



# Helping Your Child to Eat

A Practical Guide for Parents, Carers and Children Coping with Cancer



ISBN: 0-949015-42-03

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The author would like to thank the many people, especially the Cross family, who contributed to this and the original booklet.

The creation and production of the first edition of this booklet was made possible by a donation from The Diana, Princess of Wales Memorial Fund Project and The Royal Marsden NHS Foundation Trust. Production of this reprint was made possible by CCLG.

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Designed and Published November 2012  
First Published 2004  
Reprinted February 2010  
Review date November 2014

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# Introduction

Most children suffering from cancer will experience problems with eating and drinking at some stage. This can be due to the disease itself, its treatment or medication. Sometimes the taste of food seems strange, or food can be difficult to swallow or digest and often they just don't feel hungry. These problems can be short term or may last throughout treatment. This booklet aims to give you some ideas to help with a poor appetite and other eating problems.

## Why is it important that my child eats well?

A well-nourished child is better able to cope with their treatment and fight any infections. It will also help your child feel better and keep up their strength.

## How do I know if my child is eating enough?

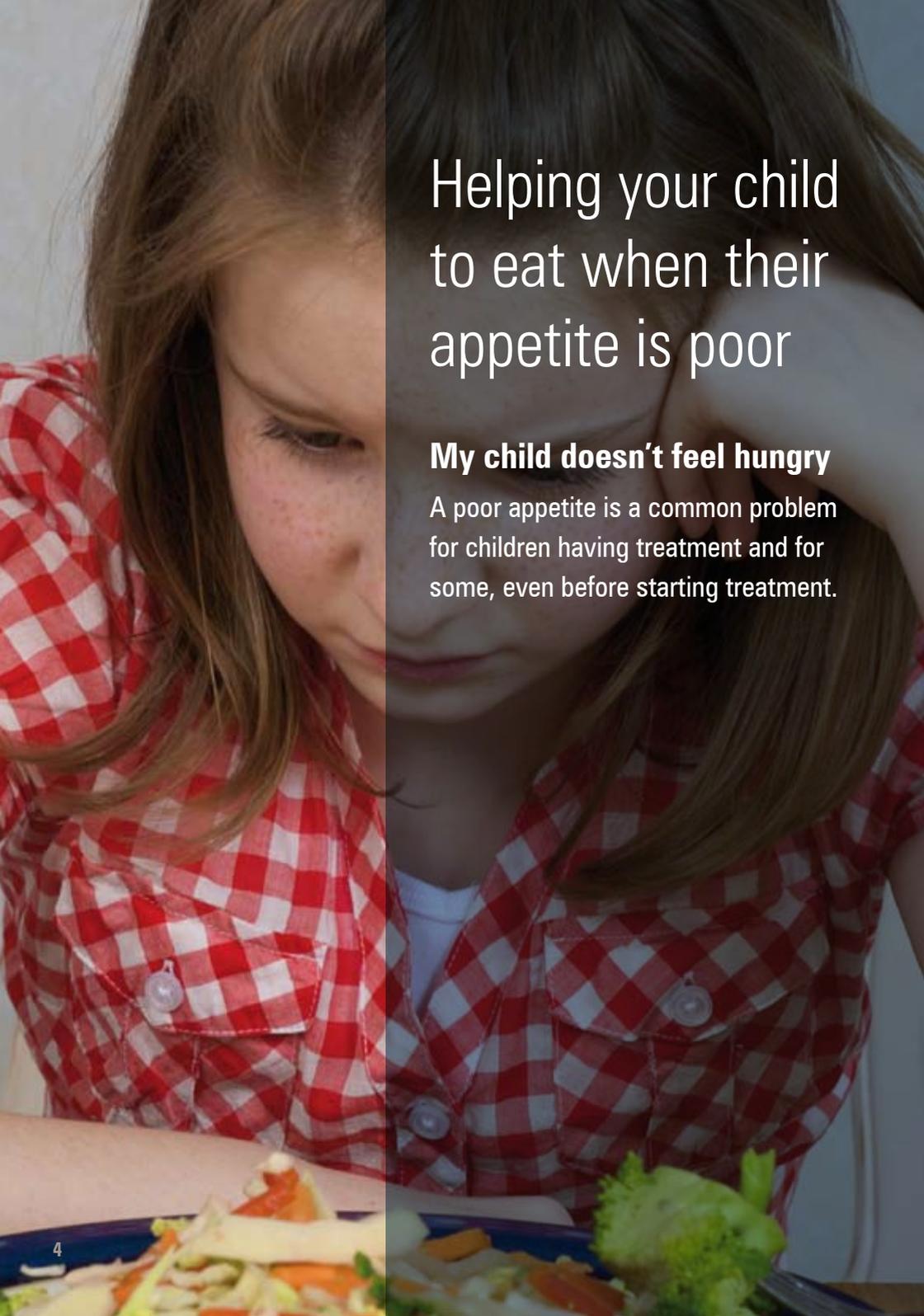
Your child's weight and height will be regularly measured. This is sometimes recorded on a height and weight centile chart. Measuring your child's height and weight helps check whether they are eating enough and the effect of the treatment on their growth. You will also be asked about their appetite, favourite foods and any problems they might be having with their eating and drinking.

