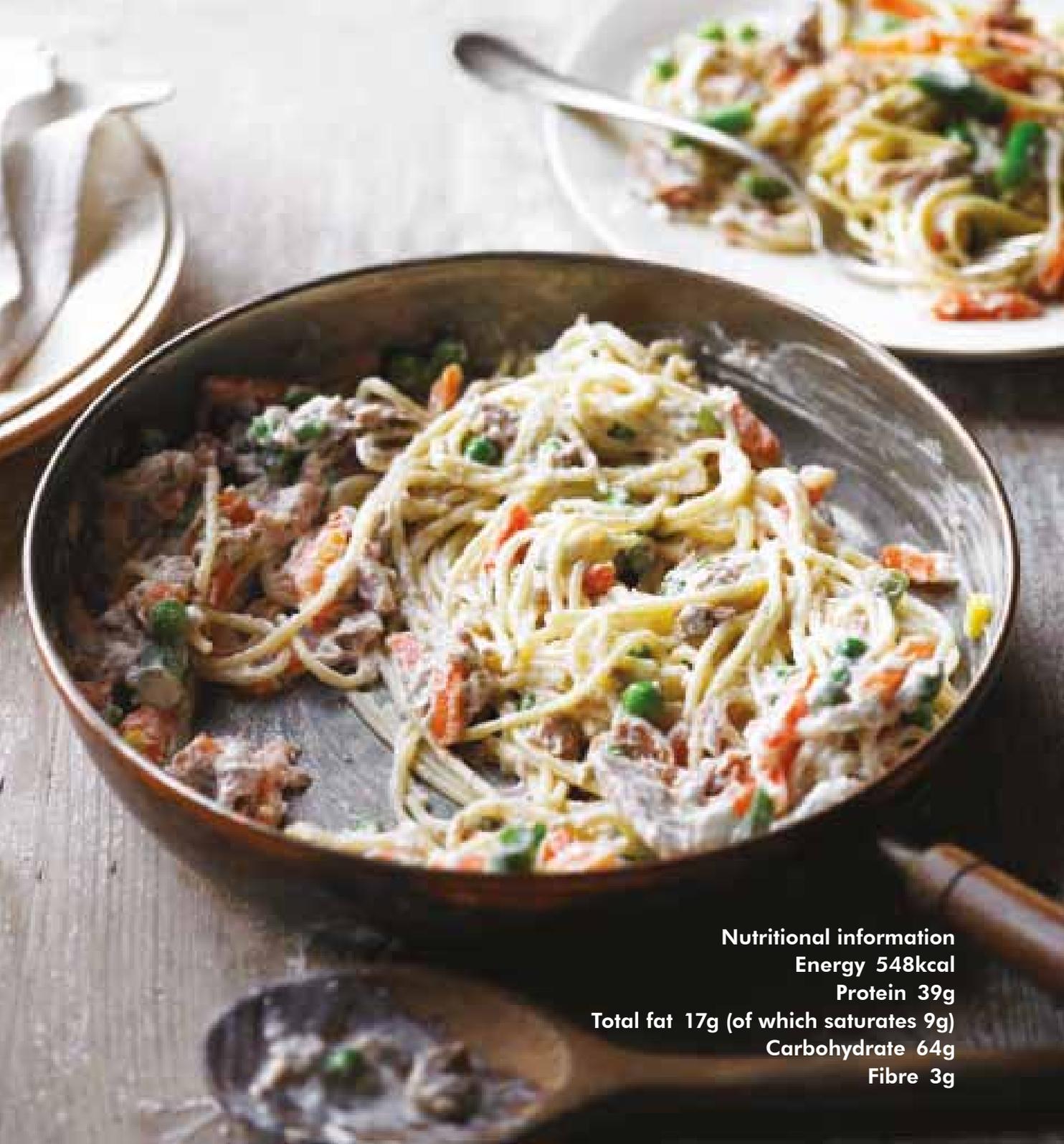
Energy 479kcal

Protein 30g

Total fat 28g (of which saturates 12g)

Carbohydrate 22g

Fibre 3g



Nutritional information

Energy 548kcal

Protein 39g

Total fat 17g (of which saturates 9g)

Carbohydrate 64g

Fibre 3g

Tuna and vegetable spaghetti

Preparation 2 minutes

Cooking 15 minutes

Serves 4

Dry spaghetti
(300g/10oz)

1 bag of frozen mixed
vegetables (400g/14oz)

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

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

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

Thanks to Waitrose for contributing this recipe.



Spring vegetable casserole with garlic bread

Preparation 5 minutes

Cooking 30 minutes

Serves 4

Olive oil (2 tbsp)

2 leeks

Sliced carrots (100g/3oz)

1 small swede or 4 small turnips, peeled and diced

2 garlic cloves, finely chopped

Vegetable stock cube (500g/18oz)

Spring greens (150g/5oz), shredded

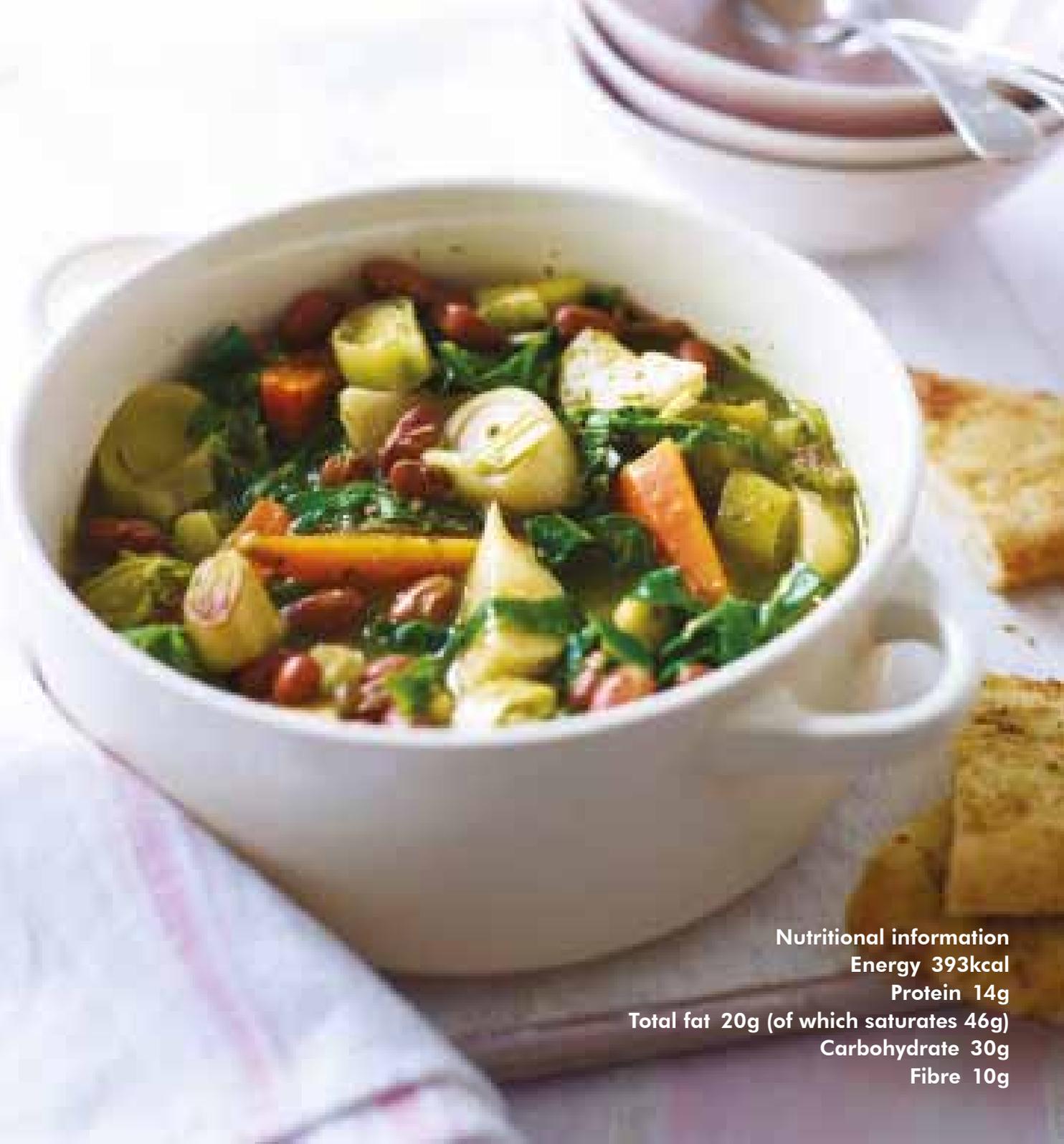
1 tin of borlotti beans (400g/14oz), drained

