

MACMILLAN
CANCER SUPPORT

RECIPES FOR PEOPLE AFFECTED BY CANCER



Hello

This booklet is part of a series of booklets on diet and cancer. The other booklets in the series are:

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

These are also available as audiobooks.

Check with your cancer doctor, nurse or dietitian about which of these books are right for you. It is also important to check whether you need any additional information.

If you would like to order any of these booklets, you can contact our cancer support specialists on **0808 808 00 00**. They can send you the information you need.



Priti (middle) and her friends, Deepti (left) and Mitta (right), enjoying our Macmillan coco kahona mocktail (see page 86 for recipe).

Contents

Your key	2
About this recipe book	3
Dietary needs when you have cancer	4
Choosing a recipe	6
Adapting the recipes	9
Cooking the recipes	10
Recipe index	11
Starters and snacks	15
Main courses	37
Desserts	65
Drinks and smoothies	81
Further information	91

Your key

We have added the following symbols to the recipes, so you can quickly find the ones that may suit you.

These are a guideline only and you should talk to your doctor or dietitian about which foods are suitable for you. This key is also on the bookmark on the back cover.

You can search for recipes by looking for each symbol in the index on pages 11 to 14.



Suitable for people with a dry or sore mouth



Healthier-eating recipe



Suitable for people with sickness or nausea



Vegetarian recipe



Suitable for people with problems chewing



Suitable for freezing



Suitable for people with loss of taste or smell



Do not freeze



Suitable for people with loss of weight or appetite

About this recipe book

Who is this book for?

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

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

If you are eating well and want to lose or maintain weight, there are some healthier-eating recipes in this book. Our booklet **Healthy eating and cancer** may also be helpful for you.

Where are the recipes from?

This book has been planned and written with food experts, including dietitians. The original version was put together with help from celebrity chef Brian Turner, and some of his creations are in this book.

Other recipes have kindly been contributed by a number of people and organisations, including BBC Good Food, Canned Food UK, CaribbeanPot.com, NHS.UK, the Oesophageal Patients Association and Waitrose. Some of these recipes have been adapted to make them more suitable for people affected by cancer.

Further information

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

See pages 97 to 100 for a list of other useful organisations and resources.

Dietary needs when you have cancer

When you have cancer, your dietary needs may change. You may have lost weight, or you may find it difficult to eat.

Extra calories

During treatment, it is important to try to maintain your weight. This helps you to stay strong and cope better with the side effects of cancer and its treatment. People who find it difficult to eat enough may need extra calories. Your doctor or dietitian may recommend you eat foods that you would normally think of as unhealthy.



For recipes that are high in calories, look out for this symbol.

We also have a list of tips for adding extra energy to your food on page 9. If you are struggling to eat enough to maintain your weight, our booklet **The building-up diet** may also be useful.

If you are overweight, try to avoid rapid weight loss. This is because muscle is usually lost as well. Muscle is important to maintain your strength during treatment.

If you want to follow a healthy diet, you can find out more in our booklet **Healthy eating and cancer**.

Ready meals

If you find you are too tired to prepare and cook food, having ready meals can be the easiest way to get enough calories.

There are many options available, from ready-made pasta and curry sauces to tinned vegetables and microwavable meals. It is a good idea to have some of these ready meals in your freezer and cupboards before treatment starts.

Adding side portions of vegetables will bulk up the meal and increase your intake of vitamins and minerals.



Lizzy (left) and Patricia (right) preparing our Fruit smoothie recipe (see page 84).

Choosing a recipe

Eating problems

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



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



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



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



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



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

There is also an index of recipes ordered by eating problem on pages 11 to 14.

The recommendations in this book are a guideline only. Talk to your doctor or dietitian about the foods that are suitable for your needs. You can also try different recipes to find out what works well for your taste.

Our booklet **Eating problems and cancer** has more useful tips. It also has advice on which foods to eat and which to avoid if you have constipation or diarrhoea.

Low immunity

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

- cheeses made from unpasteurised milk, such as brie
- blue-veined cheeses, such as stilton
- shellfish, such as prawns and mussels
- raw or undercooked meat
- raw fish, such as sushi
- liver pâté and fish paste
- live bacterial yoghurt
- raw or undercooked eggs
- uncooked herbs, spices, pepper and peppercorns.

It is also important to be careful with food hygiene when you are cooking (see page 10).

Tip If you have problems swallowing, speak to your healthcare team. A speech and language therapist can tell you which foods and recipes are suitable for you.

Other health conditions

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

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

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



Trevor (left) and Conor (right) preparing our Chicken curry recipe (see page 49).

Adapting the recipes

Adding extra energy



If you are losing weight or have a poor appetite, it is important to choose high-energy foods to get enough calories. Look out for this symbol in this book.

Here are some tips to add energy to meals:

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

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

If you are still struggling to maintain your weight, your doctor, nurse or dietitian may suggest that you take supplements. These will help get more protein or energy (or both) into your diet. They are usually available on prescription. You can take them as drinks or snacks between meals, or add them to food.

Allergies

The recipes in this book don't need to be followed exactly. If you are allergic to certain ingredients, such as milk, nuts or shellfish, you can use something different. Just remember that changing the ingredients will change the nutritional information for that recipe.

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

- replace milk with soya, oat, rice, hazelnut, almond or coconut milk
- replace cream with coconut cream
- replace butter with non-dairy spreads
- replace yoghurt with soya or coconut yoghurt.

Cooking the recipes

Food hygiene

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

To reduce this risk, you should:

- use fresh ingredients
- use foods before their use-by date
- wash your hands before you touch food
- keep pets out of the kitchen
- wash all fruit and vegetables well in cold, running water – do not soak them, unless you are using dried lentils or beans
- clean cooking utensils and chopping boards thoroughly
- wipe worktops with hot, soapy water or an anti-bacterial spray, particularly after you have prepared raw meat or eggs
- ensure food (especially meat) is cooked through and very hot before serving
- avoid reheating food more than once (see information opposite on freezing and reheating leftovers)
- wash or replace dishcloths and tea towels regularly.

For more information about food hygiene, visit [nhs.uk/conditions/food-poisoning/prevention](https://www.nhs.uk/conditions/food-poisoning/prevention)










Freezing leftovers

Most leftovers can be safely stored for at least 1 to 2 months. If you decide to store food to eat later, let it cool down completely, then store it in the freezer in serving-size portions. Making a large quantity and freezing individual portions is a useful thing to do before your treatment starts. This will save you time and energy on days that you don't feel like cooking.

Remember to defrost your foods thoroughly before reheating them. This is especially important if you have low immunity due to treatment. Only reheat food once and make sure it is piping hot right through before you eat it. Take care not to burn your mouth or tongue if you are reheating food.

Warning Due to the high risk of bacteria in cooked rice, always prepare freshly cooked rice to have with a meal. Do not reheat rice.

Recipe index










	Page									
Starters and snacks										
Caribbean-style tuna spread	17				•				•	
Sweet potato crab cakes	18		•		•				•	
Smoked fish chowder	21	•		•	•	•			•	
Chicken and white bean salad	22						•			•
Sardine bruschetta	25		•		•		•		•	
Minestrone soup	26			•			•	•	•	
Watercress and leek soup	27	•		•				•	•	
Minty summer rice salad	28		•		•	•		•		•
Tomato and basil soup	30			•	•	•		•	•	
Bean dip	31			•	•		•	•	•	
Parsnip and coconut soup	33			•	•			•	•	
Paneer bhujija	34				•	•		•	•	
Hearty vegetable soup	35		•	•			•	•	•	
Easy lentil soup	36		•	•	•		•	•	•	

Page



Main courses

Cod Viennoise	39			•	•	•			•	
Salmon curry	40			•	•		•		•	
One-pot fish with black olives and tomatoes	42			•	•		•		•	
Tuna and vegetable spaghetti	45	•		•		•			•	
Spring onion, garlic and prawn risotto	46	•		•	•		•			•
Chicken curry	49				•	•			•	
Quick shepherd's pie	50				•	•			•	
Speedy Moroccan meatballs	53				•	•			•	
Chilli con carne	54			•	•				•	
Paneer curry	55				•	•		•	•	
Butternut squash, leek and parmesan risotto	56	•		•	•			•		
Red lentil, sweet potato, carrot and kale stew	58			•	•		•	•	•	

	Page									
Tarkarir dhal	59			•	•			•	•	
Spring vegetable casserole	60	•	•	•				•	•	
Mixed bean Mexican chilli	63			•	•			•	•	
Red spaghetti	64				•	•		•		

Desserts

Summer pudding	67		•	•	•	•		•	•	
Greek honey cheesecake with apricot compote	68	•				•		•	•	
Brown sugar plums with sour cream	71			•	•	•		•	•	
Chunky chocolate and sour cherry muffins	72				•	•		•		
Stuffed baked apples	73	•	•	•		•		•	•	
Microwave banana pudding	74	•		•	•	•		•	•	
Coconut and cardamom rice pudding	77	•		•			•	•		
Amaretti stuffed peaches	78	•		•	•	•		•	•	
Chocolate goo	80				•	•		•		