Many parents worry about their child's diet before, during and after treatment. For some families, food and diet can become a great source of stress and anxiety. The dietitian, doctor and nurse will be happy to discuss any concerns that you have about your child's diet, their appetite, weight, height and energy levels.

## What foods should I give my child to eat?

All children should be encouraged to eat a variety of foods. This makes sure that they are having all of the energy (calories), protein, vitamins and minerals that they need for a balanced diet. To help you to achieve a balanced diet for your child, the following table is a guide to the nutrients contained in different foods.

Foods	Function
Meat, fish, eggs, Quorn™, soya products, pulses (beans and lentils) tofu, nuts.	These foods are a good source of protein, which is needed for growth, muscle strength and wound healing. Some contain fat and are good sources of energy (calories), vitamins and minerals.
Dairy products such as milk, cheese, yoghurt and fromage frais.	These foods contain protein, fat, vitamins and minerals. If your child is losing weight, choose the full fat varieties.
Bread, chapatis, naan, roti, potatoes, sweet potatoes, yam, rice, noodles, couscous, pasta and noodles, crackers.	These starchy foods are good sources of energy, fibre, vitamins and minerals.
Sugar, honey, syrup and sugary foods for example chocolate, cakes, sweets.	These are good sources of energy.
Butter, margarine, oil, ghee, cream.	These are good sources of energy and contain fat-soluble vitamins.
Fruit and vegetables.	These are a good source of vitamins, minerals and fibre. They are not usually good sources of protein or energy and can be very filling.



# Helping your child to eat when their appetite is poor

## **My child doesn't feel hungry**

A poor appetite is a common problem for children having treatment and for some, even before starting treatment.

## What can I do?

- Try offering small meals and snacks throughout the day. Aim to get your child to have something small to eat or drink every 2-3 hours during the day. Many children find this easier than sticking to their usual three meals. Always keep snacks handy (see page 8 for ideas on snack foods).
- Make the most of when your child's appetite is at its best. For many this is in the morning – try some of these big breakfast ideas: bacon and eggs, hash browns, sausages, beans or spaghetti hoops on toast, omelette, scrambled eggs, cheese on toast, porridge, pancakes with syrup or jam. Remember there is no need to stick to traditional breakfast foods, why not try sandwiches, custard or cakes and biscuits instead.
- Avoid filling your child up with low energy, bulky foods such as vegetables and fruit.
- Encourage drinks between meals and avoid letting your child 'fill up' on drinks just before a meal.
- A microwave oven can be useful for preparing food quickly. Try using ready-made meals as these also save time.
- Ask friends and family to help with preparing food or cooking meals.
- Try making home-made milk shakes and smoothies. Look for ready-made ones in the supermarket (see page 21 for more ideas).
- Get your child to try some of the nutritional supplement drinks available on prescription (see page 20).

## Tips for mealtimes

**Sometimes mealtimes can be hard work leaving you and your child exhausted.** Many children with poor appetites eat very slowly. Limit mealtimes to no longer than twenty minutes. After this time it is unlikely that they are going to eat any more. Concentrate on what they have eaten rather than what they haven't eaten at that mealtime.

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**Never force your child to eat,** sometimes they just don't feel hungry. Wait a while and try a snack or nutritional supplement drink later.

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**Even though it can be frustrating, try not to argue or nag too much about food.** If mealtimes are becoming a battle or food and diet is causing you to feel stressed, speak to your dietitian, nurse or doctor for extra advice and support.

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**Try to include the family at mealtimes and aim to eat at the same time as your child.** This can help take the focus off eating and make mealtimes a social occasion.

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**Don't put too much food on the plate** and try a small plate - an overfull plate can be off-putting.

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**Encourage your child to be involved in choosing and preparing their food.** Limit their choice to 2-3 different foods or snacks. Having too much choice can be overwhelming.

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## Making food fun

Most children enjoy cooking and decorating biscuits and cakes. Making your own pizza or homemade milkshakes and smoothies can be fun.

Many children enjoy eating out in cafes or restaurants. If you can't go out, why not have a pretend restaurant at home - use a tablecloth and write a 'pretend' menu. Use straws and ice for drinks. You could even serve your own version of burger restaurants' 'children's meals'.

Invite a special friend for a meal.

Picnics can be fun either outdoors or on the floor in your home! Get your child to decide what you should all eat.

Some children, especially the younger ones, enjoy having food that has been arranged on their plates, for example, making a face from fish fingers, chips, tomatoes and peas, sandwiches cut into funny shapes.