1 garlic bread

Pesto (2 tbsp) (optional)

- 1 Preheat oven to 200°C/180°C fan/gas mark 6.
- 2 Heat the oil in a large saucepan and add the leek, carrots, turnips and garlic. Fry over a low heat for 10 minutes, until the vegetables are soft and golden.
- 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 drained beans and shredded greens, then cover the pan and simmer for five minutes until piping hot and cooked through.
- 5 While the casserole is cooking, heat the garlic bread following the pack instructions. Stir the pesto (optional) into the casserole, and serve with warm garlic bread.





Nutritional information

Energy 393kcal

Protein 14g

Total fat 20g (of which saturates 46g)

Carbohydrate 30g

Fibre 10g

Fish pie

Preparation 15 minutes

Serves 4

Potatoes suitable for mashing, such as Maris Piper or King Edward (700g/1lb 8oz), peeled and diced

4 fillets of haddock, any white fish or salmon

Semi-skimmed milk (425ml/¾ pint)

Butter (25g/1oz)

Flour (25g/1oz)

Strong, hard cheese, such as parmesan or aged cheddar (25g/1oz)

Broccoli (320g/11oz)

Cooking 50 minutes

- 1 Preheat oven to 200°C/180°C fan/gas mark 6.
- 2 Boil the potatoes in a large saucepan for about 10–15 minutes until they're soft. Drain them and mash with a little milk.
- 3 To make the sauce, mix the milk, butter and flour in a small saucepan and warm over a medium heat. Stir continuously until the sauce starts to bubble and thicken.
- 4 Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top.
- 5 Bake in the centre of the oven for 30 minutes, until the top is golden brown. Serve with broccoli.

Nutritional information

Energy 388kcal

Protein 35g

Total fat 10g (of which saturates 6g)

Carbohydrate 40g

Fibre 4g



Easy Italian chicken

Preparation 15 minutes

Cooking 50 minutes

Serves 2

Olive oil (½ tbsp)

1 medium-sized
onion, chopped

2 skinless chicken
breasts, cut into strips

10 cup or button
mushrooms, sliced

2 tins of chopped
tomatoes (400g each)

Dried Italian herbs (2 tsp)

Worcestershire sauce
(2 tsp)

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

Fresh basil

Salt and black pepper

- 1** Preheat oven to 180°C/160°C fan/gas mark 4.
- 2** Gently fry the onions in a little olive oil for about five minutes.
- 3** Then put the onions, mushrooms and all other ingredients apart from the pasta into an ovenproof dish. Mix thoroughly and bake in the oven for 40 minutes, or until the chicken is cooked through.
- 4** Meanwhile, cook the pasta according to the packet instructions.
- 5** Serve the chicken with the pasta and fresh basil.

Nutritional information

Energy 646kcal

Protein 52g

Total fat 20g (of which saturates 4g)

Carbohydrate 70g

Fibre 8g



Chilli con carne

Preparation 10 minutes

Serves 2

Sunflower or vegetable oil (½ tbsp)

Lean beef mince (100g/4oz)

1 medium-sized onion

1 garlic clove

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

Tomato purée (1 tbsp)

Chilli powder (½ tsp)

Cumin (¼ tsp)

Coriander (¼ tsp)

Half a red pepper

Cup or button mushrooms (100g/4oz)

½ tin of kidney beans (200g/7oz)

Black pepper

Basmati rice (150g/5oz)

Cooking 40 minutes

- 1 Heat the oil over a gentle heat in a large, non-stick saucepan or frying pan. Then brown the mince, stirring to stop it from sticking.
- 2 Finely chop the onion and garlic, add to the mince and cook for two or three minutes.
- 3 Add the chopped tomatoes, tomato purée and spices. Bring the sauce to the boil, then reduce the heat. Simmer gently for 10–15 minutes.
- 4 Meanwhile, cook the rice according to the packet instructions.
- 5 Add the chopped red pepper and sliced mushrooms, and simmer for five minutes.
- 6 Add the drained kidney beans and simmer for another five minutes.
- 7 Add the black pepper to taste and serve with boiled rice.

Nutritional information

Energy 452kcal

Protein 17.6g

Total fat 8.5g (of which saturates 1.9g)

Carbohydrate 81.9g

Fibre 3.3g



Pasta with tomato sauce

Preparation 5 minutes

Serves 2

Olive or vegetable oil
(1 tsp)

1 medium-sized onion,
finely chopped

1 garlic clove, finely
chopped

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

Tomato purée (2 tbsp)

A pinch of mixed,
dried herbs

Black pepper to taste

Dry penne or similar
pasta (210g/7oz)

To serve

Salt and black pepper

Grated parmesan

Cooking 35 minutes

- 1** Heat the oil in a non-stick saucepan or frying pan. Add the chopped onions and cook them on a medium heat until they are soft.
- 2** Add the garlic and cook for another minute. Make sure the pan is not too hot when you add the garlic as it burns easily. Burnt garlic will make the sauce taste bitter.
- 3** Add the chopped tomatoes, tomato purée and mixed herbs.
- 4** Simmer gently for 15 minutes until the sauce is thick and rich.
- 5** Add the black pepper to taste.
- 6** Cook the pasta according to the packet instructions.
- 7** Serve topped with fresh herbs and grated parmesan.