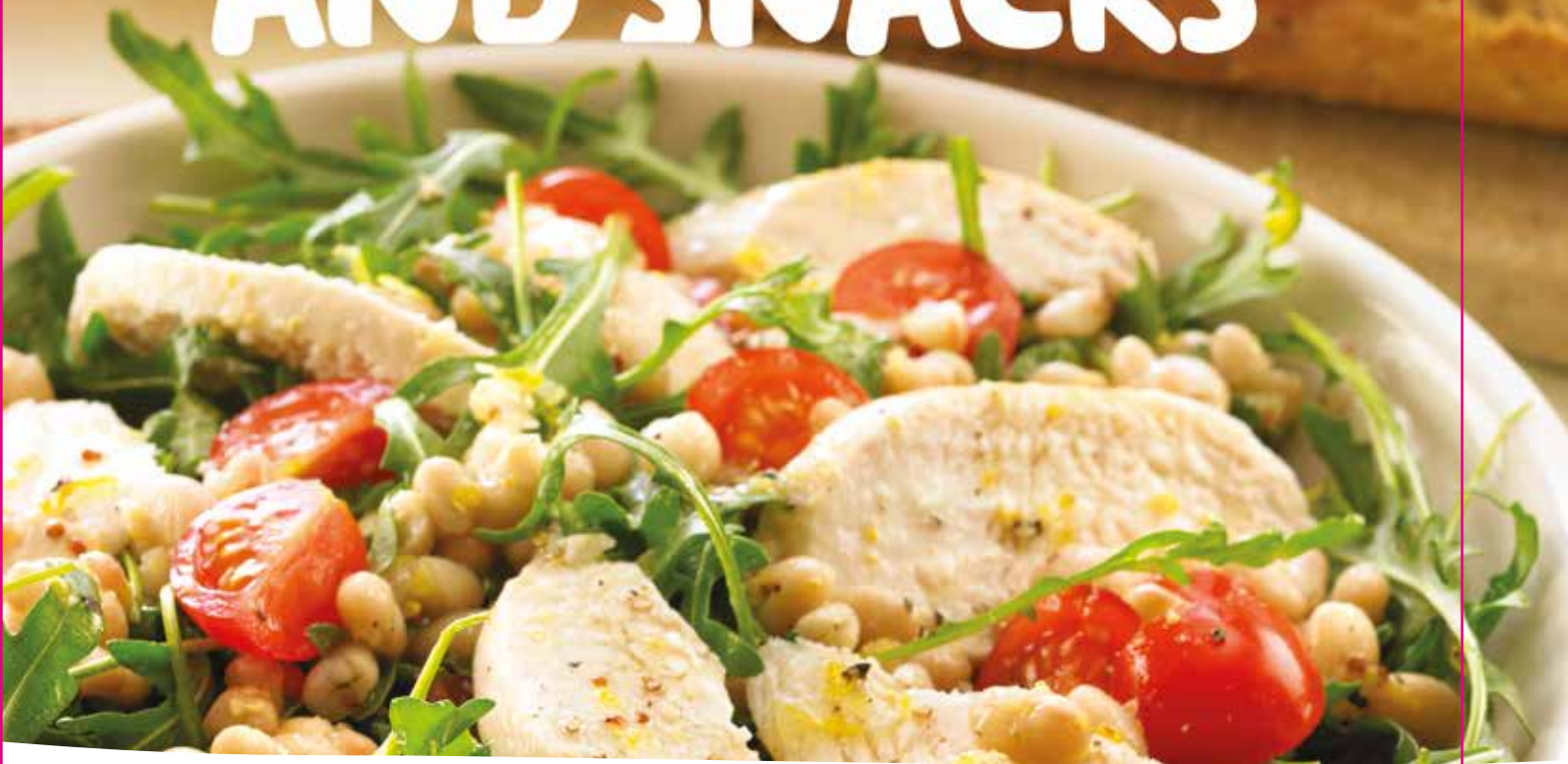
Page



Drinks and smoothies

Banana, honey and hazelnut smoothie	83	•	•	•	•	•		•	•	
Fruit smoothie	84	•		•	•	•		•	•	
Macmillan coco kahona	86	•		•				•		
Citrus fizz	88		•	•	•	•		•	•	
Macmillan autumn punch	89	•		•				•		
Watermelon wonder	90	•		•				•		

STARTERS AND SNACKS



Great if you fancy something lighter

If you are struggling with sickness, a lighter snack may be a good option. Soups are great if you have problems chewing. If you are underweight or need to increase your energy intake, choose recipes with over 400 calories per portion. Or try some of the tips on page 9 to add extra energy.

Preparation 15 minutes
Serves 2



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

Energy 270kcal, Protein 31.9g, Total fat 14g (of which saturates 2.2g), Carbohydrate 4.2g, Fibre 2.2g

Caribbean-style tuna spread

Ingredients

- 2 tins of tuna (**200g each**), drained
- 1 small red onion, finely diced
- 1 spring onion, chopped
- 1 small stalk of celery, finely diced
- Cucumber (**4 tablespoons**), finely diced
- 1 red or yellow pepper, finely diced (optional)
- Black pepper
- Caribbean hot pepper sauce (**half a teaspoon**) (optional)
- Mayonnaise (**1 tablespoon**)
- Half an avocado, diced
- Lemon juice (**1 and a half teaspoons**)

Method

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

Thanks to CaribbeanPot.com for contributing this recipe.

Tips

- Make the spread in advance and store in the fridge. It will last for a couple of days in a sealed container.
- If you have a sore mouth or don't like spicy food, leave out the Caribbean hot pepper sauce. You can buy this sauce with different levels of spice.

Sweet potato crab cakes

Ingredients

- Sweet potato (**450g**), peeled and cut into chunks
- 1 spring onion, chopped
- Half a small red onion, finely chopped
- Salt and black pepper
- Dried thyme (**a quarter of a teaspoon**)
- Fresh parsley (**1 tablespoon**), chopped
- Half a scotch bonnet chilli pepper, deseeded and finely diced (optional)
- Mayonnaise (**1 tablespoon**)
- 1 tin of crabmeat (**120g**), drained
- Breadcrumbs (**120g**), natural or golden
- Vegetable oil (**1 tablespoon**)

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

Tips

- Use wholemeal breadcrumbs to increase the fibre content.
- To reduce the fat content, use an egg white instead of mayonnaise and grill the cakes instead of frying.

Method

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

Preparation 10 minutes
(plus 30 minutes chilling)

**Cooking
Serves**

35 minutes
4



Thanks to [CaribbeanPot.com](https://www.CaribbeanPot.com) for contributing this recipe.

Nutritional information per portion Energy 379kcal, Protein 11.2g, Total fat 17.4g (of which saturates 2.2g), Carbohydrate 45.8g, Fibre 4g

Preparation 15 minutes
Cooking 30 minutes
Serves 4



Nutritional information per portion Energy 379kcal, Protein 25.9g, Total fat 19.2g (of which saturates 11.6g), Carbohydrate 27.6g, Fibre 3.1g

Smoked fish chowder

Ingredients

- Smoked haddock fillet (**450g**)
- Butter (**55g**)
- 2 medium onions, finely chopped
- Flour (**2 level tablespoons**)
- Potatoes (**225g**), peeled and finely chopped
- Carrots (**170g**), peeled and finely chopped
- Single cream (**140ml**)
- Salt and black pepper

Method

- 1** Boil 1 litre (about 2 pints) of water, then reduce the heat to simmer. Add the haddock to the water and cook for about 10 minutes until tender.
- 2** Drain the haddock, keeping the water to use later as a stock. Roughly flake the haddock, getting rid of the skin and bones.
- 3** Heat the butter in a pan. Add the onion and fry until soft. Stir in the flour and cook for 1 minute.
- 4** Gradually add the stock and bring to the boil, stirring constantly. Add the potatoes and carrots and simmer for about 10 minutes until tender.
- 5** Stir in the flaked fish and cream. Finish with a pinch of salt and black pepper, then serve.

Thanks to the Oesophageal Patients Association for contributing this recipe.

Tips

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

Chicken and white bean salad

Ingredients

- 1 tin of haricot beans (**400g**), rinsed and drained
- Olive oil (**3 tablespoons**)
- Wholegrain mustard (**1 tablespoon**)
- Zest and juice of a lemon
- Rocket leaves (**70g**)
- 2 cooked chicken breasts, sliced
- 8 cherry tomatoes, quartered

Method

- 1** Whisk the oil with the mustard and lemon zest and juice.
- 2** Drizzle half of the dressing over the beans in a bowl. Gently toss to coat.
- 3** Divide the rocket between two serving dishes and then scatter with the beans.
- 4** Add the chicken and tomatoes and then drizzle over the remaining dressing.
- 5** Finish with a pinch of salt and black pepper, then serve.

Thanks to Canned Food UK for contributing this recipe.

Preparation 10 minutes
Serves 2



Nutritional information per portion Energy 501kcal, Protein 40g, Total fat 28g
(of which saturates 4g), Carbohydrate 24g, Fibre 9g

Preparation 10 minutes
Cooking 6 minutes
Serves 4



Nutritional information per portion Energy 221kcal, Protein 14.2g, Total fat 9.3g (of which saturates 2.2g), Carbohydrate 21.3g, Fibre 2g

Sardine bruschetta

Ingredients

- 1 tin of peeled plum tomatoes (**400g**), drained and roughly chopped
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- Large handful of fresh basil, finely chopped
- Olive oil (**1 tablespoon**)
- Salt and black pepper
- 2 bread rolls
- 2 tins of sardines in tomato sauce (**240g**)

Method

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

Thanks to Canned Food UK for contributing this recipe.

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

Preparation 10 minutes
Cooking 35 minutes
Serves 4



Minestrone soup

Ingredients

- Vegetable oil (**1 tablespoon**)
- 1 large onion, chopped
- 1 large carrot, peeled and chopped
- 1 stick of celery, chopped
- 1 tin of chopped tomatoes (**400g**)
- 1 small tin of beans, such as cannellini, kidney, borlotti or pinto beans
- Dry pasta, any shape (**50g**)
- Frozen, mixed vegetables (**100g**)
- Vegetable stock (**1 litre/2 pints**)
- Tomato puree (**a quarter of a tube**)
- A pinch of dried mixed herbs
- Black pepper

Method

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

Thanks to NHS Ayrshire and Arran for contributing this recipe.

