





# Cooking for Chemo

*A cooking and nutrition program  
to help you during treatment*

 1800 620 420

 [leukaemia.org.au](http://leukaemia.org.au)

# *Welcome to Cooking for Chemo*

The Leukaemia Foundation's Cooking for Chemo program gives blood cancer patients undergoing chemotherapy and their carers new ideas for eating well during treatment. Easy, tasty, nutritious recipes have been selected to suit altered appetites, taste and lifestyle.

This booklet contains a collection of delicious recipes designed to tempt the patient's tastebuds. Created in partnership with celebrity chefs and qualified dietitians these specially modified meals allow for the impact of treatment on diet, appetite and food tolerance.

This booklet does not cover your personalised nutritional requirements while undergoing treatment for your blood cancer. It is important that you discuss with your doctor or a dietician specialising in cancer nutrition any concerns you may have regarding your dietary needs and other changes affecting you. Patients with lowered immune systems as a result of treatment should follow the recommended dietary guidelines provided by your treating centre.

Free Cooking for Chemo live demonstrations are held throughout Australia. For more information on the next demonstration in your state, contact the Leukaemia Foundation on 1800 620 420, or email [info@leukaemia.org.au](mailto:info@leukaemia.org.au).

Our support staff are available to help you with free educational information, emotional and practical support. Contact us on 1800 620 420.

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## *Food Safety*

Ensure you always follow appropriate food safety guidelines when preparing, cooking, serving, and storing food. Food should always be cooked all the way through, and if reheating, it should be piping hot. Food such as, fruit, vegetables and grains should be well washed prior to preparing your meals. Patients who have lower platelet counts or who are neutropenic should be especially careful with certain foods and food storage and should follow the dietary guidelines provided through their treating centres. Consult your doctor or dietitian for further information. Please see over page for further information on safe food preparation, cooking and storage.

# Food and hygiene guide

## Food preparation

- » always wash your hands with soap and water before handling food.
- » clean surfaces and equipment thoroughly before preparing food.
- » wear disposable gloves (available in supermarkets and chemists) when handling raw meat.
- » wash chopping boards and knives in hot soapy water between uses when preparing both raw and ready to eat foods.
- » wash cutting boards and knives with dishwashing soap after each use, especially if cutting raw meat or fish.
- » wash and peel raw fruit and vegetables before cooking and eating.
- » thaw frozen foods completely before cooking or reheating, especially raw chicken and other meats (thaw in the refrigerator overnight, not on the kitchen bench).
- » thaw food once only (do not refreeze thawed foods).
- » reheat thawed cooked foods, until steaming hot.

## Cooking

- » cook meats and seafood thoroughly before serving (even if you like rare meat).
- » once cooked, serve food immediately or keep steaming hot until serving.
- » if you are using a microwave, stir food and ensure it is steaming hot all the way through before serving.
- » when eating out, order food which is freshly cooked and steaming hot.

## Storage

- » store raw and ready-to-eat foods separately.
- » always store raw meat covered and away from other foods in the fridge.
- » If thawing frozen meats keep it below cooked foods to prevent contamination by spillage.
- » discard raw meat in the fridge after one day.
- » do not eat foods from salad bars, pie or food warmers.
- » if cooking food in advance, cool and chill or freeze straightaway – do not leave food to cool on the bench top.
- » avoid foods past 'use by' date.
- » avoid foods in damaged packaging.

(For more tips on food hygiene and preparation visit [foodstandards.gov.au](http://foodstandards.gov.au)).



## Beetroot, Yoghurt & Chickpea Dip

*Makes 500g*

### Ingredients

1 medium beetroot  
1 can chickpeas (400g), drained  
2 tbsp tahini (sesame paste)  
100g yoghurt  
4 cloves garlic, roughly chopped  
½ tsp cumin seeds  
½ tsp Coriander seeds  
Juice & zest of ½ lemon

### Directions

Preheat your oven to 180°C.

Drizzle the beetroot with 1 tsp olive oil and wrap tightly in aluminium foil and roast in the oven until soft (~45 minutes). Once cool, carefully remove the skin and roughly chop and place in a blender.

