

Nutrition Tips for Patients with Cancer During COVID-19

Limiting trips to the supermarket limits our exposure to germs. Purchase what you need for a week or two at a time. You can consume a healthy diet while remaining at home and practicing good social distancing. Consider having a family member or loved one go grocery shopping when you need food.

Grains

Breads, bagels, English muffins (can be frozen 3-6 months)
Dry cereal (choose lower sugar options)
Pasta, rice, quinoa, oatmeal, crackers

Fruit and Vegetables

Fresh fruits (washed well) use within 3 days
Frozen fruits (equally as nutritious as fresh fruits)
Canned fruit (packed in its own juice)
Fresh vegetables (washed well) use within 3 days
Frozen vegetables (equally as nutritious as fresh vegetables)
Dried fruit

Protein

Fresh meats (cook within two days; uncooked meats can be frozen for up to four months)
Canned meats (tuna, chicken, salmon)
Lunch meats (eat within 3-5 days; lunch meats can also be frozen for up to one month)
Eggs (last up to 3-5 weeks in the refrigerator)
Dried or canned beans
Peanut butter (or other nut butters)

Meal Ideas

- Make homemade muffins, pancakes, waffles or cookies using dried or frozen fruit and nuts.
- Make individual bags of snacks by combining dry cereal, dried fruit, nuts and dark chocolate chips.
- Blend frozen fruit, yogurt and milk for a healthy smoothie.
- Freeze peeled, ripe bananas. Pulse in a food processor for a healthy banana "ice cream." Top with nuts and dark chocolate chips.
- Make homemade pizzas using English muffins, tomato sauce and cheese.

Dairy

Milk (can be frozen for up to three months)
Shelf-stable milk
Alternatives to cow's milk (almond milk, coconut milk)
Cheese
Yogurt (probiotics found in yogurt help support a healthy immune system)

Jarred / Prepared Goods

Tomato-based products **Ketchup**
Jams **Mustard**
Mayonnaise

Beverages

Stay hydrated – water, Gatorade, ginger ale, decaffeinated tea
Bottled water (there is no need to stockpile bottled water; tap water or filtered tap water should remain safe unless you're otherwise notified by your local water company)

Extras

Flour **Nuts**
Sugar **Popcorn**
Honey **Seasonings and marinades**
Baking powder **Chicken, beef or vegetable broths**
Baking soda **Olive or canola oil, butter**
Dark chocolate

- Make a pot of vegetable soup using fresh or frozen vegetables and canned beans using broth as a base. This can easily be frozen for up to 4 months.
- Get creative - add grapes and nuts or chopped carrots and cucumber to canned chicken and mayonnaise for an alternative to plain chicken salad.
- Add a drizzle of honey, nuts and fresh, frozen or dried fruit to oatmeal.
- Indulge a little. Bake a cake or make some fun cupcakes. Cakes can be frozen for up to 12 months.