Nutritional information per portion Energy 391kcal, Protein 15.1g, Total fat 10.5g (of which saturates 3g), Carbohydrate 61.4g, Fibre 11.9g

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

Preparation 10 minutes
Cooking 35 minutes
Serves 4 to 6



Watercress and leek soup

Ingredients

- Leeks (**450g**), washed and chopped
- 2 handfuls of watercress, destalked and chopped
- 2 medium potatoes, peeled and chopped
- Butter (**55g**)
- Vegetable stock (**840ml/1.5 pints**)
- Double cream (**140ml**)
- Salt and black pepper
- Watercress leaves, to garnish (optional)

Method

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

Nutritional information per portion Energy 275kcal, Protein 4.4g, Total fat 21.2g (of which saturates 12.9g), Carbohydrate 18.1g, Fibre 3.3g

Tips

- Leave the soup in the fridge overnight to improve the flavours.
- To reduce the fat content, swap the double cream for semi-skimmed milk or half-fat crème fraîche. If you need to thicken the sauce, add a couple of teaspoons of cornflour to the sauce and stir well.

Minty summer rice salad

Ingredients

- Long-grain rice (**250g**)
- Asparagus (**250g**), chopped into bite-sized pieces
- 1 red pepper, deseeded and chopped
- Olive oil (**3 tablespoons**)
- Grated zest and juice of 1 lemon
- Mozzarella (**250g**), cut into small pieces
- Large bunch of mint, chopped
- Salt and black pepper

Method

- 1** Add the rice to a pan of boiling, salted water and cook for 10 minutes.
- 2** Add the asparagus and cook for 3 to 4 minutes until the rice is completely cooked and the asparagus is slightly crunchy.
- 3** Drain into a sieve and hold under cold, running water until cool.
- 4** When the rice is cold, stir in the rest of the ingredients.
- 5** Finish with a pinch of salt and black pepper, then serve.

Thanks to Good Food magazine for contributing this recipe.

Preparation 5 minutes
Cooking 20 minutes
Serves 4



Nutritional information per portion Energy 506kcal, Protein 22g, Total fat 23g (of which saturates 10g), Carbohydrate 58g, Fibre 1g

Preparation 2 minutes
Cooking 5 to 10 minutes
Serves 2



Tomato and basil soup

Ingredients

- 1 tin of condensed cream of tomato soup (**295g**)
- Single cream or crème fraîche (**150ml**)
- Pesto (**1 tablespoon**)
- Croutons (**28g**)
- Sprinkling of grated parmesan cheese
- 2 to 3 fresh basil leaves

Method

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

Thanks to Nutricia Clinical Care for contributing this recipe.

Nutritional information per portion Energy 440kcal, Protein 7.7g, Total fat 33g (of which saturates 12g), Carbohydrate 30g, Fibre 1.7g

Tip If you want to reduce fat content, swap the cream or creme fraiche for semi-skimmed or skimmed milk. You can also leave out the croutons and cheese.

Preparation 10 minutes
Cooking 10 minutes
Serves 4



Bean dip

Ingredients

- 1 tin of beans, such as kidney, cannellini, butter, borlotti or pinto beans (**400g**)
- Olive oil (**1 tablespoon**)
- Grated zest and juice of 1 lemon
- Tahini or smooth peanut butter (**1 tablespoon**)
- 1 garlic clove, crushed
- Salt and black pepper

Method

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

Thanks to the Oesophageal Patients Association for contributing this recipe.

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

Energy 162kcal, Protein 5.9g, Total fat 11.7g (of which saturates 1.7g), Carbohydrate 8.3g, Fibre 2.9g

Tip If you want to make the dip a bit softer, add some water and mix well.

Preparation 15 minutes
Cooking 45 minutes
Serves 4 to 6



Nutritional information per portion Energy 365kcal, Protein 5g, Total fat 25.3g (of which saturates 16.9g), Carbohydrate 32.2g, Fibre 9.3g

Parsnip and coconut soup

Ingredients

- Olive oil (**2 tablespoons**)
- 1 large onion, chopped
- 1 garlic clove, finely chopped
- Fresh ginger (**25mm/1 inch**), peeled and chopped
- Garam masala (**1 tablespoon**)
- 6 parsnips (**about 600g**), roughly chopped
- Full-fat coconut milk (**500ml/1 pint**)
- Vegetable stock (**1 litre/2 pints**)
- Salt and black pepper

Method

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

Thanks to the Oesophageal Patients Association for contributing this recipe.

Tip To lower the fat content, use low-fat coconut milk.

Preparation 5 minutes
Cooking 15 minutes
Serves 2 to 3



Paneer bhujiya

Ingredients

- Oil (**2 tablespoons**)
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- Paneer (**200g**), cut into small pieces
- Turmeric (**half a teaspoon**)
- Salt (**half a teaspoon**)
- 1 red pepper, deseeded and chopped
- 1 medium tomato, chopped
- 1 to 2 green chillies
- Handful of fresh coriander leaves

Method

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

Thanks to Sumana Ray for contributing this recipe.

Nutritional information per portion (without toast or chapati) Energy 341kcal, Protein 15.7g, Total fat 26.3g (of which saturates 12.7g), Carbohydrate 11.4g, Fibre 2.8g

Tips

- This is often served as a breakfast in North India. If you can't find paneer, try using tofu or another cheese, such as halloumi.
- If you have a sore mouth, leave out the chillies.

Preparation 15 minutes
Cooking 30 minutes
Serves 6



Hearty vegetable soup

Ingredients

- Vegetable oil (**half a tablespoon**)
- 1 medium onion, sliced
- 2 small carrots, peeled and sliced
- 1 leek, sliced
- 2 sticks of celery, sliced
- 1 tin of chopped tomatoes (**400g**)
- Vegetable stock (**1 litre/2 pints**)
- Tomato puree (**1 and a half tablespoons**)
- Green beans (**80g**)
- Frozen peas (**80g**)
- Dry pasta (**50g**)
- Dried mixed herbs (**1 and a half teaspoons**)
- Black pepper

Method

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

Thanks to [NHS.UK](https://www.nhs.uk) for contributing this recipe.

Nutritional information per portion Energy 78kcal, Protein 3.6g, Total fat 1.9g (of which saturates 0.3g), Carbohydrate 12.9g, Fibre 2.9g

Tips

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

Preparation 15 minutes
Cooking 40 minutes
Serves 4



Easy lentil soup

Ingredients

- Dried red split lentils (**200g**), rinsed well in cold, running water and drained
- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- 2 bay leaves
- Dried thyme (**1 teaspoon**)
- Vegetable stock or chicken stock (**1 litre/2 pints**)
- 1 tin of chopped tomatoes (**400g**)
- Salt and black pepper

Method

- 1** Put all the ingredients, except the salt and pepper, in a large pan and bring to the boil. Boil for 5 minutes.
- 2** Reduce the heat to a gentle simmer. Cover the pan with a lid and cook gently for 20 minutes, until the lentils have softened. Stir occasionally to stop the lentils from sticking to the bottom of the pan.
- 3** Finish with a pinch of salt and black pepper, then serve.

Thanks to the Oesophageal Patients Association for contributing this recipe.

Nutritional information per portion Energy 224kcal, Protein 14.3g, Total fat 2.1g (of which saturates 0.7g), Carbohydrate 38.6g, Fibre 3.5g

Tips

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

MAIN COURSES



Main courses

A tasty selection of mouth-watering mains

In this section, you can find our range of delicious main courses. Use the symbols included to find dishes that may be suitable for you if you have any specific dietary needs.

Preparation 20 minutes
Cooking 40 minutes
Serves 4



Nutritional information per portion Energy 472kcal, Protein 35.2g, Total fat 26.5g (of which saturates 12.8g), Carbohydrate 24.8g, Fibre 1g

Cod Viennoise

Ingredients

- 2 hard-boiled eggs, shells removed
- White breadcrumbs (85g)
- 4 cod steaks (140g each)
- Salt and black pepper
- Flour (40g)
- 1 egg, beaten
- Olive oil (1 tablespoon)
- Butter (75g)
- Lemon juice (1 tablespoon)
- Capers (2 tablespoons)
- 4 anchovies, chopped
- Fresh parsley (1 tablespoon), chopped

Thanks to Brian Turner for contributing this recipe.

Tip To reduce the fat content, leave out the butter and use only a small amount of oil in a non-stick pan. A couple of sprays of a spray oil will normally be enough.

Method

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4.
- 2 Push the hard-boiled eggs through a sieve into a bowl, using your thumbs or a spoon. Mix with the breadcrumbs.
- 3 Remove the bones and skin from the cod steaks. Pat the steaks dry with kitchen paper.
- 4 Add a pinch of salt and pepper to the flour. Use this flour mix to coat the cod steaks.
- 5 Dip the steaks in the beaten egg, making sure they are covered on all sides. Then dip them into the breadcrumb mix, making sure the coating sticks to the fish.
- 6 Heat the oil with 25g of butter in a frying pan. Fry the cod steaks until they are golden brown. Then turn them over, place in an ovenproof dish and cook them in the oven for 5 to 10 minutes.
- 7 Meanwhile, melt the rest of the butter until it is golden-brown. Add the lemon juice, capers, anchovies and parsley.
- 8 Take the fish out of the oven and pour the caper butter over it before serving.

Salmon curry

Ingredients

- Sunflower or vegetable oil (**1 tablespoon**)
- 1 small onion, sliced
- 2 garlic cloves, sliced
- A quarter of a chilli pepper, deseeded and sliced
- Curry powder (**1 teaspoon**)
- 1 tin of pink salmon (**213g**)
- 1 spring onion, chopped
- 1 tomato, chopped
- Salt and black pepper

Method

- 1** Heat the oil in a pan on a medium heat. Add the onion and garlic. Cook for about 2 minutes until the onions are soft.
- 2** Add the chilli pepper and cook for 1 minute. Then add the curry powder and cook for a further 2 minutes, stirring well.
- 3** Add 70ml of water and stir. Turn down the heat and cook for about 3 to 5 minutes, until all the liquid cooks off.
- 4** Empty the tin of salmon into a dish and remove any bones. Then empty the salmon and its liquid into the pan and break apart.
- 5** Stir in the spring onion, tomato, salt and black pepper. Cover and bring to the boil. Then reduce the heat to a gentle simmer for about 5 minutes, stirring occasionally but without breaking up the fish too much.
- 6** Serve with boiled rice or in a chapati.