## Adding extra energy and protein to food

If your child is not eating enough or is finding it difficult to maintain their weight, it might help to add extra energy (calories) and protein to their diet.

- Use full cream milk to drink, with cereals and in cooking.
- Choose full fat foods wherever possible. These may be labelled as 'luxury' or 'thick and creamy'. Avoid foods labelled as 'light', 'lite', 'diet' or 'low fat'.
- Add extra butter, margarine, or oil to bread, potatoes, sweet potatoes, pasta, rice, chapatis, rotis, noodles, and cooked vegetables.
- Use peanut butter, chocolate spread, lemon curd, honey, jam, or marmalade on bread, toast, crackers or biscuits.
- Add mayonnaise or salad cream to sandwiches and jacket potato fillings, and salads. Try them as a dip for crisps or chips.
- Add extra cheese to pizza, sauces, soups, pasta and vegetables. Add extra paneer to curries.
- Add cream, sour cream, plain yoghurt, mascarpone cheese or crème fraiche to sauces, soups and meat dishes.
- Add cream to porridge, custard and other milk puddings.
- Use extra sugar, honey, or syrup with cereal, drinks, fruit and desserts.
- Serve cream, evaporated milk, ice cream, or custard with cakes and desserts.
- Ask the dietitian about energy supplements that can be added to foods (see page 22 for more information).

## Ideas for high energy savoury snacks and quick meals

- Crisps, nuts, corn chips, dips, olives.
- Oven or microwave chips with dips or ketchup.
- Snacks on toast, for example, cheese, beans, tinned spaghetti shapes.
- Breadsticks, cheese sticks, mini breadsticks and cheese dip.
- Cheese slices, cheese spread triangles, cheese and crackers.
- Slices of pizza, sausage rolls, pork pie, pasties.
- Sandwiches – experiment with the fillings. Try them toasted.
- Spicy sausages, cocktail sausages.
- Jacket potatoes with beans, cheese, tuna, chilli.
- Omelettes, scrambled eggs.
- Samosa, pakora, onion bhaji, poppadums with chutney and raita.
- Mini spring rolls, sesame toast, Dim Sum (meat or vegetarian), satay (chicken, meat or vegetarian), prawn or vegetable crackers with sweet chilli sauce.
- Fried dumplings/bakes with ackee and saltfish or fried plantain chips, flour chips, patties, pulori, doubles, bun and cheese.
- Houmous or taramasalata and pitta bread, falafel.
- Fish fingers, boil in the bag fish in sauce.
- Savoury rice, instant noodles.





## **Ideas for high energy sweet snacks and puddings**

- Muffins, crumpets (sweet or savoury topping), fruit buns, toasted teacakes, scones.
- A slice of cake or a cake bar, flapjacks, chocolate caramel slice, doughnut, Danish pastry, biscuits.
- A bowl of breakfast cereal.
- Toast and butter with jam, honey, marmalade, marmite, lemon curd, chocolate spread, peanut butter or cheese.
- Tamarind balls, coconut drops.
- Chocolate.
- Home made drinks e.g. milky coffee, Ovaltine, Horlicks, hot chocolate, milkshake, smoothie, lassi, peanut punch, carrot juice, sour sop.
- Sweets e.g. fruit jellies, marshmallows, fruit pastilles.
- Ready made milk shakes and yoghurt drinks.
- Mousse, Angel Delight, Instant Whip. Ready made chocolate desserts and trifles.
- Milk puddings such as rice pudding, semolina, tapioca.
- Custard - ready to serve or made with powder, milk jelly, blancmange.
- Fruit fools and purees.
- Ice cream, sorbet, choc ices, Arctic roll, ice lollies.
- Yoghurts, e.g. thick and creamy, with separate toppings, Greek yoghurt with honey, fromage frais.
- Cheesecake, cream cakes, vanilla slices.



Particular  
problems that may  
affect your child's  
ability to eat

## My child feels sick

Sickness may be due to your child's cancer, the treatment or their medication.

### What can I do?

- There are many anti-sickness (anti-emetic) medicines available. Ask your child's doctor or nurse which would be most suitable.
- Avoid strong smells as they often make sickness worse. Avoid stuffy rooms; fresh air can help to get rid of stale cooking smells.
- Encourage your child to eat and drink slowly.
- Try to get your child to eat small amounts of food throughout the day, little and often, rather than having large meals. Get your child to try chilled nutritional supplement drinks. (see page 20).
- Cold foods or foods at room temperature usually smell less than hot foods – for example, offer tinned fruit, biscuits, dry toast, yoghurt, cereal or ice cream instead.
- Sucking boiled sweets, fruit sweets, mints, or ice-lollies may help. Dry toast or ginger biscuits may help settle your child's stomach.
- Some children find sipping fizzy drinks such as ginger ale, cola, or fizzy water helpful.
- Very greasy foods can make sickness worse.