Toast the coriander and cumin seeds in a small pan over a high heat until the seeds begin to pop. Grind to a fine powder in a mortar and pestle or spice grinder and add to the blender.

Add the chickpeas, yoghurt, garlic, lemon zest, juice and tahini to the blender. Season with salt and pepper.

Blend on high until a smooth paste is formed. Add 3 tbsp of olive oil slowly while the blender is running.

Scrape into a serving dish and garnish with sumac and a drizzle of olive oil. Serve with warmed pita bread.

***Recipe courtesy of Ben Macdonald***



## Leek & Potato Soup

*Serves 4*

### Ingredients

2 medium leeks (washed, green tips sliced and reserved, whites 1-2cm diced pieces)  
400g/4 medium potatoes (peeled, 2cm diced pieces)  
2 cloves garlic, thinly sliced  
750ml/3 cups stock (chicken or vegetable)  
100ml cream  
2 tbsp olive oil  
1 tsp butter  
2 tsp chives, finely chopped  
salt and pepper

### Directions

Heat 1 tbsp of olive oil in a medium pot over a medium-high heat. Add the white parts of the leek, the garlic and saute for 3-4 minutes until soft but not coloured.

Add potatoes and chicken stock and bring to the boil. Simmer gently until the potatoes begin to fall apart.

Blend the soup in a blender or with a stick blender until smooth.

Add the cream (reserving a little for the garnish) and bring back to a simmer. Check the seasoning and add salt and pepper to taste.

Heat a tsp of oil in a small frying pan over a high heat and saute the green parts of the leek for 1-2 minutes until just softened and bright green.

Ladle the soup into bowls, top with a little cream, the leek greens, chives and a few drops of olive oil.

***Recipe courtesy of Ben Macdonald***



## Vegetable Tart (no pastry)

Serves 4

### Ingredients

2 rashers bacon, roughly chopped  
1 small onion, finely chopped  
50g grated cheese  
3 eggs  
200ml milk  
½ tsp dried oregano  
¼ tsp cayenne pepper  
1 bunch asparagus (or other greens e.g. zucchini, beans, broccoli)  
8 cherry tomatoes, halved  
1 tsp olive oil  
salt and pepper

### Directions

Preheat oven to 180C.

In a frying pan over a high heat, sauté bacon until it browns and begins to go crisp. Reduce heat to low, add the onion and cook for a few minutes until softened and translucent.

Combine the cheese, eggs and milk in a bowl. Add the cayenne pepper, oregano and season with a good pinch of salt and pepper.

Add the onions to the egg mixture and stir to combine.

Pour the mixture into a greased quiche or tart dish. Bake at 180c for 35-40 minutes until golden brown and just firm in the centre.

*Recipe courtesy of Ben Macdonald*



## Steamed Salmon with Wet Polenta & Pesto *Serves 4*

### Ingredients

4 middle cut salmon fillets

#### FOR THE PESTO:

2 cups of basil leaves

1 cup finely grated parmesan

½ cup pine nuts

½ cup of olive oil

#### FOR THE POLENTA:

500mls water

1 cup of instant polenta

100g butter

100g parmesan cheese finely grated

salt and pepper

### Directions

Make the pesto by placing all of the pesto ingredients into a blender and puree until it's a smooth paste. Season with salt and pepper and set aside.

Bring the water to the boil and whisk in the polenta until the polenta is absorbed. It should be thick but not solid. Cook for about 3-4 minutes.

Remove from the heat and whisk in the butter and parmesan cheese.

Steam the fish in a steamer until cooked. Divide the polenta between three plates then top with the fish and dollop the pesto on top of each fish fillet. Serve with a wedge of lemon.

*Recipe courtesy of Ben O'Donoghue*



# Banana & Honey Smoothie

*Serves 1*

This smoothie can be made with any kind of milk, including nut milk. To make nut milk, soak 1 cup of almonds in water overnight. Drain, then blend with 4 cups of water and 3-4 dates. Pass through a nut bag or a very fine sieve.