Thanks to [CaribbeanPot.com](https://www.CaribbeanPot.com) for contributing this recipe.

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

Preparation 10 minutes
Cooking 20 minutes
Serves 2



**But do not
freeze rice.**



Nutritional information per portion (without rice or chapati)

Energy 227kcal, Protein 24.1g, Total fat 11.3g (of which saturates 1.9g),
Carbohydrate 8.1g, Fibre 1.9g

One-pot fish with black olives and tomatoes

Ingredients

- Olive oil (**2 tablespoons**)
- 1 large onion, roughly chopped
- 1 tin of chopped tomatoes (**400g**)
- Salt and black pepper
- Black olives (**175g**), stones removed
- 4 boneless white fish fillets, such as cod or pollock (**175g each**)
- Fresh parsley (**2 tablespoons**), chopped
- 1 lemon, cut into wedges

Method

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

Thanks to Good Food magazine for contributing this recipe.

Tip Use a spray oil in a non-stick pan to reduce the fat content.

Preparation 15 minutes
Cooking 20 minutes
Serves 4



Nutritional information per portion Energy 223kcal, Protein 34g, Total fat 6g (of which saturates 1g), Carbohydrate 7g, Fibre 3g

Preparation 2 minutes
Cooking 15 minutes
Serves 4



Nutritional information per portion Energy 548kcal, Protein 39g, Total fat 17g (of which saturates 9g), Carbohydrate 64g, Fibre 3g

Tuna and vegetable spaghetti

Ingredients

- Dry spaghetti (**300g**)
- Frozen, mixed vegetables (**400g**)
- 1 jar of white lasagne sauce (**525g**)
- 2 tins of tuna (**200g each**), drained
- Salt and black pepper

Method

- 1** Boil the spaghetti in a large pan and cook according to the instructions on the packet. Add in the mixed vegetables for the last 5 minutes. Drain and leave to the side.
- 2** Pour the white lasagne sauce and tuna into the pan. Heat it for 1 minute.
- 3** Return the spaghetti and vegetables to the pan with the sauce and stir to heat it through.
- 4** Finish with a pinch of salt and black pepper, then serve.

Thanks to Waitrose for contributing this recipe.

Spring onion, garlic and prawn risotto

Ingredients

- Olive oil (**1 tablespoon**)
- 1 bunch of spring onions, chopped
- 4 garlic cloves, sliced
- Arborio rice (**310g**)
- Chicken stock (**560ml/1 pint**)
- Fish stock (**560ml/1 pint**)
- 20 large, cooked prawns
- Juice of half a lemon
- Parmesan cheese (**1 tablespoon**)
- Black pepper
- Chives (**1 tablespoon**), chopped

Method

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

Thanks to Brian Turner for contributing this recipe.

Tips

- To reduce the fat content, leave out the parmesan cheese.
- To increase the calories, add some cream and more cheese.
- If you have problems chewing, use smaller prawns.

Preparation 10 minutes
Cooking 35 minutes
Serves 4



Nutritional information per portion Energy 363kcal, Protein 13.8g, Total fat 5.5g (of which saturates 2g), Carbohydrate 64g, Fibre 1.4g

Preparation 10 minutes
Cooking 1 hour
Serves 4



**But do not
freeze rice.**



Nutritional information per portion Energy 737kcal, Protein 46.35g, Total fat 47.5g
(of which saturates 10.4g), Carbohydrate 32.5g, Fibre 3.4g

Chicken curry

Ingredients

- Sunflower or vegetable oil (**6 tablespoons**)
- 3 cinnamon sticks
- 4 green cardamom pods
- 3 bay leaves
- 2 large onions, sliced
- 4 cloves garlic, crushed
- Fresh ginger (**4cm/1.5 inches**), peeled and grated
- Turmeric (**1 teaspoon**)
- Chilli powder (**half a teaspoon**)
- White vinegar (**2 tablespoons**)
- Chicken breasts (**600g**), cut in chunks
- Salt (**1 teaspoon**)
- Sugar (**half a teaspoon**)
- 2 medium potatoes, cut into chunks

Method

- 1** Heat the oil in a large pan. Add the cinnamon, cardamom and bay leaves and let them sizzle for a few seconds.
- 2** Add the onions to the pan and cook until soft and lightly browned. Then add the garlic and ginger and fry for 1 minute.
- 3** Add the turmeric, chilli and vinegar. Stir everything together.
- 4** Add the chicken and fry for 5 to 6 minutes until browned.
- 5** Once the chicken is browned, add the salt and sugar. Mix everything together.
- 6** Pour in 300ml of water and bring to the boil. Cover and cook on a lower heat for 15 minutes.
- 7** Add the potatoes and continue to cook for 20 to 25 minutes, until the chicken and potatoes are cooked through.
- 8** Serve with boiled rice, roti or naan bread.

Thanks to Sumana Ray for contributing this recipe.

Tips

- If the curry starts to look dry, add a splash of water.
- If you have a sore mouth, leave out the chilli powder.

Quick shepherd's pie

Ingredients

- Olive oil (**2 tablespoons**)
- Minced lamb (**500g**)
- 1 medium onion, diced
- 2 medium carrots, peeled and diced
- Dried rosemary (**1 teaspoon**)
- Onion gravy granules (**2 tablespoons**)
- Worcestershire sauce (**2 tablespoons**)
- Frozen peas (**100g**)
- 2 frozen garlic baguettes

Method

- 1** Preheat the oven to 200°C/180°C fan/gas mark 6.
- 2** Heat half the oil in a large pan. Fry the mince with the onion, carrots and rosemary for 5 minutes.
- 3** Add the gravy granules, Worcestershire sauce, peas and 85ml of boiling water.
- 4** Cover and simmer for 10 minutes, stirring occasionally.
- 5** Transfer the lamb mixture to an ovenproof serving dish. Slice the frozen garlic baguettes and arrange over the top of the mixture. Drizzle the bread with the rest of the oil and bake for 15 minutes until golden.

Thanks to Waitrose for contributing this recipe.

Tips

- If you have a dry or sore mouth or problems chewing, replace the garlic baguettes with instant mashed potato.
- To reduce the fat content, use turkey mince or soya mince.

Preparation 10 minutes
Cooking 30 minutes
Serves 4



Nutritional information per portion Energy 479kcal, Protein 30g, Total fat 28g (of which saturates 12g), Carbohydrate 22g, Fibre 3g

Preparation 5 minutes
Cooking 15 minutes
Serves 4



Nutritional information per portion Energy 388kcal, Protein 18g, Total fat 25g (of which saturates 9g), Carbohydrate 24g, Fibre 6g

Speedy Moroccan meatballs

Ingredients

- Olive oil (**1 tablespoon**)
- Ready-made beef or chicken meatballs (**about 16**)
- 1 large onion, sliced
- Dried apricots (**100g**), halved
- Ground cinnamon (**half a teaspoon**)
- 1 tin of chopped tomatoes with garlic (**400g**)
- Toasted, flaked almonds (**1 tablespoon**)
- Handful of fresh coriander, roughly chopped

Method

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

Thanks to Good Food magazine for contributing this recipe.

Preparation 10 minutes
Cooking 40 minutes
Serves 2



**But do not
freeze rice.**

Chilli con carne

Ingredients

- Sunflower or vegetable oil (**half a tablespoon**)
- 1 garlic clove, finely chopped
- 1 medium onion, finely chopped
- Lean beef mince (**100g**)
- Half a red pepper, chopped
- Cup or button mushrooms (**100g**), sliced
- Chilli powder (**half a teaspoon**)
- Ground cumin (**a quarter of a teaspoon**)
- Ground coriander (**a quarter of a teaspoon**)
- 1 tin of chopped tomatoes (**400g**)
- Tomato puree (**1 tablespoon**)
- 1 small tin of kidney beans, drained and rinsed
- Black pepper

Method

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

Thanks to NHS.UK for contributing this recipe.

Nutritional information per portion Energy 452kcal, Protein 17.6g, Total fat 8.5g (of which saturates 1.9g), Carbohydrate 81.9g, Fibre 3.3g

Tips

- If you have a sore mouth, leave out the spices. To make it spicier, add a finely chopped bird's eye chilli pepper with the garlic and onions.
- To reduce the fat content, use turkey mince or soya mince.

Preparation 5 minutes
Cooking 30 minutes
Serves 6



But do not freeze rice.

Paneer curry

Ingredients

- Olive oil (**1 tablespoon**), or a couple of sprays of olive oil spray
- Paneer (**500g**), chopped into cubes
- Cumin (**2 tablespoons**)
- Coriander (**2 tablespoons**)
- Turmeric (**2 tablespoons**)
- Garam masala (**2 tablespoons**)
- Passata (**400g**)

Method

- 1** Heat the oil in a pan and add the paneer. Fry for 2 to 3 minutes.
- 2** Add the cumin, coriander, turmeric and garam masala. Stir for a few minutes.
- 3** Add the passata and 200ml of cold water. Stir and bring to the boil, then turn down to simmer for around 20 mins, or until it has thickened.
- 4** Serve with boiled rice or roti.

Thanks to Izzy Dixie for contributing this recipe.