## My child has a sore throat or mouth

Radiotherapy and chemotherapy can cause a sore mouth or throat. This problem can be made worse by infection in the mouth.

### What can I do?

- If your child has a sore mouth or throat, contact their doctor or nurse who can prescribe medication to help.
- Choose soft foods, for example, shepherd's pie, fish pie, macaroni cheese. It may help to use extra sauces and gravy on food.
- Avoid very hot foods and drinks; try warm, cool or frozen foods and drinks to see which temperature is most comfortable.
- Rough or sticky foods can also be hard to eat. Whilst your child has a sore mouth or throat they might find it easier to avoid foods such as bread, crispbread, peanut butter and doughnuts. Have yoghurt, mousses, ice cream and Instant Whip (such as Angel Delight) instead.
- Salty, acidic and spicy foods will irritate sore areas. Avoid foods such as curry, chillies, pepper, tomato sauces, oranges and other citrus fruits, fruit juices and sharp tasting fizzy drinks, vinegar, and crisps.
- If your child's mouth is very sore, try blended (liquidised) or sieved foods.
- Encourage your child to drink nutritional supplements and home-made milkshakes (see page 20).

## My child has a dry mouth

Radiotherapy, some chemotherapy drugs, and painkillers can cause a dry mouth. Dry mouths are at increased risk of getting mouth infections such as oral thrush and tooth decay. Having a dry mouth can also affect taste buds.

### What can I do?

- Ask your child's doctor or nurse about mouthwashes and medication that may lower the risk of getting thrush. Artificial saliva and pastilles are available and can help with a dry mouth.
- Offer sips of cool drinks to help moisten your child's mouth. It will help if those drinks contain energy or protein, for example, milkshakes, hot milky drinks, fizzy drinks, fruit juices and fruit squash (hot or cold). Crushed ice, ice-lollies, or flavoured ice cubes to suck can help.
- Choose soft moist foods that have sauces, gravy, custard, cream or syrups with them.
- Avoid sticky, chewy or dry foods such as bread, cold meat, chocolate.
- Some children find sucking sweets, sugar free chewing gum or eating citrus fruits helps. Take care with strong, citrus flavours and salty foods if your child's mouth is sore.

## My child's sense of taste has changed

Most children suffer from taste changes during their treatment. This can be due to chemotherapy, radiotherapy, medication and sometimes the cancer itself. A dry mouth can also affect taste buds. For some children their sense of taste returns to normal a few weeks into treatment, some after treatment, and for a few it takes a little longer before foods taste pleasant again.

### What can I do?

- Ask your child's doctor or nurse about mouth care, especially if the mouth and tongue looks coated or if the saliva seems thicker than normal.
- If your child finds that red meat has a metallic taste, try chicken, fish, eggs, cheese, beans or pulses instead.
- Many children prefer strong tasting savoury foods such as ham and cold meats, spicy sausages, crisps, marmite.
- Use herbs and spices, marinades, sauces and pickles to flavour foods.
- If your child dislikes the flavour of salty foods, try offering more sweet foods instead.
- If there is a horrible taste in the mouth all of the time, try getting your child to suck fruit sweets or mints to mask the taste. Strong tasting drinks are sometimes helpful too.
- Concentrate on the foods that your child can taste and enjoy. The taste changes tend to come and go. Many children stick to a few foods for a few days or weeks because they taste best. Don't worry too much but if your child is avoiding many foods, ask to see a dietitian for more advice.



## My child has diarrhoea

Diarrhoea may be due to your child's illness, treatment or medication.

### What can I do?

- Talk to your child's doctor or nurse who will try to work out the cause of the diarrhoea and give any necessary medicine.
- Encourage your child to drink plenty of fluids. Remember fluids include milk and milkshakes, fruit juices, soup, custard and jelly as well as tea, coffee and water.
- Look out for the symptoms of dehydration. These include passing urine less often and passing small amounts of dark coloured urine. Try to get your child to eat small amounts of food and snacks instead of big meals (see page 8 for ideas about snacks).
- Avoid foods high in dietary fibre (roughage), for example dried fruit, baked beans and lentils.
- Ask the dietitian, doctor or nurse if your child needs to avoid any foods.



## My child is constipated

Constipation may be due to their cancer, treatment or medication (especially painkillers). Many children feel sick and go off their food when they are constipated.

### What can I do?

- Talk to your child's doctor or nurse who will try to work out the cause of the constipation and give any necessary medicine, such as laxatives.
- Make sure your child drinks plenty of fluids.
- A high fibre (roughage) diet might not help if the constipation is due to medicines or treatment. Please speak to your child's dietitian, doctor or nurse to see if increasing the fibre in their diet would be useful. Sometimes a high fibre diet can make children feel bloated and windy.