Nutritional information

Energy 307kcal

Protein 11.7g

Total fat 3.5g (of which saturates 0.4g)

Carbohydrate 61.1g

Fibre 5.2g



Vegetarian chilli

Preparation 15 minutes

Cooking 40 minutes

Serves 4

Vegetable oil (1 tbsp)

1 medium-sized onion

Half a green pepper

Half a red pepper

1 stick of celery

2 garlic cloves,
peeled and crushed

Tinned tomatoes
(450g/14oz)

A good pinch of
dried oregano

Cumin (½ tsp)

Chilli powder (2 tsp)

Black pepper (½ tsp)

1 tin of kidney beans
(400g/8oz), drained

1 tin of cannellini beans
(225g/8oz), drained

1 tin of black beans
(225g/8oz), drained

Ingredients cont'd

1 fresh chilli, deseeded and finely chopped

Frozen sweetcorn (140g/5oz) (optional)

Sour cream and chopped chives to serve

- 1 Heat the oil in a large saucepan. Chop and add the onion, peppers, celery and crushed garlic and cook on a medium heat until tender.
- 2 Add the tomatoes, oregano, cumin, chilli powder 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 (optional) and cook for 5–10 minutes until tender.
- 5 Add salt to taste.
- 6 Serve with a bowl of sour cream mixed with chopped chives.

Nutritional information,

Energy 287.8kcal

Protein 15.6g

Total fat 10.5g (of which saturates 4.4g)

Carbohydrate 34.8g

Fibre 12.8g



Bean dip

Preparation 10 minutes

Serves 4

Olive oil (1 tbsp)

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

Grated zest and juice of 1 lemon

Tahini or smooth peanut butter (1 tbsp)

1 garlic clove, skinned and crushed

Salt and black pepper

Cooking 10 minutes

- 1 Drain the beans and rinse well in cold running water.
- 2 Blend the beans into a purée using a food processor or hand blender. Transfer the bean paste to a mixing bowl and add the crushed garlic, lemon zest and juice, olive oil and tahini. Stir all the ingredients together well and season with salt and pepper to taste.

Tip Delicious served on a baked potato or with roasted vegetables. To make the mixture a little softer, add some water and mix to the desired consistency.

Nutritional information

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.



Pineapple chicken breasts

Preparation Overnight (or one day) **Cooking** 40 minutes

Serves 4

4 chicken breasts

4 pineapple slices,
tinned or fresh

Salt and black pepper

Marinade

Olive oil (2 tbsp)

Pineapple juice (2 tbsp)

Dry sherry (2 tbsp)

Brown sugar (2 tbsp)

Grated ginger (1 tsp)

2 cloves garlic, crushed

To serve

Rocket

Watercress

- 1 Mix all the marinade ingredients together and put the chicken breasts in. Leave overnight (or for about eight hours), turning as frequently as sensible.
- 2 Preheat the grill or barbecue.
- 3 Remove the breasts from the marinade and wipe dry. Cook under the grill or on a barbecue, turning frequently. Grill the pineapple slices.
- 4 Serve the chicken on the pineapple slices with a rocket and watercress salad.

Nutritional information

Energy 322.9kcal

Protein 45.6g

Total fat 7.6g (of which saturates 1.4g)

Carbohydrate 16.8g

Fibre 1g



Pork and apple casserole

Preparation 10 minutes

Cooking 1 hour 35 minutes

Serves 4

Sunflower oil (2 tbsp)
 2 small onions, chopped
 Lean bacon
 (100g/3.5oz), diced
 Diced pork (400g/14oz)
 Chopped mixed
 vegetables, such as
 carrots, leeks or celery
 (200g/7oz)
 Chicken stock
 (250ml/9floz)
 Tomato purée (2 tsp)
 Fresh parsley (2 heaped
 tsp), chopped
 Flour (2 dessert spoons)
 2 small apples, diced
 Salt and black pepper
 to taste

- 1 Heat the oil in a large saucepan and fry the onions gently without browning.
- 2 Add the bacon and pork and fry lightly for 1–2 minutes.
- 3 Add the vegetables, tomato purée, chicken stock and salt and pepper and stir well. Thicken by stirring in the flour, and adjust the seasoning to your taste. Simmer slowly for 1 hour and 20 minutes.
- 4 Stir in the apple and simmer for a further 10 minutes.
- 5 Serve with chopped parsley.

Nutritional information

Energy 319.2kcal

Protein 26.6g

Total fat 17.5g (of which saturates 4.9g)

Carbohydrate 14.8g

Fibre 2.4g



Sweet potato and parsnip curry with coconut rice

Preparation 15 minutes

Cooking 45 minutes

Serves 4

Vegetable oil (1 tbsp)
 4 medium-sized sweet potatoes
 2 large parsnips
 1 large onion, sliced
 Coconut milk (280ml/10floz)
 Turmeric (2 tsp)
 2 cinnamon sticks
 Chilli powder (1 tsp)
 Plain yoghurt
 Vegetable oil (6 tbsp)
 Long grain rice (225g/8oz)
 Desiccated coconut (55g/2oz)
 A good pinch of saffron

- 1 Peel the sweet potatoes and parsnips and cut into thick chunks.
- 2 Fry the onion in oil until soft. Then add the turmeric, cinnamon sticks and chilli powder, and cook gently for a few more minutes.
- 3 Add the sweet potatoes and parsnips, stir well.
- 4 Add the coconut milk, heat to simmering point and then cook gently for about 20 minutes until the vegetables are tender.
- 5 Meanwhile, fry the rice in two tablespoons of oil, stirring continuously.
- 6 Add the desiccated coconut and saffron (optional) and 560ml/20floz cold water. Cover and simmer gently until the rice is just tender.
- 7 Drain the rice well and stir in 4 tablespoons of oil.
- 8 Serve the curry on a bed of coconut rice with a bowl of yoghurt.

Nutritional information

Energy 561kcal

Protein 7.9g

Total fat 33.5g (of which saturates 11.1g)

Carbohydrate 60.9g

Fibre 8.3g



Winter vegetable soufflé

Preparation 25 minutes

Cooking 35 minutes

Serves 4

Cooked potatoes
(225g/8oz)

Cooked cauliflower,
carrot, swede, parsnip
or Brussels sprouts,
or a mixture of any of
these (225g/8oz)

Single cream
(4 dessert spoons)

3 egg yolks, separated

Grated cheese
(115g/4oz)

Salt and black pepper

To serve

Mixed salad leaves

- 1 Preheat oven to 220°C/200°C fan/gas mark 7.
- 2 Mash together the cooked potatoes with the other cooked vegetable(s).
- 3 Beat the cream, egg yolks, grated cheese, and salt and pepper into the vegetable mixture.
- 4 Whisk the egg whites until stiff, then fold them lightly but evenly into the vegetable mixture.
- 5 Spoon the mixture into a greased 18cm/7 inch soufflé dish.
- 6 Bake for 20 minutes until the soufflé has risen well and is lightly browned on top.
- 7 Serve immediately with a mixed salad.