Nutritional information per portion Energy 318kcal, Protein 23.1g, Total fat 23.2g (of which saturates 13.2g), Carbohydrate 5.9g, Fibre 0.6g

Butternut squash, leek and parmesan risotto

Ingredients

- Olive oil (**2 tablespoons**)
- Butternut squash (**400g**), cut into small chunks
- Arborio rice (**300g**)
- 1 leek, thinly sliced
- Vegetable stock (**1.2 litres/2 pints**)
- Fresh thyme (**1 tablespoon**), chopped
- Lemon zest (**1 teaspoon**), finely grated
- Frozen peas (**80g**)
- Parmesan cheese (**4 tablespoons**), finely grated

Method

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

Thanks to Sue Ashworth for contributing this recipe.

Tip Use a spray oil in a non-stick pan to reduce the fat content.

Preparation 15 minutes
Cooking 35 minutes
Serves 3



Nutritional information per portion Energy 542kcal, Protein 13.7g, Total fat 13.2g (of which saturates 4.2g), Carbohydrate 96g, Fibre 6.5g

Preparation 10 minutes
Cooking 40 minutes
Serves 4



Red lentil, sweet potato, carrot and kale stew

Ingredients

- Olive oil (**2 tablespoons**)
- Half a red onion, finely chopped
- 3 carrots, peeled and thinly sliced
- 1 celery stick, finely chopped
- 2 garlic cloves, finely chopped
- Dried red lentils (**85g**), rinsed
- Ground cumin (**1 teaspoon**)
- Ground coriander (**half a teaspoon**)
- Chilli powder (**half a teaspoon**)
- Turmeric (**half a teaspoon**)
- Salt and black pepper
- 1 medium sweet potato, peeled and finely diced
- 1 bunch of kale, finely shredded

Nutritional information per portion

Energy 259.1kcal, Protein 13.4g, Total fat 6.9g (of which saturates 1g), Carbohydrate 39g, Fibre 5.3g

Method

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

Thanks to Sonia Sengupta for contributing this recipe.

Tip For more spice, swap the cumin for smoked paprika and cayenne pepper (half a teaspoon of each).

Preparation 5 minutes
Cooking 1 hour
Serves 4



But do not freeze rice.

Tarkarir dhal

Ingredients

- Dried red lentils (**170g**), rinsed
- Ghee or olive oil (**2 tablespoons**)
- Cumin seeds (**half a teaspoon**)
- 2 bay leaves
- 3 to 4 dried red chillies
- 2 medium potatoes, cut into chunks
- Cauliflower (**310g**), cut into large pieces
- Frozen peas (**85g**)
- Turmeric (**half a teaspoon**)
- Salt (**1 teaspoon**)

Method

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

Thanks to Sumana Ray for contributing this recipe.

Nutritional information per portion (using oil) Energy 321kcal, Protein 17g, Total fat 7.3g (of which saturates 1.1g), Carbohydrate 50.1g, Fibre 6.2g

Tips

- Serve with brown rice to increase the fibre content. You can also serve this with steamed vegetables, naan bread or a chapati.
- If you have a sore mouth, leave out the chillies.

Spring vegetable casserole

Ingredients

- Olive oil (**2 tablespoons**)
- 2 leeks, sliced
- Carrots (**100g**), peeled and sliced
- 1 small swede or 4 small turnips, diced
- 2 garlic cloves, finely chopped
- Vegetable stock (**700ml/1.2 pints**)
- Salt and black pepper
- 1 tin of borlotti beans (**400g**), drained
- Spring greens (**150g**), shredded
- Pesto (**2 tablespoons**)

Method

- 1** Heat the oil in a large pan and add the leeks, carrots, swede (or turnips) and garlic. Fry over a low heat for 10 minutes, until the vegetables are soft.
- 2** Add the stock to the pan. Then add some salt and black pepper and bring to the boil. Cover and simmer for 10 to 15 minutes, until the vegetables are tender.
- 3** Add the beans and spring greens, then cover the pan and simmer for 5 minutes until piping hot and cooked through.
- 4** Stir in the pesto and serve.

Thanks to Waitrose for contributing this recipe.

Tips

- For extra calories, serve with garlic bread or pasta.
- Use a spray oil in a non-stick pan to reduce the fat content.

Preparation 10 minutes
Cooking 30 minutes
Serves 4



Nutritional information per portion Energy 393kcal, Protein 14g, Total fat 20g (of which saturates 4.6g), Carbohydrate 30g, Fibre 10g

Preparation 10 minutes
Cooking 30 minutes
Serves 4



Nutritional information per portion Energy 231kcal, Protein 10.1g, Total fat 8.6g (of which saturates 2g), Carbohydrate 29.8g, Fibre 9.7g

Mixed bean Mexican chilli

Ingredients

- Olive oil (**2 tablespoons**)
- 2 cloves of garlic, crushed
- 1 red onion, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- Cajun seasoning (**1 teaspoon**)
- 1 tin of kidney beans (**400g**), rinsed and drained
- 1 tin of cannellini beans (**400g**), rinsed and drained
- 1 tin of chopped tomatoes (**400g**)
- Vegetable stock (**150ml**)
- 1 tablespoon of dark chocolate, chopped
- Handful of chopped coriander

Method

- 1** Heat the olive oil in a pan and fry the garlic, onion and peppers for 5 minutes.
- 2** Add the Cajun seasoning, beans, tomatoes and stock. Cover and simmer for 15 to 20 minutes.
- 3** Remove the pan from the heat and stir in the chocolate until melted.
- 4** Garnish with coriander and serve with rice, tortilla chips or potato wedges.

Thanks to Sheena Sedani for contributing this recipe.

Preparation 5 minutes
Cooking 25 minutes
Serves 4



Red spaghetti

Ingredients

- Dry spaghetti (**300g**)
- 1 tin of chopped tomatoes (**400g**)
- Half a garlic clove
- Plain flour (**2.5 tablespoons**)
- Cheddar cheese (**200g**)
- Semi-skimmed milk (optional)

Thanks to Darlaine Honey
for contributing this recipe.

Nutritional information per portion Energy 529kcal, Protein 23.4g, Total fat 18.9g (of which saturates 11.1g), Carbohydrate 70.7g, Fibre 5g

Tips

- To reduce the fat content, use low-fat cheddar cheese.
- If the tomato sauce is too thick, add a little milk or water.
- If you don't like your pasta firm, cook it for a little longer.

Method

- 1 Put the tomatoes, garlic, flour and cheese into a blender. Fill the tomato tin with 1 inch of water and add to the mix. Blend to a smooth sauce.
- 2 Boil a large pan of salted water for the spaghetti.
- 3 While you are waiting for the water to boil, put the tomato sauce into a medium saucepan and gently increase the heat whilst stirring all the time.
- 4 When the tomato sauce is boiling, turn down to a simmer, but keep stirring regularly for 15 to 20 minutes to allow the flour to cook.
- 5 While the tomato sauce is simmering, add the spaghetti to the boiling water and cook according to the instructions on the packet.
- 6 Drain the spaghetti, then return to the pan and take it off the heat. Taste the sauce and add salt and pepper or more grated cheese until you are happy with the flavour.
- 7 Serve with the spaghetti.

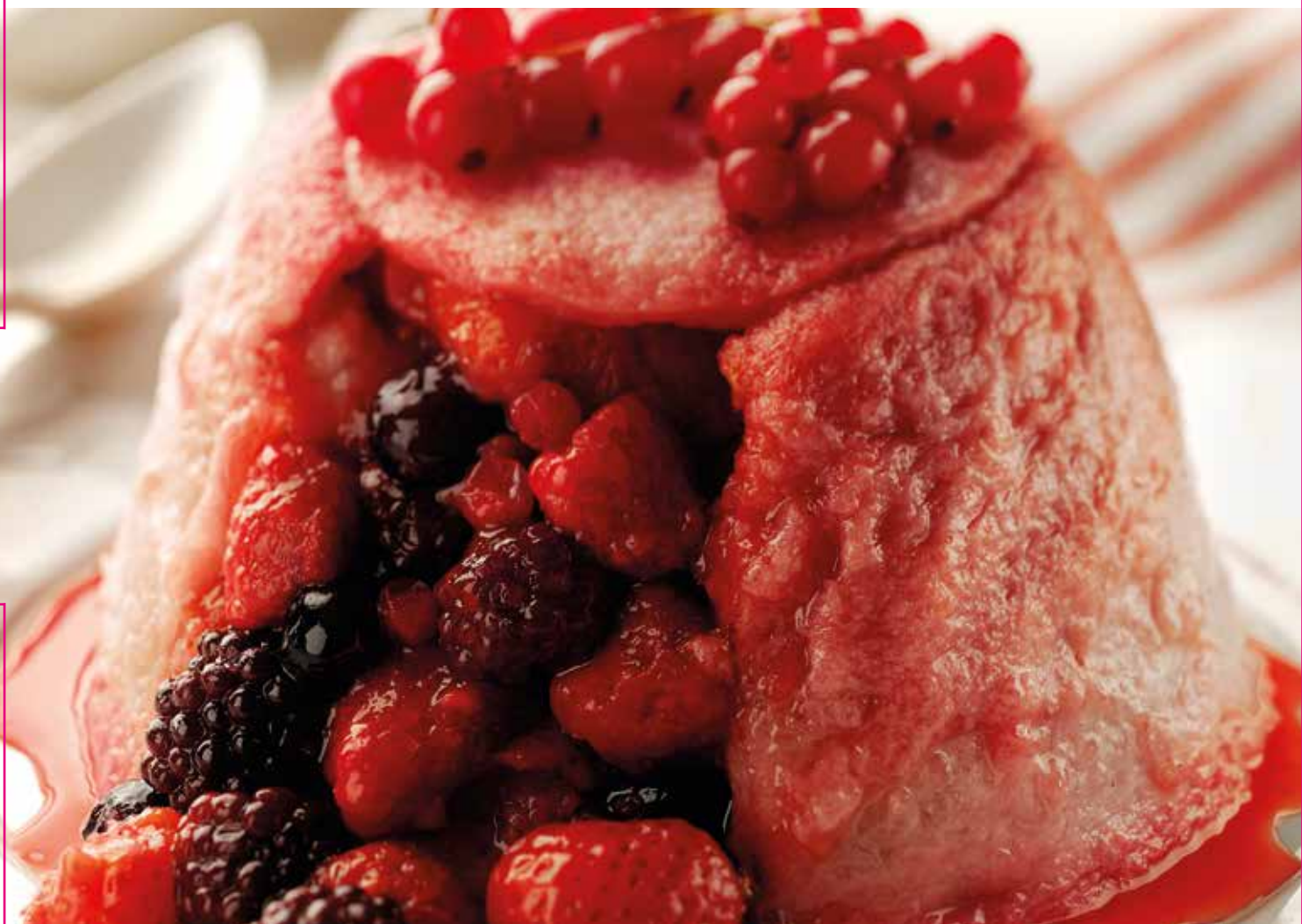
DESSERTS



Treat yourself with our selection of sweet recipes

Whether you are looking for something healthy or something comforting, this collection of delicious desserts is sure to please people with a sweet tooth. They are suitable for those with particular eating problems or who are on a specific diet because of cancer or its treatment.