## Ingredients

1 cup milk of choice  
1 ½ bananas  
1 cup of ice  
honey  
pinch cinnamon

## Directions

Place milk, banana, a tbsp of honey and ice into a blender and pulse until smooth. Squeeze more honey into the glass so that it lines the side of the glass. Pour in the smoothie and enjoy.





## Mushroom & Herb Pancakes

*Makes 30 small pancakes*

### Ingredients

4 tbsp olive oil  
400g button mushrooms, chopped  
175g self-raising flour  
250ml milk  
2 eggs, lightly beaten  
small bunch chives, thinly sliced  
small bunch parsley, leaves finely chopped

100ml crème fraiche  
small bunch dill, finely chopped  
1 tsp lemon juice  
salt and pepper

### Directions

Heat 2 tbsp of olive oil in a frying pan over high heat. Add mushrooms. Cook, stirring often until all liquid has evaporated (5-7 minutes). Set aside to cool completely, draining any excess liquid.

Combine flour and salt and pepper in a large bowl leaving a well in the centre. Add the milk and eggs to the flour mixture and stir gently until smooth. Add mushrooms, chives and parsley and stir gently to combine.

Add 2 tbsp of oil to a large non-stick frying pan over medium heat until hot. Spoon mixture into pan and cook for 2-3 minutes or until bubbles appear on the top surface. Turn the pancakes and cook a further 2-3 minutes or until golden and cooked through. Transfer to a plate and cover with a clean tea towel to keep warm while cooking the remaining fritters.

While the pancakes are cooking, stir the crème fraiche with a spoon until smooth, then mix in the dill, a squeeze of lemon and a pinch of salt.

Serve at room temperature topped with a little of the herbed crème fraiche on top.

*Recipe courtesy of Ben Macdonald*



## Buttermilk Pancakes

*Serves 6*

### **FOR THE SAUCE:**

250g light palm sugar

500ml coconut cream UHT

### **Directions**

Place the palm sugar into a pot with a little water and bring to the boil. Cook until the sugar is dissolved.

When the sugar is just starting to darken to a rich golden colour add the coconut cream and whisk.

Cook until the sauce coats the back of a spoon. Keep warm until needed.

**For the batter (this is a two-step process):**

### **Part 1:**

250g plain flour

75g sugar

2 tsp baking powder

2 cups of buttermilk

2 eggs

### **Directions**

Combine the dry ingredients in a large bowl.

Break the eggs into the middle of the flour and whisk.

Gradually add the milk and whisk until you have a smooth thick batter.

Keep chilled until required.

### **Part 2:**

6 egg whites

6 tbsp of ricotta

50g butter

icing sugar

6 bananas

### **Directions**

Work in two batches. Divide the batter you prepared in part 1 in half, and mix in ½ the ricotta with a spoon.

In a separate clean bowl whisk ½ the egg whites until stiff. Fold the egg white into the batter mix.

Heat a large fry pan/barbecue plate or electric fry pan to a medium heat. Melt ½ the butter on the pan/plate and spread about, then using a ladle portion the batter out (about ½ cup per pancake, two to a portion).

Cook the pancakes until they start to bubble on top. Then flip and cook for another 2 minutes. Remove to a plate and cover with a cloth and keep warm.

Repeat the process to use the batter up.

Heat a fry pan and add some more butter to the pan. Heat until it foams, then slice the bananas in half and add to the pan. Cook until golden.

Divide the pancakes between plates, about two per portion. Top with the fried bananas and then pour over the palm sugar caramel.

*Alternative: top with fresh berries and chopped mint.*

**Recipe courtesy of Ben O'Donoghue**



## Split Pea Soup with Turmeric & Fennel

*Makes 2 litres, serves 6 - 8*

### Ingredients

500g yellow split peas  
1 smoked ham hock (optional)  
1 large onion, roughly chopped  
4 cloves garlic, roughly chopped  
1 large carrot, peeled and roughly chopped  
1 stick celery, roughly chopped  
1 large bulb fennel, roughly chopped, fronds reserved for garnish  
5cm thumb ginger, peeled and finely chopped  
2 bay leaves

2cm thumb turmeric, peeled and finely chopped (or 1tsp powdered)  
1 tsp fennel seeds  
1 tsp mustard seeds  
1 tsp oregano  
2L water (or stock if not using ham hock)  
2 tbsp olive oil  
4 tbsp wholegrain mustard  
½ lemon, juice  
50ml crème fraiche or yoghurt  
salt and pepper

### Directions

Optional - the night before, soak the split peas in water, then rinse and drain. This will reduce the cooking time by 30 – 40 minutes.