Nutritional information

Energy 272.9kcal

Protein 15.4g

Total fat 18.4g (of which saturates 9.5g)

Carbohydrate 12.8g

Fibre 2.1g



Treat yourself with our selection of sweet recipes

These dishes are delicious, but they're also suitable for people with particular eating problems or who are on a particular diet because of cancer. There are also dishes that are short and sweet for those who don't have much time. So why not finish your meal on a sweet note?



SWEET



Nutritional information

Energy 700kcal

Protein 14g

Total fat 36g (of which saturates 22g)

Carbohydrate 82g

Fibre 4g

Apple and Wensleydale crumble tart

Preparation 25 minutes

Cooking 2 hours

Serves 6–8

Pastry

Flour (225g/8oz)

Butter (115g/4oz),
softened

1 egg

Pinch of sugar

Pinch of salt

Milk (1 tbsp)

*See next page for filling
and topping ingredients*

- 1 Preheat oven to 210°C/190°C fan/gas mark 7.
- 2 Make the pastry by mixing the sugar and salt with the flour. Make a well in the centre. Add the egg and butter and rub in to make fine crumbs.
- 3 Make another well and add the milk. Mix to form a dough.
- 4 Leave the pastry to rest for one hour in the fridge.
- 5 Grease a pastry tin that's 24cm/8.5 inches wide and 3.5cm/1.5 inches deep.
- 6 Roll out the pastry into a round approximately 3mm/one eighth of an inch thick and line the pastry tin carefully.
- 7 Trim the top to fit, and then rest in the fridge for 10 minutes.
- 8 Line with greaseproof paper, place in the oven and bake without any filling for 15 minutes.
- 9 Take the pastry case out and allow it to set. Turn the oven temperature down to 200°C/180°C fan/gas mark 6.

continued over page



Ingredients cont'd

Filling

8 Cox's apples

Butter (28g/1oz and
55g/2oz)

1 cinnamon stick

Sultanas (115g/4oz)

White flour (40g/1.5oz)

Wholemeal flour
(40g/1.5oz)

Pinch of salt

Wensleydale cheese
(115g/4oz)

Unrefined sugar
(115g/4oz)

Topping

Greek yoghurt
(195g/7oz)

Wensleydale cheese
(55g/2oz), cut into 5mm/
quarter inch cubes

Runny honey (2 tbsps)

1 red apple, cut into
5mm/quarter inch cubes
with the skin still on

10 While the pastry case is cooling, peel and core the Cox's apples and chop them into small pieces.

11 Place the apple into a saucepan with 28g/1oz butter, two tablespoons of cold water and a cinnamon stick. Then cook slowly to form a purée.

12 Take off the heat, remove the cinnamon stick and stir well with a wooden spoon. Add the sultanas and allow to cool.

13 When cool, pour into the baked pastry (first removing the greaseproof paper).

14 Mix both flours, salt and sugar.

15 Take 55g/2oz butter from the fridge and cut into small cubes. Then rub the butter into the flour to get the texture of breadcrumbs.

16 Dice the Wensleydale cheese into 5mm/quarter inch pieces. Carefully sprinkle into the mixture of flours, salt, sugar and butter. Then sprinkle this mixture over the top of the crumble tart.

17 Bake the crumble tart in the oven for 20–25 minutes. Leave to cool.

18 Place all the topping ingredients in a bowl and mix well. Cover the cooled tart with the topping and serve.

Banana cream

Preparation 10 minutes

Serves 4

Whipping cream
(280ml/10floz)

3 ripe bananas

Caster sugar
(2 heaped tbsp)

Juice and grated rind
of 1 lemon

- 1 Whisk the cream until thick.
- 2 Peel the bananas and mash with the sugar, lemon rind and juice.
- 3 Add the mashed banana mixture to the cream and stir together.
- 4 Chill before serving.

Nutritional information

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.



Greek honey cheesecake with apricot compote

Preparation 10 minutes

Cooking 40 minutes

Serves 4–6

8 digestive biscuits

Butter for the
base (28g/1oz)

Curd cheese (225g/8oz)

Runny honey (55g/2oz)

Caster sugar (55g/2oz)

2 eggs

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

Butter for the
compote (28g/1oz)

Honey (1tbsp)

- 1 Preheat oven to 180°C/160°C fan/gas mark 4.
- 2 Place the digestive biscuits in a clean plastic bag and crush into fine crumbs using a rolling pin.
- 3 Melt 28g/1oz butter in a saucepan and then mix in the biscuit crumbs.
- 4 Use the mixture to cover the bottoms of individual ramekin dishes or one round ovenproof dish 5cm/2 inches deep.
- 5 Soften the cheese in a saucepan. Warm two tablespoons of runny honey in a small saucepan or in the microwave, and mix into the cheese.
- 6 Add the sugar and egg yolk, and beat well.
- 7 Whisk two egg whites until they form soft peaks (standing up, but not completely stiff and with edges that curl over). Then fold these into the mixture.
- 8 Pour the mixture over the top of the biscuit base and bake in the oven for 25–30 minutes until the top of the mixture has set. Leave to cool.
- 9 Melt 28g/1oz butter. Add the chopped apricots and then the honey. Cook together for a few minutes over a low heat and then spoon on top of the cheesecake. Cool before serving.





Nutritional information

Energy 492.1kcal

Protein 13.4g

Total fat 22.2g (of which saturates 9.6g)

Carbohydrate 62.7g

Fibre 3.3g



**Nutritional information
(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

Preparation Overnight

Serves 4

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

Caster sugar (115g/4oz)

1 cinnamon stick

Juice of 1 lemon

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

To serve

Clotted cream

Cooking 15 minutes

- 1 Wash the fruit and place in a saucepan.
- 2 Add the sugar, lemon juice and cinnamon stick.
- 3 Bring to the boil and simmer gently for five minutes.
- 4 Strain off the fruit (a colander works well) and put the fruit to one side.
- 5 Return to the heat and simmer to reduce the juice by half. Leave to cool.
- 6 Use the slices of bread to line the base and sides of a pudding basin or pie dish, first dipping them into the juice. Overlap the slices a little so there are no gaps.
- 7 Cover the base with a layer of fruit, then a layer of dipped bread. Repeat until the basin or dish is full, ending with a layer of bread.
- 8 Put a piece of greaseproof paper on top, and weigh it down lightly.
- 9 Refrigerate overnight. Turn out and serve with clotted cream and a pool of juice.