Cooking 15 minutes,
plus chilling overnight
Serves 4



Thanks to Brian Turner for contributing this recipe.

Nutritional information per portion (without clotted cream) Energy 429.2kcal,
Protein 11.6g, Total fat 2.4g (of which saturates 0.4g), Carbohydrate 93g, Fibre 10.7g

Summer pudding

Ingredients

- Mixed fruits – raspberries, blackberries, redcurrants and blackcurrants (**900g in total**)
- Caster sugar (**115g**)
- Juice of a lemon
- 1 cinnamon stick
- Bread (**450g**), one day old, sliced and crusts removed
- Clotted cream (**150ml**)

Method

- 1 Wash the fruit and place in a pan.
- 2 Add the sugar, lemon juice and cinnamon. Bring to the boil and simmer gently for 5 minutes.
- 3 Use a colander and a bowl to separate the fruit from the juice. Put the fruit to one side.
- 4 Return the juice to the heat and simmer until it is reduced by half. Leave to cool.

Tips

- To reduce the fat content, replace the clotted cream with low-fat natural yoghurt or fromage frais.
- If you have sickness, leave out the clotted cream. If the fruit is out of season, buy frozen fruit.

- 5 Dip the bread in the juice, then use the slices to line the base and sides of a pudding basin or pie dish. Overlap the slices so there are no gaps.
- 6 Cover the base with a layer of fruit, then a layer of dipped bread. Repeat until the dish is full, ending with a layer of bread. You can keep leftover fruit or juice in the fridge for later.
- 7 Put a piece of greaseproof paper on top, and weigh it down lightly. You can use a plate that fits inside the rim of the bowl with cans or a kitchen weight on top.
- 8 Leave in the fridge overnight. To serve, remove the weight, paper and plate. Then, place a large plate upside down on top of the bowl and turn it quickly upside down, making sure the pudding has come out completely.
- 9 Serve with clotted cream and any leftover juice or extra fruit.

Greek honey cheesecake with apricot compote

Ingredients

- 8 digestive biscuits
- Butter (56g)
- Runny honey (2 tablespoons)
- Curd cheese or ricotta cheese (225g)
- Caster sugar (55g)
- 2 eggs, yolks and whites separated
- Dried apricots (115g), chopped
- Set honey (2 tablespoons)

Method

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4.
- 2 Put the digestive biscuits in a clean plastic bag or freezer bag and crush into fine crumbs using a rolling pin.
- 3 Melt half the butter in a pan, then mix in the biscuit crumbs.
- 4 Use the mixture to cover the bottoms of individual ramekins or one round, ovenproof dish (about 20cm/8 inches wide and 5cm/2 inches deep).
- 5 Warm the runny honey in a small pan or in the microwave. Pour it into a bowl and stir in the cheese.
- 6 Add the sugar and egg yolks, and beat well.
- 7 In a separate bowl, whisk the egg whites until they form soft peaks. Then fold this into the mixture.
- 8 Pour the mixture over the top of the biscuit base. Bake in the oven for 25 to 30 minutes until the top of the mixture has set. Leave to cool.
- 9 Melt the rest of the butter in a pan. Add the apricots and set honey. Cook for a few minutes, then leave to cool for 10 minutes. Then spoon on top of the cheesecake. Cool before serving.

Tip Separate the eggs using two bowls. Crack each egg over one bowl, keeping the yolk in one half of the shell. Move the yolk from one half of the shell to the other, letting the egg white fall into the bowl. When there is no white left, drop the yolk into the other bowl.

Preparation 10 minutes
Cooking 40 minutes
Serves 4 to 6



Thanks to [Brian Turner](#) for contributing this recipe.

Nutritional information per portion Energy 492kcal, Protein 13.4g, Total fat 22.2g (of which saturates 9.6g), Carbohydrate 62.7g, Fibre 3.3g

Preparation 5 minutes
Cooking 25 minutes
Serves 4



Nutritional information per portion Energy 234kcal, Protein 1.6g, Total fat 15g (of which saturates 9g), Carbohydrate 21g, Fibre 1g

Brown sugar plums with sour cream

Ingredients

- 8 plums, halved and stones removed
- Light muscovado sugar (**2 tablespoons**)
- Ground cinnamon (**half a teaspoon**)
- Sour cream (**300ml**)
- Demerara sugar (**2 tablespoons**)

Method

- 1** Preheat the oven to 220°C/200°C fan/gas mark 7.
- 2** Arrange the plums in the base of an ovenproof dish to make a tight-fitting, single layer.
- 3** Mix the muscovado sugar and cinnamon together, then sprinkle over the plums. Bake for 20 to 25 minutes until tender and golden.
- 4** Spoon the sour cream over the top and sprinkle with the demerara sugar.

Thanks to Waitrose for contributing this recipe.

Tips

- For a crunchier sugar topping, put the dish under a hot grill until the sugar melts.
- To reduce the fat content, replace the sour cream with low-fat natural yoghurt or fromage frais.

Preparation 10 minutes
Baking time 25 minutes
Serves 12



Chunky chocolate and sour cherry muffins

Ingredients

- Plain flour (**225g**)
- Soft brown sugar (**115g**)
- Cocoa powder (**55g**)
- Dark chocolate (**200g**), broken into chunks
- Sour cherries (**100g**), chopped
- Cherry yoghurt (**235ml**)
- Bicarbonate of soda (**1 teaspoon**)
- Baking powder (**half a teaspoon**)
- 2 eggs
- Olive oil (**120ml**)

For the frosting:

- Icing sugar (**300g**)
- Unsalted butter (**50g**)
- Full-fat cream cheese (**125g**)
- 12 fresh cherries

Method

- 1** Preheat the oven to 190°C/170°C fan/gas mark 5.
- 2** In a large bowl, mix together the flour, sugar, cocoa powder, bicarbonate of soda and baking powder. In another small bowl, mix the eggs and olive oil.
- 3** Make a well in the centre of the flour mixture and add the oil and egg mixture. Then add the sour cherries, yoghurt and chocolate chunks. Mix well.
- 4** Spoon the mixture into a 12-hole muffin tin lined with muffin paper cases and bake for 20 to 25 minutes.
- 5** While the muffins are baking, you can start making the frosting. Beat the butter until it is really soft, then beat in the cream cheese and icing sugar.
- 6** Once the muffins are completely cooled, use a cutlery knife to decorate them with the frosting and fresh cherries.

Thanks to Janice Stanford for contributing this recipe.

Nutritional information per portion Energy 594kcal, Protein 6.9g, Total fat 26.4g (of which saturates 11.6g), Carbohydrate 66.8g, Fibre 3.8g

Preparation 10 minutes
Cooking 1 hour 10 minutes
Serves 4



Stuffed baked apples

Ingredients

- 4 cooking apples
- Runny honey (**1 tablespoon**)
- Butter (**28g**), melted

Choose from the following for the stuffing – you will need 2 to 3 teaspoons of each filling per apple:

- Sultanas, chopped hazelnuts and honey
- Ready-made mincemeat
- Chopped dates, walnuts and honey
- Chopped prunes and brown sugar
- Raisins and honey

Method

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

Nutritional information per portion (will vary depending on filling but without cream, ice-cream or yoghurt) Energy 221kcal, Protein 2g, Total fat 26g (of which saturates 6g), Carbohydrate 30g, Fibre 2g

Tips

- If you have sickness, serve this without the cream.
- To reduce the fat content, leave out the butter and serve with low-fat yoghurt.

Microwave banana pudding

Ingredients

- Butter (**100g**)
- 2 ripe bananas
- Light muscovado sugar (**100g**)
- Self-raising flour (**100g**)
- Ground cinnamon (**2 teaspoons**)
- 2 eggs
- Milk (**2 tablespoons**)

Method

- 1** Put the butter in a 1 litre (2 pints) baking dish. Microwave it on high for 30 to 60 seconds until melted.
- 2** Mash 1 and a half bananas into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.
- 3** Slice the remaining banana over the top, then put it back in the microwave and cook on high for 8 minutes until cooked through and risen. Serve warm.

Thanks to Good Food magazine for contributing this recipe.

Tips

- It is best to use over-ripe bananas for this recipe. The browner and softer they are, the stronger the flavour will be when cooked.
- For extra calories, try serving this with icing sugar, toffee sauce or a scoop of ice-cream.