Heat olive oil in large cast iron pot or saucepan over medium heat. Add all of the chopped vegetables and cook until softened (~5 minutes). Season well with salt and pepper.

Add the herbs and spices and cook, stirring for another 2 minutes. Add the split peas, ham hock and water (or stock if not using the ham) and bring to the boil. Reduce heat to a gentle simmer and cook until the split peas are falling apart.

Remove the ham hock and once cool, remove and roughly chop the meat. Blend the soup with a stick blender until smooth. Stir in the ham, lemon juice and mustard seeds. Serve garnished with some crème fraiche, olive oil and reserved fennel fronds.

***Recipe courtesy of Ben Macdonald***



## Meatballs with a Rich Tomato Sauce

*Serves 4*

### Ingredients

400g veal or beef mince	2 cloves of garlic, peeled and finely minced
400g pork or lamb mince	2 slices of bacon or pancetta cut into batons (optional)
1 cup of almond meal	Pinch of dried chilli
3 tbsp of grated Parmesan	800g tinned chopped (or cherry) tomatoes
Good pinch of dried oregano	400ml chicken stock or water
Small handful of flat leaf parsley, roughly chopped	Sea salt and cracked pepper
Extra virgin olive oil	1 tsp of orange zest (optional)
1 red onion, peeled and finely diced or grated	1 tsp finely chopped rosemary (optional)

### Directions

Bring together the meat, almond meal, grated Parmesan, oregano, parsley and a good pinch of sea salt and cracked pepper in a bowl and use your hands to really squish the mixture together. Use your hands to roll the mixture into meatballs; you can make them as small or as big as you like. Pop all the meatballs on a plate and place them into the fridge for about 20 minutes.

Heat a tablespoon of extra virgin olive oil over a medium heat in a heavy based pot (choose one that's large enough to hold all the ingredients). Once the oil is warm add the onion, garlic, bacon or pancetta (if using) and the dried chilli. Drop the heat to low and cook while stirring for about 10 minutes or until the onion and garlic is soft and without color.

Add the tinned tomatoes and the stock/water and bring to a gentle simmer. Carefully drop the meatballs into the simmering sauce and cook while stirring from time to time for about 30 minutes or until the meatballs are cooked through. If the sauce becomes dry and the meatballs are sticking you can add in a little water.

Serve the meatballs with the orange zest and the rosemary and your choice of vegetables or salad.

***Recipe courtesy of Tobie Puttock***

# Mushroom Risotto

*Serves 4*

## Ingredients

50g dried porcini mushrooms, soaked  
1 litre chicken or vegetable stock, hot  
2 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
250g mushrooms, washed and sliced  
300g risotto rice, such as arborio or other short grained rice

175ml white wine  
25g butter, diced and chilled  
50g parmesan or grana padano grated  
handful parsley leaves, chopped  
orange, zested  
25g hazelnuts, roughly chopped

## Directions

Place stock in a saucepan and heat until almost boiling, then keep hot.

Heat a large saucepan over medium heat and add olive oil, onions and garlic and sweat for 5 minutes without colouring.

Add rice and stir for 2 minutes to toast.

Add wine and stir until it has almost evaporated.

Add 1 cup of the stock and simmer over a medium heat, stirring regularly.

Repeat with the next 2 cups and gradually add the final cup until the rice is cooked. If it needs more, just add hot water. The rice will thicken when cool so it should still have some liquid in it when cooked.

While the rice is cooking, fry mushrooms over a high heat until cooked, but still moist. Divide in half and chop one half.

When the rice is just cooked, stir through the chopped mushrooms and leave off the heat, covered, for 2 minutes.

Add the cold butter and cheese and beat in with a wooden spoon. The texture should be runny, not gloopy or cakey.