# Frequently asked questions



## My child is eating too much because they are taking high doses of steroids. What can I do?

When children are given high doses of steroids, they can develop a big appetite and always feel hungry. They often gain weight very quickly; but remember some of this weight is fluid. When the steroids are stopped, most children have a drop in appetite and they often lose the weight they have gained. If your child will be having steroids for a while, get them to fill up on starchy foods like bread, pasta, potatoes and rice. Encourage them to eat lots of fruits and vegetables. As some children feel hungry all of the time, keep the portions at mealtimes smaller but have more 'filling' snacks throughout the day. If you are concerned about the amount of weight gained, talk to your doctor, nurse or dietitian.

You may also find the CCLG leaflet 'Dexamethasone. A self help guide for parents' useful.



## Are there any foods my child should avoid?

When your child is ill or having treatment, they are more at risk of getting food poisoning. It is best to avoid the following foods:

- Raw or lightly cooked eggs.
- Soft, ripened cheese - for example, Brie, Camembert, or blue-veined cheese, such as Stilton.
- Pate.
- Shellfish.

Good food hygiene is also important. You can find further information on food hygiene on the Food Standards Agency website [www.nhs.uk/Livewell/homehygiene](http://www.nhs.uk/Livewell/homehygiene). If your child is having a stem cell or bone marrow transplant, they may be asked to avoid other foods as well. Check with the dietitian, doctor or nurse.



## What if my child can't eat enough? My child is still losing weight, what should I do?

For some children it can be very difficult to eat enough food. The dietitian would usually first suggest nutritional supplement drinks (see page 20). If they are still losing weight or not able to take the supplement drinks, artificial feeding is often recommended. This is very common with some cancers and certain types of treatments. It usually involves passing a thin, soft plastic tube into the stomach (a nasogastric tube) or, for longer term feeding, it might involve a small operation to place a feeding tube directly into the stomach. Special feeds are used to give all the energy, protein, vitamins and minerals that your child may need. Tube feeding can be carried out in hospital and at home. Your child's dietitian, doctor or nurse will be able to answer any questions that you might have about artificial feeding.



## My child eats the same thing every day. Should I be worried?

This is very common and is usually because the child has taste changes or other treatment side effects. Many children stick to 'safe foods' that they know taste OK or don't make them feel sick. This tends to go in phases and usually improves over time. If you are concerned ask the dietitian to check if your child is getting all the nutrients that they need.



## **I can't get my child to eat fruit or vegetables**

Try to serve some fruit or vegetables with each meal or snack to help keep up the routine of eating fruit and vegetables. For example, add a spoonful of peas and some grated carrot to a pasta sauce, place a few slices of cucumber next to a sandwich or make 'fruit kebabs' for pudding. Fruit juices, homemade milkshakes and smoothies are also a useful way of including fruit in the diet.



## **I'm worried about giving my child lots of junk food**

All foods have some nutritional value, even fast foods or 'junk foods'. Burgers, fries and pizzas are all high in energy and contain some protein, vitamins and minerals. Many children like the taste of such foods, as they are usually highly flavoured and salty. As your child's appetite improves, and they feel better, encourage them to eat a wider variety of foods. If you are worried, ask the dietitian to check their diet.



## Should I be giving my child a 'special' diet?

There are many books, websites and 'nutritionists' who recommend 'complementary' and 'alternative' diets for cancer. Some people claim to be able to cure or control cancer using a diet. This can be confusing when you are trying to find out information. At present, there is no evidence that diet and nutrition can cure childhood cancer. There have been few clinical trials or research studies to see if these diets do what they claim. Often such diets are difficult to follow, are low in energy and may cause weight loss. If you feel that one of these diets would benefit your child, please discuss it with the doctor or dietitian before you start. The dietitian will help you to make a choice by discussing the advantages and disadvantages of different diets. They will help you make sure that your child's diet is as balanced as possible.