Brown sugar plums with soured cream

Preparation 5 minutes

Serves 4

8 plums,
halved and stoned

Light brown muscovado
sugar (2 tbs)

Ground cinnamon
($\frac{1}{2}$ tsp)

Soured cream
(300ml/10fl oz)

Demerara sugar (2 tbs)

To serve

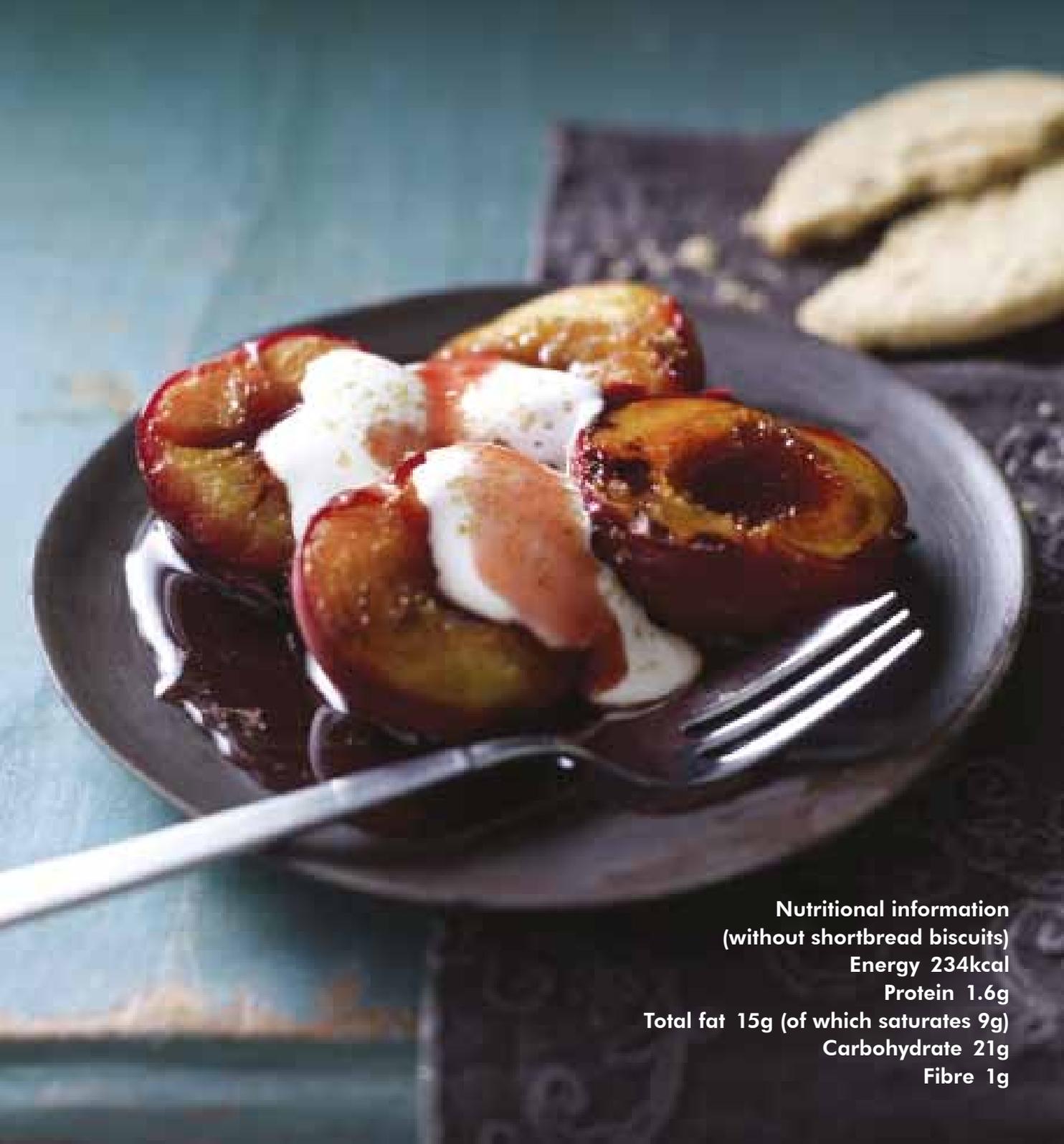
Shortbread biscuits

Cooking 25 minutes

- 1 Heat 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. Mix together the brown sugar and cinnamon, and sprinkle over the plums. Bake for 20–25 minutes until tender and golden.
- 3 Spoon the soured cream over the top and sprinkle with the demerara sugar. For a crunchier sugar topping, you could place the dish under a hot grill until the sugar melts. Serve with shortbread biscuits.



Thanks to Waitrose for contributing this recipe.



**Nutritional information
(without shortbread biscuits)**

Energy 234kcal

Protein 1.6g

Total fat 15g (of which saturates 9g)

Carbohydrate 21g

Fibre 1g

Nutritional information

Energy 67kcal

Protein 1g

Total fat 1g (of which saturates 0.3g)

Carbohydrate 15g

Fibre trace



Coconut and cardamom rice pudding

Preparation 5 minutes

Cooking 1 hour 30 minutes

Serves 6

Pudding rice (75g/3oz)

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

Slices of lemon or lime zest from ½ lemon or 1 small lime

Coconut milk (600ml/1 pint)

- 1 Preheat oven to 150°C/130°C fan/gas mark 2.
- 2 Put the rice into a shallow baking dish with the cardamom and citrus zest. Add the coconut milk 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, uncover the dish then cook for 30–45 minutes more, or until the rice is soft. Serve warm or at room temperature.

Tip This recipe is dairy, gluten, wheat, soya, egg and nut free. As an alternative, try adding fresh berries to the rice while it cooks.

Thanks to Waitrose for contributing this recipe.



Stuffed baked apples

Preparation 10 minutes

Serves 4

4 cooking apples

Runny honey (1 tbsp)

Butter (28g/1oz), melted

Cream or ice cream

Stuffings

(choose from the following):

Chopped hazelnuts, sultanas and honey

Mincemeat

Chopped dates, walnuts and honey

Chopped prunes and brown sugar

Raisins and honey

(You'll need roughly 2–3 tsp of each filling per apple)

Cooking 1 hour 10 minutes

- 1 Preheat oven to 200°C/180°C fan/gas mark 6.
- 2 Core the cooking apples and cut them in half.
- 3 Stuff the centre of each apple (where the core was) with the filling of your choice.
- 4 Place the apples in an ovenproof dish and then add 5mm/0.25 inch water and the honey.
- 5 Drizzle the melted butter over the apples and then bake until the fruit is tender (about 50–60 minutes).
- 6 Serve hot or cold, with cream or ice cream if you wish.