Place a spoonful of the risotto on a warm plate and tip it to spread it evenly. Place some of the cooked mushroom on top. Garnish with some chopped parsley, hazelnuts, orange zest, cracked pepper and a drizzle of olive oil.

# Ancient Grain Salad

*Serves 4*

## Ingredients

1 cup of freekah  
½ cup of puy lentils  
1 tsp cumin seeds  
½ tbsp of honey  
Small handful of freshly picked mint, finely chopped  
2 tbsp slivered almonds  
2 tbsp pumpkin seeds  
2 tbsp pine nuts  
2 tbsp baby salted capers, rinsed in cold water  
¼ Spanish onion, peeled and finely minced  
¼ cup currants, coarsely chopped  
1 packed handful of freshly picked coriander, roughly torn  
1 packed handful of freshly picked flat leaf parsley, roughly torn  
1 lemon, zested and juiced  
Extra virgin olive oil  
½ cup of natural Greek yoghurt (optional)  
Sea salt and freshly cracked pepper

## Directions

Cook the freekah and the lentils as per packet instructions. Once cooled drain and allow to cool to room temperature.

Toast the cumin seeds in a dry pan over a medium heat for 1-2 minutes. Once toasted and fragrant bash the cumin seeds in a mortar and pestle.

Bring the cumin seeds, honey, chopped mint and a pinch of salt together in a mixing bowl and stir to combine. Wrap and place in the fridge until needed.

Toast the slivered almonds, pumpkin seeds and the pine nuts over a medium heat until lightly browned, remove from the heat and allow to cool.

In a large clean mixing bowl bring together freekah, lentils, almonds, pumpkin seeds, pine nuts, capers, onion, currants, coriander and the parsley and drizzle in approximately 3 tbsp of extra virgin olive oil, the lemon juice and zest and mix thoroughly.

Have a taste for seasoning and adjust as necessary.

Serve the salad on a large platter with a dollop of yoghurt (optional).

***Recipe courtesy of Tobie Puttock***

# Sumac Lamb, Kale & Quinoa Salad

*Serves 2 or 4 as a shared platter*

## Ingredients

2 tbsp olive oil

½ cup quinoa, cooked as per packet instructions

¼ butternut pumpkin, peeled and cut into cubes

2 French shallots, skin on cut into quarters

½ a head of broccoli, cut into florets

6 cherry tomatoes, halved

½ bunch of kale, woody stem removed and torn into large pieces

¼ cup pinenuts, toasted

2 tsp sumac

300g piece of lamb fillet

2 tbsp hummus (optional) 80g fetta, crumbled (optional)

## Dressing

Juice of ½ lemon

3 tbsp olive oil

Salt and pepper

## Directions

For the dressing, combine all ingredients in a bowl. Pre-heat the oven to 180c.

Line a baking tray with baking paper and spread out the pumpkin, broccoli and shallots. Drizzle with a little oil and sprinkle with sumac, salt and pepper. Bake in the oven for 15 minutes or until the pumpkin and broccoli are just tender. Remove from the oven and place in a large platter. Using the same tray add the tomatoes and kale. Drizzle with a little more oil and sprinkle with sumac, salt and pepper. Bake for 10-15 minutes or until the kale is crispy.

Season the lamb with the remaining sumac, salt and pepper. Drizzle oil into a hot pan and sear the lamb on each side for 3 minutes. Remove and rest for another three minutes then thinly slice.

Combine the quinoa with all the cooked vegetable, pinenuts and the lamb and dress salad with the sauce.

On individual plate place a dollop of hummus in the centre, top with salad and crumble a little fetta on top.





# Apple & Pear Crumble

*Serves 4-6*

## Ingredients

650g Granny Smith apples, peeled and cut into 1-2 cm chunks

350g pears, peeled and cut into 1-2 cm chunks

50g sultanas

¼ cup brown sugar

¼ cup castor sugar

1 tsp cinnamon

¼ tsp cloves

Pinch nutmeg

## Crumble topping

170g self raising flour

1 tsp cinnamon

¼ cup brown sugar

¼ cup castor sugar

130g chilled butter, cut into 1 cm cubes

## Directions

Preheat oven to 200°C. Lightly grease a large single dish (approx. 1.5 litre) or 6-8 smaller dishes with butter. To make the crumble topping, place the flour, sugars and cinnamon in a bowl. Rub in the butter until it resembles coarse breadcrumbs.