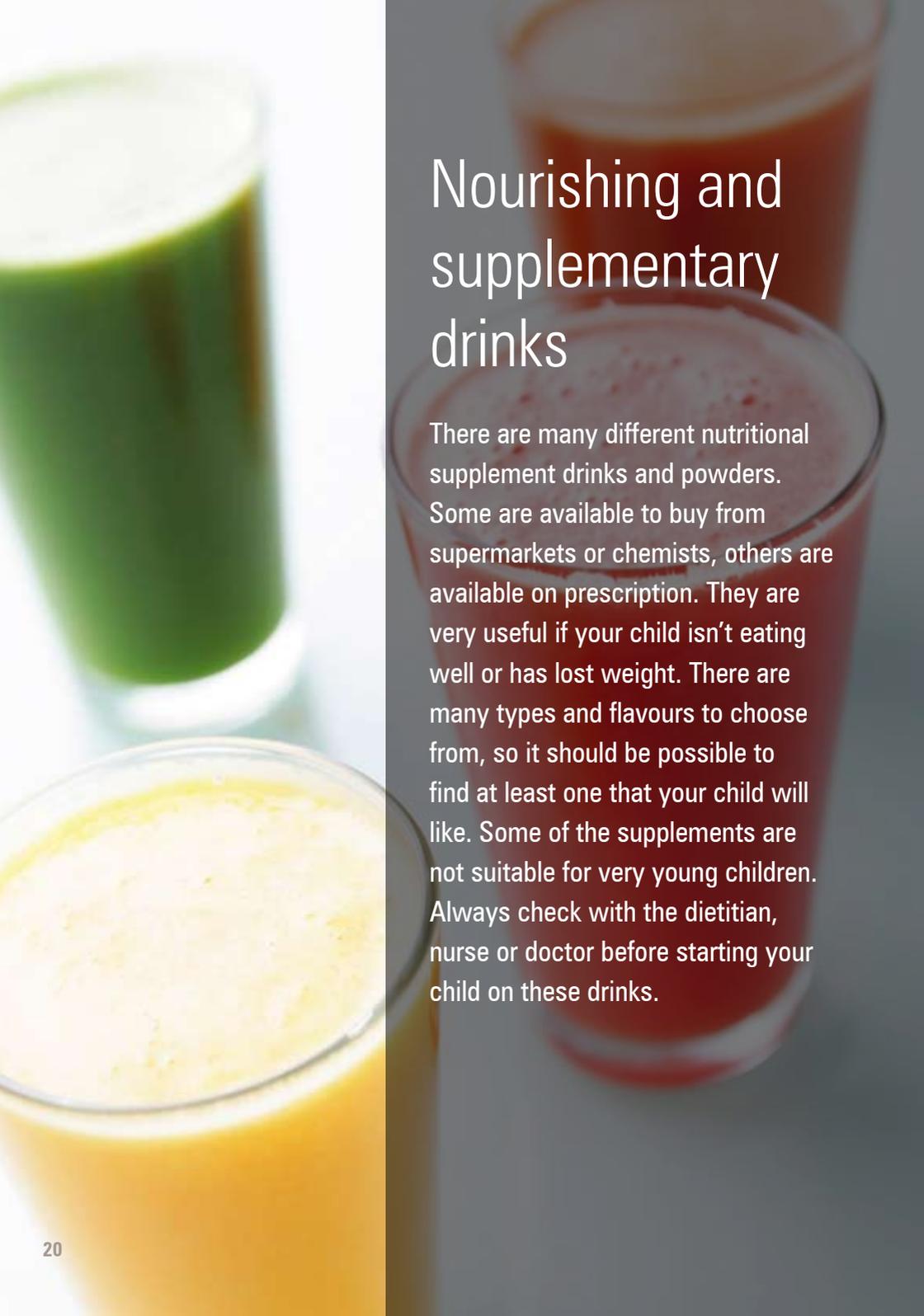
## Should I be giving my child a vitamin or mineral tablet?

If your child is eating a diet with a mix of different foods, they probably don't need to take a vitamin or mineral supplement. However, if their appetite is poor or they are only eating a few foods, they may need a vitamin or mineral tablet/liquid. Always ask your child's dietitian, doctor or pharmacist for advice before starting to take these supplements. Some vitamins and minerals can be harmful when taken in high doses or they may react with some medicines. Remember that many of the nutritional supplement drinks also contain vitamins and minerals.

## What is the difference between a registered dietitian and a nutritionist?

All dietitians who work in the NHS are state registered. A professional regulatory body that aims to protect the public from unprofessional or unethical behaviour regulates them. It also makes sure that dietitians are competent and that their advice about diet is based upon sound scientific evidence. Nutritionists, nutritional therapists, or nutrition consultants are not regulated or state registered. This means they have very varied training, and may lack expertise in children and cancer. In some circumstances, the advice they give may be linked to selling nutritional products, such as vitamins and mineral supplements.



The image features three glasses of smoothies. On the left, a tall glass contains a vibrant green smoothie. In the foreground, a shorter glass is filled with a bright yellow smoothie. On the right, a glass contains a deep red smoothie. The background is a soft, out-of-focus grey, making the smoothies stand out.