Nutritional information

(will vary depending on filling)

Energy 221kcal

Protein 2g

Total fat 26g (of which saturates 6g)

Carbohydrate 30g

Fibre 2g



Berry and cherry flapjacks

Preparation 5 minutes

Makes 12

Unsalted butter
(150g/5oz), cut into
cubes

Brown muscovado sugar
(75g/3oz)

Clear honey (3 tbsp)

Rolled porridge oats
(250g/9oz)

Mixed dried berries and
cherries (170g/6oz)

Hazelnuts, roasted and
chopped (50g/2oz)

Cooking 25 minutes

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4. Place the butter, sugar and honey in a medium-sized pan and heat gently, stirring occasionally, until the butter has melted and the sugar has dissolved.
- 2 Remove from the heat and stir in the oats, dried fruit and nuts. Press the mixture into a lightly greased, rectangular, non-stick cake tin (30cm by 20cm, 4cm deep) and bake in the oven for 20–25 minutes, until golden brown.
- 3 Allow to cool in the tin for five minutes, then score lightly with a knife to make 12 bars. Leave to cool completely in the tin before cutting and removing. The flapjacks can be stored in an airtight container for up to four days.

Nutritional information

Energy 259kcal

Protein 3g

Total fat 14g (of which saturates 7g)

Carbohydrate 33g

Fibre 4g

Thanks to Waitrose for contributing this recipe.



Toffee chocolate ice cream

Preparation 5 minutes

Cooking 5 minutes

Serves 4

4 Mars™ bars

Milk (2 tbsp)

Cream (4 tbsp)

4 scoops of ice cream

- 1 Place the Mars bars and milk in a saucepan 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, pour the toffee and chocolate sauce over the ice cream and serve immediately.

Nutritional information

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 stoned

8 Amaretti
biscuits, crushed

Mascarpone (4 tbsp)

Brandy or orange
juice (2 tbsp)

To serve

Vanilla ice cream

Cooking 20 minutes

- 1 Preheat oven to 200°C/180°C fan/gas mark 6.
- 2 Arrange the halved peaches cut side up in a shallow ovenproof dish to fit snugly. Mix the biscuits with the mascarpone. Spoon into the cavities of the peaches and sprinkle with the brandy or orange juice.
- 3 Bake for 15–20 minutes until tender, and serve warm or cold with vanilla ice cream.

Nutritional information

(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.



Cherry and almond cake

Preparation 5 minutes

Serves 15

Margarine (170g/6oz)

Caster sugar (170g/6oz)

3 eggs

Self-raising flour
(115g/4oz)

Ground almonds
(115g/4oz)

Glacé/candied cherries,
washed and halved
(85g/3oz)

Cooking 1 hour

- 1 Preheat oven to 180°C/160°C fan/gas mark 4.
- 2 Cream the margarine and sugar together until the mixture becomes soft and pale.
- 3 Beat in the eggs one at a time.
- 4 Stir in the sifted flour, the almonds and the cherries.
- 5 Pour the mixture into a greased cake tin (28cm by 18cm) and bake for 40–45 minutes, or until the cake springs back when pressed lightly.
- 6 Leave the cake in the tin to cool, then cut into 15 squares.

Nutritional information

Energy 233.1kcal

Protein 4.2g

Total fat 15g (of which saturates 0.7g)

Carbohydrate 22.1g

Fibre 0.7g



Thanks to Clare Shaw and Maureen Hunter for contributing this recipe.

Orange cake

Preparation 15 minutes

Cooking 1 hour

Serves 12+

Margarine (225g/8oz)

Caster sugar (225g/8oz)

3 eggs

Vanilla essence/extract
(1 tsp)

Plain flour (115g/4oz)

Baking powder (1 tsp)

Topping

Grated rind and juice of
1 orange

Grated rind and juice of
1 lemon

Brown sugar (225g/8oz)

- 1 Preheat oven to 180°C/160°C fan/gas mark 4.
- 2 Cream the margarine and sugar together until the mixture becomes soft and pale.
- 3 Beat the eggs in one at a time and add the vanilla essence.
- 4 Fold in the sifted flour and baking powder.
- 5 Pour the mixture into a well-greased cake tin (28cm by 18cm) and bake for 45 minutes, or until the cake springs back when pressed lightly.
- 6 Leave the cake in the tin for 10 minutes and then turn out onto a wire rack to cool.
- 7 Meanwhile, put the orange and lemon rind and juice, and the sugar, in a saucepan and bring to the boil. Let it cool and pour it over the cake while the cake is still hot.
- 8 Allow to cool before serving.

Nutritional information

Energy 338.8kcal

Protein 2.9g

Total fat 17g (of which saturates 0.5g)

Carbohydrate 47.1g

Fibre 0.3g

Thanks to Clare Shaw and Maureen Hunter for contributing this recipe.



Peach and plum upside down cake with pineapple mascarpone

Serves 10

Part one

Butter (140g/5oz)

Unrefined brown sugar
(115g/4oz)

Walnuts (55g/2oz),
chopped

Hazelnuts (55g/2oz),
chopped

12 plums

2 peaches

Part two

Milk (280ml/10floz)

2 eggs

Unsalted butter
(195g/7oz)

Unrefined brown sugar
(280g/10oz)

Self raising flour
(280g/10oz)

Nutmeg (1 tsp)

Mixed spice (2 tsp)

Bicarbonate of soda
(2 tsp)

Walnuts (115g/4oz),
chopped

Hazelnuts (115g/4oz),
chopped

Part three

Mascarpone (225g/8oz)

Zest and juice
of 1 orange

Chopped pineapple
(115g/4oz)

Grand Marnier liqueur
(2 tbsp)



Nutritional information

Energy 882kcal

Protein 11.2g

Total fat 63g (of which saturates 27g)

Carbohydrate 89g

Fibre 3.5g

Preparation 15 minutes **Cooking** 1 hour 10 minutes**Part one**

- 1 Preheat oven to 180°C/160°C fan/gas mark 4.
- 2 Chill a large frying pan in the fridge.
- 3 Mix the sugar, butter and nuts in part one together, and then press them into the base and just up the sides of the chilled pan.
- 4 Stone the plums and peaches, cut them into segments and lay on the mixture in the pan. Return the pan to the fridge.

Part two

- 5 Whisk the eggs and milk together.
- 6 Cream together the sugar and butter in part two, and then stir in the whisked milk and egg mixture.
- 7 Stir in the remaining ingredients in part two.
- 8 Pour the mixture over the fruit in the pan.
- 9 Bake in the oven for one hour.
- 10 Turn out onto a plate to serve.

Part three

- 11 Mix together the mascarpone, orange zest and juice, pineapple and Grand Marnier and serve as an accompaniment to the cake.

These smoothies are the perfect blend of flavours

You can make these 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.





Photo: Good Food / Will Heap.

Nutritional information

Energy 220kcal

Protein 8g

Total fat 10 (of which saturates 1g)

Carbohydrate 24g

Fibre 2g

Banana, honey and hazelnut smoothie

Preparation 10 minutes

Serves 2

1 banana, peeled
and sliced

Soya milk (250ml/8oz)

Honey (1 tsp)

A little grated nutmeg

Chopped, toasted
hazelnuts (2 tsp)

- 1 Blend the banana with soya milk, honey and a little grated nutmeg until smooth.
- 2 Pour into two large glasses and top with the toasted, chopped hazelnuts to serve.