Preparation 10 minutes
Cooking 10 minutes
Serves 4 to 6



Nutritional information per portion (without icing sugar, toffee sauce or ice-cream) Energy 474kcal, Protein 7g, Total fat 26g (of which saturates 15g), Carbohydrate 57g, Fibre 1g

Preparation 5 minutes
Cooking 1 hour 30 minutes
Serves 6



Nutritional information per portion Energy 89kcal, Protein 1.2g, Total fat 7.5g (of which saturates 6.2g), Carbohydrate 4.1g, Fibre trace

Coconut and cardamom rice pudding

Ingredients

- Pudding rice (**75g**)
- 10 to 12 cardamom pods, very gently bruised with the end of a rolling pin
- Grated zest of half a lemon or 1 small lime
- Coconut milk (**600ml**)

Method

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

Thanks to Waitrose for contributing this recipe.

Amaretti stuffed peaches

Ingredients

- 4 ripe peaches, halved and stones removed
- 8 amaretti biscuits, crushed
- Mascarpone cheese (**4 tablespoons**)
- Brandy or orange juice (**2 tablespoons**)

Method

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

Thanks to Waitrose for contributing this recipe.

Preparation 5 minutes
Cooking 20 minutes
Serves 4



Nutritional information per portion (without ice-cream) Energy 251kcal, Protein 3g, Total fat 18g (of which saturates 11g), Carbohydrate 25g, Fibre 1.7g

Preparation 15 minutes
Baking time 25 minutes
Serves makes approximately 30 pieces



Chocolate goo

Ingredients

- Self-raising flour (**150g**)
- Desiccated coconut (**150g**)
- Porridge oats (**150g**)
- Sugar (**150g**)
- Cocoa powder (**2 tablespoons**)
- Margarine (**150g**)
- 1 egg, beaten
- Chocolate (**200g**) for topping – use milk, dark or white, depending on your preference.

Method

- 1** Preheat the oven to 190°C/170°C fan/gas mark 5.
- 2** In a large bowl, mix together the flour, coconut, oats, sugar and cocoa powder.
- 3** Melt the margarine and add to the bowl. Then add the beaten egg and mix well.
- 4** Line a traybake tin (approximately 30cm/12 inches x 24cm/9 inches) with baking paper. Pour the mixture in.
- 5** Bake for 20 to 25 mins, or until the goo is fairly firm to touch.
- 6** While the goo is cooling, but still warm, melt the chocolate and spread it over the top.
- 7** Cut the goo into about 30 squares and leave to cool in the tin.

Thanks to Rachel Jennison for contributing this recipe.

Nutritional information per portion Energy 156kcal, Protein 2.1g Total fat 9.4g (of which saturates 4.9g), Carbohydrate 16.9g, Fibre 1.7g

Tip To save time, you can fill a standard teacup of each of the first five ingredients, instead of weighing them out.

DRINKS AND SMOOTHIES

A close-up photograph of two glasses filled with a light-colored, frothy smoothie. The smoothie is topped with a generous amount of chopped, golden-brown nuts. A light blue straw is inserted into the front glass. The background is a solid, light blue color.

The perfect blend of flavours

You can make these drinks and smoothies really quickly using a blender, food processor, smoothie maker or cocktail shaker. They work well at breakfast or as a healthy treat with your meal. These drinks and smoothies are particularly good for people who have difficulty chewing.

Preparation 10 minutes
Serves 2



Nutritional information per portion Energy 220kcal, Protein 8g, Total fat 10g (of which saturates 1g), Carbohydrate 24g, Fibre 2g

Banana, honey and hazelnut smoothie

Ingredients

- 1 banana, sliced
- Soya milk (**250ml**)
- Honey (**1 teaspoon**)
- Ground nutmeg (**half a teaspoon**)
- Hazelnuts (**2 teaspoons**), chopped and toasted

Method

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

Thanks to Good Food magazine for contributing this recipe.

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

Fruit smoothie

Ingredients

- 1 tin of peaches or other tinned fruit (**400g/14oz**), drained
- Double cream (**150ml/0.25 pint**)
- Thick and creamy yoghurt (**175g/6oz**)
- Ice-cream (**1 scoop**)
- Apple juice (**400ml/0.75 pint**)

Method

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

Thanks to Barbara Machin for contributing this recipe.

Preparation 5 minutes
Serves 4



Nutritional information per portion Energy 352kcal, Protein 3.5g, Fat 23g (of which saturates 13g), Carbohydrate 34g, Fibre 1g

Preparation 5 minutes
Serves 1



Macmillan coco kahona

Ingredients

- 3 chunks of fresh pineapple
- 1 passion fruit, sliced in half
- Passion fruit cordial (**3 teaspoons**)
- Lime juice (**4 teaspoons**)
- Ice, one handful
- Coconut water (**100ml**)
- Pineapple leaves, to garnish (optional)
- Two round slices of pineapple

Method

- 1** Put the pineapple into a cocktail shaker and scoop in the seeds and flesh from one half of the passion fruit. Crush with a muddler or mix in a blender.
- 2** Add the passion fruit cordial and lime juice.
- 3** Add the ice and coconut water, then shake.
- 4** Pour into a glass and garnish with two round slices of pineapple, the other half of a passion fruit and pineapple leaves.

Thanks to Georgi Radev (mixologist at Mahiki bar, London) for contributing this recipe.

Tip You can watch a video of this mocktail being made at gosoer.org.uk/blogs/wellbeing/mocktails



Nutritional information per portion Energy 63kcal, Protein 0.8g, Total fat 0.2g (of which saturates <0.1g), Carbohydrate 15.5g, Fibre 2.1g

Preparation 1 hour 10 minutes
Serves 4



Citrus fizz

Ingredients

- Unsweetened orange juice (560ml/1 pint)
- Lime cordial (140ml)
- Caster sugar (28g)
- Fresh mint (2 tablespoons), chopped
- Soda water (420ml)
- Mint leaves, to garnish (optional)
- Ice cubes

Method

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

Nutritional information per portion Energy 131.9kcal, Protein 0.8g, Total fat Trace, Carbohydrate 32.6g, Fibre Trace

Preparation 5 minutes
Serves 1



Macmillan autumn punch

Ingredients

- A quarter of a cucumber, cut into small pieces
- White balsamic vinegar (**1 teaspoon**)
- Sugar syrup (**3 teaspoons**)
- Lemon juice (**3 teaspoons**)
- Lime juice (**3 teaspoons**)
- Pink grapefruit juice (**50ml/3 tablespoons**)
- Ginger beer (**40ml/2 tablespoons**)
- A wedge of grapefruit
- Ice cubes, one handful
- A slice of cucumber

Method

- 1** Place the cucumber into a cocktail shaker and crush with a muddler or mix in a blender.
- 2** Add the balsamic vinegar and sugar syrup.
- 3** Add the lemon and lime juice.
- 4** Add in the grapefruit juice and the ice, then shake.
- 5** Pour into a glass and top with ginger beer.
- 6** Garnish with a slice of cucumber and a wedge of grapefruit.

Thanks to Georgi Radev (mixologist at Mahiki bar, London) for contributing this recipe.

Nutritional information per portion Energy 110kcal, Protein 1.2g, Total fat 0.6g (of which saturates 0g), Carbohydrate 25.2g, Fibre 0.7g

Tip You can watch a video of this mocktail being made at gosober.org.uk/blogs/wellbeing/mocktails

Preparation 5 minutes
Serves 1



Watermelon wonder

Ingredients

- 2 large pieces of watermelon
- 6 mint leaves
- Elderflower syrup (**3 teaspoons**)
- Grenadine (**2 teaspoons**)
- Lime juice (**2 teaspoons**)
- Cranberry juice (**40 ml/2 tablespoons**)
- Ice, a handful
- Watermelon slice and mint to garnish (optional)

Method

- 1** Put the watermelon and mint into a cocktail shaker and crush with a muddler or quickly mix in a blender.
- 2** Add the elderflower syrup and grenadine.
- 3** Add the lime juice, cranberry juice, ice and shake.
- 4** Pour the mixture into a martini glass using a strainer.
- 5** Serve with a watermelon slice and a small piece of mint.

Thanks to Georgi Radev (mixologist at Mahiki bar, London) for contributing this recipe.

Nutritional information per portion Energy 273kcal, Protein 2.1g, Total fat 1.2g (of which saturates 0.4g), Carbohydrate 65.5g, Fibre 0.5g

Tip You can watch a video of this mocktail being made at gosoer.org.uk/blogs/wellbeing/mocktails

A close-up photograph of a wooden cutting board. In the foreground, a knife with a black handle and a silver blade lies diagonally across the board. The blade has some green herb residue on it. In the background, there is a pile of dark brown coffee beans on the left and a pile of finely chopped green herbs on the right. The text 'FURTHER INFORMATION' is overlaid in large, white, bold, rounded letters across the center of the image.

FURTHER INFORMATION

We have put together a list of useful organisations, helpful books and information about the different ways we can support you.

About our information

We provide expert, up-to-date information about cancer.
And all our information is free for everyone.

Order what you need

You may want to order more leaflets or booklets like this one.

Visit **be.macmillan.org.uk** or call us on **0808 808 00 00**.

We have booklets on different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer and information for carers, family and friends.

Online information

All of our information is also available at **macmillan.org.uk/information-and-support** There you will also find videos featuring real-life stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- eBooks
- large print
- translations.

Find out more at **macmillan.org.uk/otherformats**

If you'd like us to produce information in a different format for you, email us at **cancerinformationteam@macmillan.org.uk** or call us on **0808 808 00 00**.