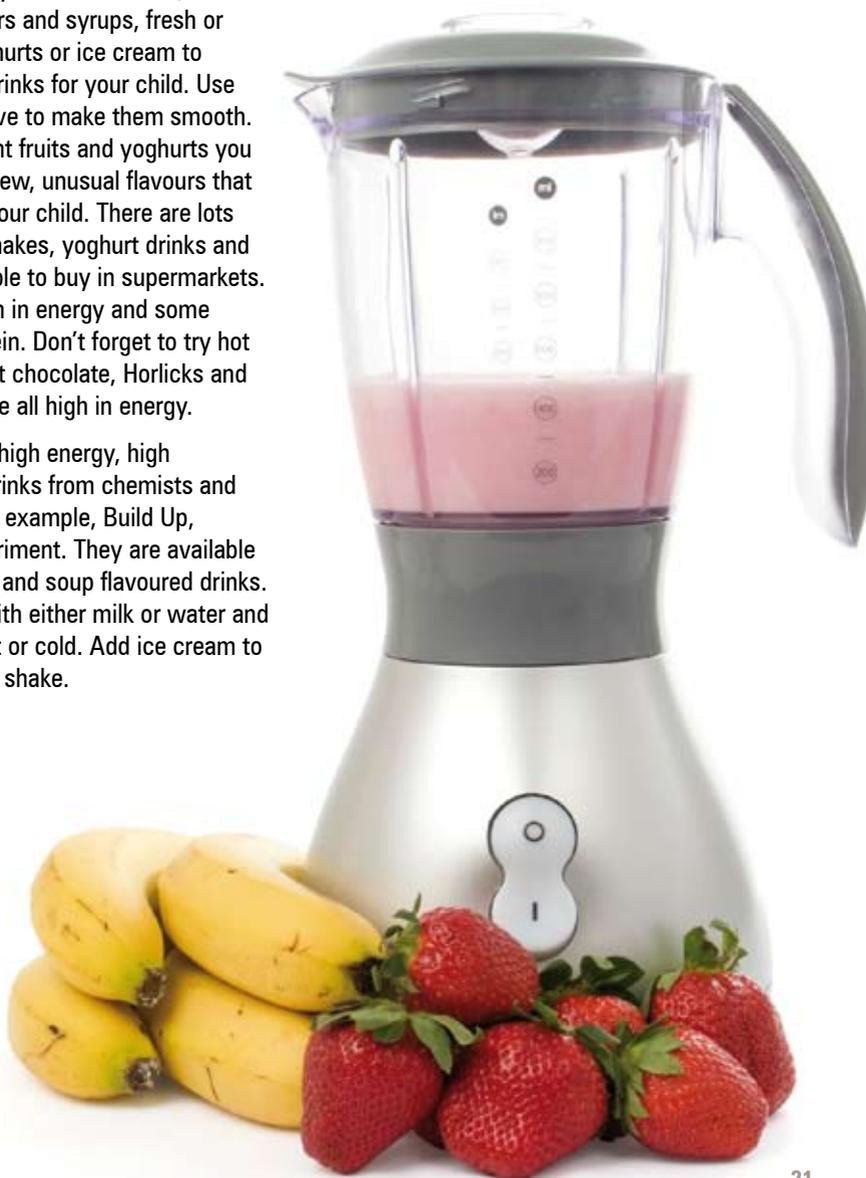
# Nourishing and supplementary drinks

There are many different nutritional supplement drinks and powders. Some are available to buy from supermarkets or chemists, others are available on prescription. They are very useful if your child isn't eating well or has lost weight. There are many types and flavours to choose from, so it should be possible to find at least one that your child will like. Some of the supplements are not suitable for very young children. Always check with the dietitian, nurse or doctor before starting your child on these drinks.

## Home-made drinks and drinks available to buy

Making your own high energy and protein drinks can be easy. Use full fat milk, milkshake powders and syrups, fresh or tinned fruits, yoghurts or ice cream to make nutritious drinks for your child. Use a blender or a sieve to make them smooth. By mixing different fruits and yoghurts you can make some new, unusual flavours that might appeal to your child. There are lots of different milkshakes, yoghurt drinks and smoothies available to buy in supermarkets. These can be high in energy and some also contain protein. Don't forget to try hot drinks such as hot chocolate, Horlicks and Ovaltine; these are all high in energy.

You can also buy high energy, high protein powder drinks from chemists and supermarkets, for example, Build Up, Complan and Nutriment. They are available as neutral, sweet and soup flavoured drinks. They are made with either milk or water and can be served hot or cold. Add ice cream to make a thick milk shake.



## Nutritional supplement drinks available on prescription. Nutritionally complete or supplementary drinks

The doctor or dietitian may prescribe special nutritional supplement drinks. These are available in a variety of flavours and are either like a milkshake, a yoghurt drink or similar to a juice/squash. Usually these drinks are to be taken as well as food. It is best to offer them between meals and try to get your child to eat something small at mealtimes. The dietitian will recommend how many drinks your child needs to take each day. The following are some examples of drinks that are available.

### 1. Milkshake type drinks

There are a wide range of flavours to be had with most available in small, easy to hold plastic bottles. There are a few products specifically designed for younger children, for example, Paediasure Plus, Fortini and Frebini.

#### Using these drinks:

- The sweet flavoured drinks are best served cold.
- The chocolate, coffee or vanilla flavoured drinks can be warmed (do not boil).
- Mix sweet flavoured drinks into cocktails or freeze them to make ice cream or ice-lollies. Neutral flavoured supplements can be used to enrich soups and soft foods.
- The yoghurt flavoured drinks are best served chilled.