Thanks to Good Food magazine for contributing this recipe.



Citrus fizz

Preparation 1 hour 10 minutes

Serves 4

Unsweetened orange juice (560ml/20floz)

Lime juice cordial (140ml/5floz)

Caster sugar (28g/1oz)

Chopped mint (2 tbsp)

Soda water (about 420ml/15floz)

Mint leaves to garnish

- 1 Pour the orange juice and lime juice into a bowl or jug. Add the sugar and stir well to dissolve.
- 2 Stir in the chopped mint and chill for one hour.
- 3 Strain the liquid and dilute (to taste) with the soda water.
- 4 Serve decorated with mint leaves.
- 5 You may wish to add ice cubes for extra chilling.

Nutritional information

Energy 131.9kcal

Protein 0.8g

Total fat Trace

Carbohydrate 32.6g

Fibre Trace



Watermelon frappe

Preparation 3 hours

Serves 4

Water (280ml/10floz)

Sugar (170g/6oz)

4 limes, each cut into
8 pieces

4 cardamom seeds

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

Crushed ice

- 1 Bring the water and sugar to the boil in a saucepan.
- 2 Remove from the heat and add the limes and cardamom seeds.
- 3 Leave to sit for two to three hours and then chill.
- 4 Blitz the watermelon flesh in a food processor (or crush well with a fork). Add to the saucepan containing the other ingredients, and leave for five minutes.
- 5 Strain into a container, add crushed ice and serve.

Nutritional information

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)

1 small pot of double
cream (150ml/5floz)

1 small pot of thick
and creamy yoghurt
(175g/6floz)

1 scoop of ice cream

1 glass of apple juice
(400ml/13floz)

1 Place all the ingredients into a smoothie
maker or blender, and mix until smooth.

2 Serve immediately.

Nutritional information

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/7floz)

1 scoop of ice cream

- 1 Combine all the ingredients in a blender and process until well mixed and frothy.
- 2 Serve immediately.

Nutritional information

Energy 344.4kcal

Protein 10.9g

Total fat 19.6 (of which saturates 12.35g)

Carbohydrate 32.8g

Fibre 0g

Thanks to the Royal Marsden Hospital
for contributing this recipe.



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How we can help you

Cancer is the toughest fight most of us will ever face. But you don't have to go through it alone. The Macmillan team is with you every step of the way.

Get in touch

Macmillan Cancer Support

89 Albert Embankment,
London SE1 7UQ

Questions about cancer?

Call free on **0808 808 00 00**

(Mon–Fri, 9am–8pm)

www.macmillan.org.uk

Hard of hearing?

Use textphone 0808 808 0121 or Text Relay.

Non-English speaker?

Interpreters are available.

Clear, reliable information about cancer

We can help you by phone, email, via our website and publications or in person. And our information is free to everyone affected by cancer.

Macmillan Support Line

Our free, confidential phone line is open Monday–Friday, 9am–8pm. Our cancer support specialists provide clinical, financial, emotional and practical information and support to anyone affected by cancer. Call us on **0808 808 00 00** or email us via our website, **macmillan.org.uk/talktous**

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres, and offer you the opportunity to speak with someone face-to-face. Find your nearest one at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)

Publications

We provide expert, up-to-date information about different types of cancer, tests and treatments, and information about living with and after cancer. We can send you free information in a variety of formats, including booklets, leaflets, fact sheets, and audio CDs. We can also provide our information in Braille and large print.

You can find all of our information, along with several videos, online at [macmillan.org.uk/cancerinformation](https://www.macmillan.org.uk/cancerinformation) You can also order our information at [be.macmillan.org.uk](https://www.be.macmillan.org.uk)

Review our information

Help us make our resources even better for people affected by cancer. Being one of our reviewers gives you the chance to comment on a variety of information including booklets, fact sheets, leaflets, videos, illustrations and website text.

If you'd like to hear more about becoming a reviewer, email reviewing@macmillan.org.uk

Need out-of-hours support?

You can find a lot of information on our website, [macmillan.org.uk](https://www.macmillan.org.uk) For medical attention out of hours, please contact your GP for their out-of-hours service.

Someone to talk to

When you or someone you know has cancer, it can be difficult to talk about how you're feeling. You can call our cancer support specialists to talk about how you feel and what's worrying you.

We can also help you find support in your local area, so you can speak face-to-face with people who understand what you're going through.

Professional help

Our Macmillan nurses, doctors and other healthcare and social care professionals offer expert treatment and care. They help individuals and families deal with cancer from diagnosis onwards, until they no longer need this help.

You can ask your GP, hospital consultant, district nurse or hospital ward sister if there are any Macmillan professionals available in your area, or call us.

Support for each other

No one knows more about the impact cancer has on a person's life than those who have been affected by it themselves. That's why we help to bring people with cancer and carers together in their communities and online.

Support groups

You can find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

Online community

You can also share your experiences, ask questions, get and give support to others in our online community at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

Financial and work-related support

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. Some people may have to stop working.

If you've been affected in this way, we can help. Call the Macmillan Support Line and one of our cancer support specialists will tell you about the benefits and other financial help you may be entitled to.

We can also give you information about your rights at work as an employee, and help you find further support.

Macmillan Grants

Money worries are the last thing you need when you have cancer. A Macmillan Grant is a one-off payment for people with cancer, to cover a variety of practical needs including heating bills, extra clothing, or a much needed break.

Find out more about the financial and work-related support we can offer at **[macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport)**

Learning about cancer

You may find it useful to learn more about cancer and how to manage the impact it can have on your life.

You can do this online on our Learn Zone – **[macmillan.org.uk/learnzone](https://www.macmillan.org.uk/learnzone)** – which offers a variety of e-learning courses and workshops. There's also a section dedicated to supporting people with cancer – ideal for people who want to learn more about what their relative or friend is going through.

Other useful organisations

Nutritional information and advice

British Association for Applied Nutrition & Nutritional Therapy (BANT)

27 Old Gloucester Street
London WC1N 3XX

Tel 08706 061 284

Email theadministrator
@bant.org.uk

www.bant.org.uk

Provides an online
directory to members
of the public wishing to
find a local nutritional
therapist at **bant.**

**org.uk/bant/jsp/
practitionerSearch.
faces**

British Dietetic Association

5th Floor, Charles House
148–9 Great Charles

Street, Queensway,
Birmingham B3 3HT

Tel 0121 200 8080

Email info@bda.uk.com

www.bda.uk.com

An association

representing dietitians.