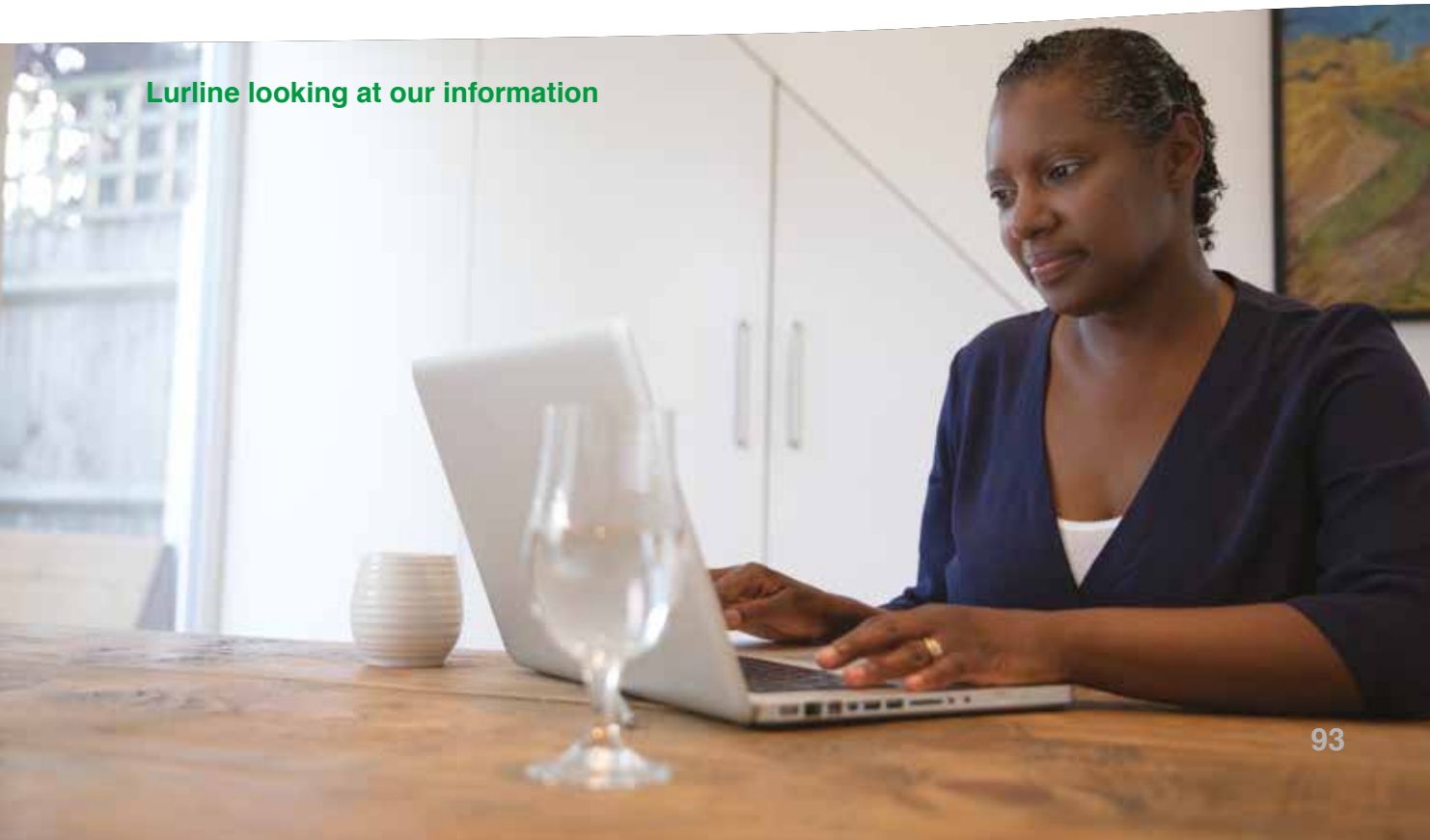
Help us improve our information

We know that the people who use our information are the real experts. That's why we always involve them in our work. If you've been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you'd like to hear more about becoming a reviewer, email reviewing@macmillan.org.uk You can get involved from home whenever you like, and we don't ask for any special skills – just an interest in our cancer information.

Lurline looking at our information



Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you.

Talk to us

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

Call us on **0808 808 00 00** or email us via our website **[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)**

Macmillan Support Line

Our free, confidential phone line is open seven days a week, 8am to 8pm. Our cancer support specialists can:

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

Information centres

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

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

Find your nearest centre at **[macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)** or call us on **0808 808 00 00**.

Talk to others

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

Support groups

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

Online Community

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

The Macmillan healthcare team

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

Help with money worries

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

Financial guidance

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

Help accessing benefits

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

Macmillan Grants

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

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

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

Help with work and cancer

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

My Organiser app

Our free mobile app can help you manage your treatment, from appointment times and contact details, to reminders for when to take your medication. Search 'My Organiser' on the Apple App Store or Google Play on your phone.

Other useful organisations

There are lots of other organisations that can give you information or support.

BBC Good Food

www.bbcgoodfood.com

Has thousands of recipes, a healthy eating section and general advice on how to cook.

British Dietetic Association

Tel 0121 200 8080

Email info@bda.uk.com

www.bda.uk.com

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

Colostomy UK

Helpline 0800 328 4257

Email info@colostomyuk.org

www.colostomyuk.org

Provides practical help, support and reassurance to people who have had or are about to have a colostomy, and their carers, friends, and families.

Core

Tel 020 7486 0341

Email info@corecharity.org.uk

www.corecharity.org.uk

Provides information about treatments for digestive disorders and how to cope.

Diabetes UK

Tel 0345 123 2399

Email helpline@diabetes.org.uk

www.diabetes.org.uk

Offers information and support on managing diabetes, including medication, diet, exercise and has an online chat service. Also has information in several languages, and the helpline offers a translation service.

IA (The Ileostomy and Internal Pouch Support Group)

Tel 0800 018 4724

Email info@iasupport.org

www.iasupport.org

Offers support to anyone who has had, or is about to have, their colon removed and has an ileostomy or internal pouch.

National Association of Laryngectomee Clubs

Tel 020 7730 8585

Email info@laryngectomy.org.uk

www.laryngectomy.org.uk

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

NHS.UK

www.nhs.uk

The UK's biggest health information website. It has all the information you need to make decisions about your health. Also has recipe ideas, some of which are included in this book – visit [nhs.uk/livewell/healthy-recipes](https://www.nhs.uk/livewell/healthy-recipes)

Oesophageal Patients Association

Tel 0121 704 9860

Email enquiries@opa.org.uk

www.opa.org.uk

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

Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT)

Tel 020 3004 6193

Email comms@pinnt.com

www.pinnt.com

Provides support and information to patients who need artificial nutrition therapy. Runs regional meetings in England, Scotland and Wales.

Tesco

<https://realfood.tesco.com/recipes>

Has lots of recipes and meal ideas, including recipes that use leftovers and low-cost recipes.

Waitrose

www.waitrose.com/recipes

Has lots of recipes, some of which are featured in this book.

World Cancer Research Fund (WCRF)

Tel 020 7343 4200

Email wcrf@wcrf.org

www.wcrf-uk.org

The website lets you browse and download healthy recipe ideas. It also has an ingredients search tool – visit [wcrf-uk.org/uk/recipes/recipes-home](https://www.wcrf-uk.org/uk/recipes/recipes-home)

Helpful books

Complete guide to nutrition for cancer survivors

American Cancer Society, 2010, RRP £22.95

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

Brenda's easy-to-swallow cookbook

Brenda Brady, Mouth Cancer Foundation, 2009, RRP £12

Contains recipes and tips for people with mouth cancer, and anyone who has difficulty chewing and swallowing food.

Healthy eating during chemotherapy

Jose van Mil, 2009, RRP £14.99

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

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

Rebecca Katz, Mat Edelson, 2009, RRP £21.00

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

The Royal Marsden cancer cookbook

Dr Clare Shaw, 2015, RRP £19.99

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

Can you do something to help?

We hope this 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.

Five ways you can help someone with cancer

1. Share your cancer experience

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

2. 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.

3. 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?

4. Raise money

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

5. Give money

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

To find out more, call us on **0300 1000 200** or visit [macmillan.org.uk/getinvolved](https://www.macmillan.org.uk/getinvolved)

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.

Thanks

This book has been written, revised and edited by Macmillan's Cancer Information Development team. It has been approved by our Chief Medical Editor, Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: June Davis, Macmillan Cancer Rehabilitation Lead; Lucy Eldridge, Dietetic Team Leader, The Royal Marsden NHS Foundation Trust; Jo Pain, Macmillan Specialist Community Dietitian, Macmillan Next Steps Cancer Rehabilitation, Gloucestershire Care Services NHS Trust; and Debbie Provan, Registered Dietitian and National Macmillan AHP Lead for Cancer Rehabilitation, Macmillan Cancer Support. Thanks also to the people affected by cancer who reviewed this edition.

Thanks to: Sue Ashworth; Canned Food UK; CaribbeanPot.com; Izzy Dixie; Good Food Magazine; Darlaine Honey; Rachel Jennison; Barbara Machin; NHS Ayrshire and Arran; NHS Choices; Nutricia Clinical Care; Oesophageal Patients Association; Sumana Ray; Sheena Sedani; Sonia Sengupta; Janice Stanford; Brian Turner; and Waitrose for contributing recipes.

Thanks also to: Trevor Bean; Lizzy Crisp; Conor Lane; Patricia Minghetti; Deepti Shah; Mitta Shah and Priti Shah for taking part in our photo shoot for this edition.

We welcome feedback on our information. If you have any, please contact cancerinformationteam@macmillan.org.uk

Sources

We've listed a sample of the sources used in the publication below. If you'd like further information about the sources we use, please contact us at cancerinformationteam@macmillan.org.uk

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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

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.

Your key



Suitable for people with a dry or sore mouth



Suitable for people with sickness or nausea



Suitable for people with problems chewing



Suitable for people with loss of taste or smell



Suitable for people with loss of weight or appetite



Healthier-eating recipe



Vegetarian recipe



Suitable for freezing



Do not freeze

This book contains recipes for people coping with eating difficulties during and after cancer treatment. Many of the recipes are simple and quick to prepare. This is to make it as easy as possible to cook when you are not feeling well. They are all designed to help you rediscover the joy of eating tasty, nutritious food.

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you. For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

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