### 2. Juice / squash flavoured drinks

These are non-milky and have a similar taste to squashes or cordials, for example, Paediasure Plus Juice, Fortini Smoothie. They are also available in a variety of flavours. These are best served chilled or even frozen. If your child finds the texture a bit too thick, add some fizzy drinks or fruit juice to dilute them slightly.



## Energy supplements

Also available on prescription are a range of energy supplements. These are available as liquids or powders. Ask the dietitian for advice on how much to use each day.

### Glucose polymer powder

These are highly soluble, tasteless powders that dissolve easily in liquids and most soft foods. For example: Maxijul, Vitajoule, Polycose, Caloreen.

#### Using them in food and drinks

- Add three heaped tablespoons of powder to 550ml (one pint) of water. Stir and leave to dissolve, warming gently if necessary. Use it to dilute fruit squash, add to packet soups, gravies, sauces, or jelly.
- Add three heaped tablespoons of powder to 550ml (one pint) of full cream milk. Use this to make drinks, puddings, sauces, and soups.
- Add three heaped teaspoons of powder to all nourishing drinks, tea, coffee, hot milky drinks, cold milk, fruit juice, squash, fizzy drinks and hot savoury drinks.
- Add two tablespoons of powder to a bowl of breakfast cereal, milk pudding, custard, yoghurt, tinned or stewed fruit.
- Add two teaspoons of powder to a bowl of soup, mix into baked beans, pasta, stews and casseroles, sauces or mashed potato.

### Glucose liquid

These are glucose drinks, available in fruit flavours and neutral. Examples include Polycal, Hycal, Maxijul Liquid and Calsip.

#### Using them

- Mix equal amounts of the liquid with still or fizzy water, fruit juice or fizzy drinks, such as lemonade or cola.
- Make ice cubes or ice-lollies by mixing two-thirds of the drink with one-third of water. Pour into an ice cube tray or lolly mould and freeze.
- The manufacturers of these nutritional supplements have a wide range of recipe ideas and advice on using their products. Ask your dietitian for some recipe ideas for the nutritional supplements.



# Conclusion

**We hope this booklet has answered some of your questions and that our suggestions have been helpful. If you need more help or advice, please ask to see the dietician.**

## Contact List

Ward telephone number: .....

Outpatient department number: .....

Dietician: .....

## Notes and questions:

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# Sources of information and support

## Food Standards Agency

The FSA provides information to the public and government on food safety. It has a useful section where you can check the food hygiene rating of catering outlets across the UK.

**Website:** [www.food.gov.uk](http://www.food.gov.uk)

## Children's Cancer and Leukaemia Group (CCLG)

An organisation for professionals treating children with cancer. Produces a range of information for patients and families affected by childhood cancer.

**Tel:** 0116 2494460

**Email:** [info@cclg.org.uk](mailto:info@cclg.org.uk)

**Website:** [www.cclg.org.uk](http://www.cclg.org.uk)

## Cancer Research UK

Charity devoted to researching the causes, treatment and prevention of cancer. Provides a range of information for anyone affected by cancer.

**Tel:** 0808 800 4040 (Cancer Nurses)  
or (Switchboard) 020 7242 0200

**Website:** [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

## CLIC Sargent

Information and support for children and young people with cancer and their families.

**Child Cancer Helpline:** 0300 330 0803

**Email:** [helpline@clicsargent.org.uk](mailto:helpline@clicsargent.org.uk)

**Website:** [www.clicsargent.org.uk](http://www.clicsargent.org.uk)

## Macmillan Cancer Support

Charity devoted to improving the lives of people affected by cancer by providing information, expert care and practical and financial support.

**Tel:** 0808 808 00 00

**Website:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

## Childhood Cancer Parents Alliance (CCPA)

A national voice for parents of children with cancer working with medical, government and charity organisations to address issues affecting children with cancer and their families.

**Tel:** 01785 220637

**Email:** [ro@ccpa.org.uk](mailto:ro@ccpa.org.uk)

**Website:** [www.childcancerparents.org](http://www.childcancerparents.org)

## NHS Choices

This website has a wide range of nutrition and diet information and advice, including guidance on healthy eating, budget shopping, food safety and the nutritional requirements of children and adults.

**Website:** [www.nhs.uk/livewell/goodfood](http://www.nhs.uk/livewell/goodfood)



The CCLG supports the 1,700 children who develop cancer each year in Britain and Ireland. As an association for healthcare professionals involved in their care, it works to benefit children through development of the highest standards of care. CCLG is a major provider of accredited information for patients and families.

**Children's Cancer and Leukaemia Group**

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If you have any comments on this booklet, please contact us at the address above.

CCLG booklets are available to download from our website.