Provides fact sheets
through its website, about
different foods, healthy
eating and eating when
you have certain medical
conditions – see

bda.uk.com/foodfacts

British Nutrition Foundation

High Holborn House
52–54 High Holborn,
London WC1V 6RQ

Tel 020 7404 6504

Email

postbox@nutrition.org.uk

www.nutrition.org.uk

Provides extensive
information about healthy
eating and healthy diet
through its website.

Colostomy Association

2 London Court
East Street, Reading
Berkshire RG1 4QL

Helpline 0800 328 4257

Email cass@colostomyassociation.org.uk

www.colostomyassociation.org.uk

Offers support, reassurance and practical information to anyone who may be about to have, or already has, a colostomy.

Core

Freepost, LON4268,
London NW1 0YT

Tel 020 7486 0341

Email

info@corecharity.org.uk

www.corecharity.org.uk

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

Diabetes UK

MacLeod House,
10 Parkway
London NW1 7AA

Helpline 0845 120 2960

Email

careline@diabetes.org.uk /

carelinescotland@diabetes.org.uk

www.diabetes.org.uk

Offers information and support on any aspect of managing diabetes, including medication, diet and exercise.

Has information in several languages and there is a translation service for the helpline.

**IA (The Ileostomy
and Internal
Pouch Support Group)**

Peverill House
1–5 Mill Road, Ballyclare
Co Antrim BT39 9DR
Tel 0800 018 4724

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

www.laryngectomy.org.uk

Runs groups for people who have had a laryngectomy.

**Oesophageal Patients
Association**

22 Vulcan House
Vulcan Road, Solihull
West Midlands B91 2JY

Tel 0121 704 9860

(Mon–Fri, 9am–5pm)

Email

enquiries@opa.org.uk

www.opa.org.uk

Offers telephone support and regional meetings for oesophageal cancer patients and their families. Can provide fact sheets about swallowing problems and nutrition, and restaurant cards that can be used to indicate particular needs.

**Patients on
Intravenous and
Nasogastric Nutrition
Therapy [PINNT]**

PO Box 3126,

Christchurch,

Dorset BH23 2XS

www.pinnt.co.uk

Supports and provides information to patients who need artificial nutrition therapy.

Runs regional meetings and encourages mutual support among its members.

**World Cancer Research
Fund (WCRF)**

22 Bedford Square

London, WC1B 3HH

Tel 020 7343 4200

Email wcrf@wcrf.org

www.wcrf-uk.org

Provides numerous healthy recipe ideas through its website. Mainly aimed at cancer prevention, but can provide a booklet about eating well and being active following cancer treatment.

Further resources

Related Macmillan information

You may want to order some of the booklets and leaflets mentioned in this book:

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

To order, visit be.macmillan.org.uk

All our information is also available online at macmillan.org.uk/cancerinformation

Helpful books

Healthy eating and cancer

American Cancer Society Complete guide to nutrition for cancer survivors

American Cancer Society, 2009, £22.50
An American book that is also relevant to people in the UK. Cover issues such as maintaining body weight, hydration, fatigue, immunity, dealing with eating or digestion issues (swallowing, nausea, mouth sores etc) and how to eat well after cancer treatment.

Eating well and being active following cancer treatment

World Cancer Research Fund, 2011, download for free at www.wcrf-uk.org/PDFs/EatingWellBeingActive.pdf
Diet and lifestyle guidance for people who have finished, and who have recovered from, treatment for cancer. It covers weight, physical activity, diet (fruit and vegetables, meat, dairy, salt intake), dietary supplements and alcohol. Includes sample recipes.

Healthy eating during chemotherapy

Jose van Mil, 2008, £10.39

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

I-can't-chew Cookbook: Delicious Soft-diet Recipes for People With Chewing, Swallowing and Dry-mouth Disorders

J Randy Wilson, 2003, around £11

A useful American book containing a variety of recipes for people who cannot chew or swallow very well. (NB: this book uses US weights and measures throughout and some of the products mentioned in the recipes may be unfamiliar to British readers and unavailable in the UK.)

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. Contains more than 85 recipes, including dishes which are simple to prepare and ones that can help to boost the immune system.

Macmillan audio resources

Our high-quality audio materials, based on our variety of booklets, include information about cancer types, different treatments and about living with cancer.

To order your free CD, visit be.macmillan.org.uk or call **0808 808 00 00**.

Useful websites

A lot of information about cancer is available on the internet. Some websites are excellent; others have misleading or out-of-date information. The sites listed here are considered by nurses and doctors to contain accurate information and are regularly updated.

Macmillan Cancer Support **www.macmillan.org.uk**

Find out more about living with the practical, emotional and financial effects of cancer. Our website contains expert, accurate, up-to-date information about cancer and its treatments, including:

- all the information from our 100+ booklets and 350+ fact sheets
- videos featuring real-life stories from people affected by cancer and information from medical professionals
- how Macmillan can help, the services we offer and where to get support
- how to contact our cancer support specialists, including an email form to send your questions

- local support groups search, links to other cancer organisations and a directory of information materials
- a huge online community of people affected by cancer sharing their experiences, advice and support.

www.bbcgoodfood.com **(BBC Good Food)**

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

www.cancerhelp.org.uk **(Cancer Research UK)**

Contains patient information on all types of cancer and has a clinical trials database.

**www.direct.gov.uk
(Direct Gov)**

Government website delivering practical information about public services, including tax, benefits, dealing with debt and other financial issues.

**www.healthspace.nhs.uk
(NHS HealthSpace)**

Store all your health information in one place online so different professionals can access it easily. The website can also manage your hospital appointments.

**www.nhs.uk
(NHS Choices)**

NHS Choices is the online ‘front door’ to the NHS. It is the country’s biggest health website and gives all the information you need to make decisions about your health. It also contains recipe ideas (some of which are included in this book) at

www.nhs.uk/livewell/healthy-recipes

**www.nhsdirect.nhs.uk
(NHS Direct Online)**

NHS health information site for England – covers all aspects of health, illness and treatments.

**www.nhsdirect.wales.nhs.uk
(NHS Direct Wales)**

**www.nhs24.com
(NHS 24 in Scotland)**

**www.n-i.nhs.uk
(Health and Social Care
in Northern Ireland)**

**www.waitrose.com/recipes
(Waitrose)**

Contains a large amount of recipes, including some featured in this book.

**[www.wcrf-uk.org/cancer_prevention/
healthy_recipes](http://www.wcrf-uk.org/cancer_prevention/healthy_recipes)
(World Cancer Research Fund)**

Browse and download healthy recipes. Includes an ingredients search tool.

Can you do something to help?

We hope this booklet 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

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- I am a UK taxpayer and I would like Macmillan Cancer Support to treat all donations I have made for the four years prior to this year, and all donations I make in the future, as Gift Aid donations, until I notify you otherwise.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax in each tax year, that is at least equal to the tax that Charities & CASCs I donate to will reclaim on my gifts. I understand that other taxes such as VAT and Council Tax do not qualify and that Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

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.



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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



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

Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date, but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it.

Sources

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Thanks

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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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