To make the filling, combine all other ingredients. Place into prepared dish(es) and cover with crumble topping. Bake for 40 minutes or until golden. Stand for 5 minutes and then serve.

*Tip: Add almonds/walnuts and shredded coconut to the topping mixture for extra crunch.*

***Recipe courtesy of James and Melanie Maddock***



## Rhubarb Cake

*Serves 4*

### Ingredients

60g butter  
1 ½ cups brown sugar, firmly packed  
1 tsp vanilla essence  
1 tsp grated lemon rind  
2 eggs  
1 cup self-raising flour  
1 cup plain flour  
1 tsp ground cinnamon  
1 cup sour cream  
500g fresh rhubarb, in 2cm lengths  
⅓ cup brown sugar (extra)  
1 tsp ground cinnamon (extra)

### Directions

Lightly grease a deep 23cm round cake pan and line base with grease paper.

Beat butter, sugar, essence and rind in bowl with electric mixer until light and fluffy.

Make sure you beat in eggs, one at a time.

Stir in sifted dry ingredients and cream in 2 batches. Then add the rhubarb.

Spread into pan, sprinkle with combined extra sugar and cinnamon.

Bake in moderate oven for about 1 ¼ hours then stand for 5 minutes and turn onto a wire rack.



## Cranberry Bread & Butter Puddings with Macadamia & Almond Crumble *Serves 4*

### Ingredients

- 3 eggs
- 1 ½ cups of milk
- 300ml pure cream
- ¼ cup caster sugar
- 1 vanilla bean
- ¼ tsp ground cinnamon
- 6 thick slices bread (crusts removed)
- 30g softened butter/margarine
- ½ cup cranberries
- ¼ cup crushed almonds and macadamias
- 12 tbsp demerara sugar

### Directions

Preheat oven to 180C/160C fan-forced.

Rub butter around the inside of each ramekin split the vanilla bean and remove the seeds.

Whisk eggs, milk, cream, caster sugar, vanilla and cinnamon in a bowl.

Spread both side of each bread slice with butter/margarine and cut each slice in quarters diagonally and arrange in the ramekins.

Sprinkle each layer with cranberries. Repeat with remaining bread and cranberries.

Pour egg mixture over bread and sprinkle with crushed almonds and macadamias and demerara sugar.

Bake for 20 to 25 minute or until golden and set.



# Toffee Tea & Almond Milk Panna Cotta *Serves 6*

## Ingredients

4 tsp T2 Terrific Toffee loose tea  
2 cups almond milk  
1 cup thickened cream  
⅓ cup caster sugar  
½ tsp vanilla essence  
1 tbsp powdered gelatine  
Chocolate (shave)  
Fresh berries (optional)

## Directions

Add almond milk & toffee tea to saucepan, bring to the boil then simmer for 10 minutes on low to infuse.

Strain tea from almond milk ensuring you have 1 cup of infused milk remaining (if not top up).

Return infused milk to saucepan and add thickened cream, caster sugar and vanilla essence.

Bring to simmer and stir until sugar has dissolved.

Now add a powdered gelatine to 100ml of boiling water.

Add to the panna cotta mix then whisk briskly to fully blend.

Pour mixture into ramekins or 125ml dariole moulds, cover with glad wrap and place in fridge to set.

To serve sprinkle with shaved chocolate on top of panacotta (fresh berries are optional).

***Recipe courtesy of Le Cordon Bleu***

# Checklist for a healthy eating and lifestyle plan

*The following are some suggestions for a healthy eating and lifestyle plan which you and your family may find helpful.*

- » Drink lots of water every day (eight to ten glasses) – keep a drink bottle handy.
- » Eat a variety of foods.
- » Eat a variety of colourful fruit and vegetables in season.
- » Eat fish (fresh, frozen or tinned) such as salmon, snapper, herring, sardines, perch up to three times a week.
- » Increase your intake of fibre by including foods such as whole grains, cereals (especially oats), vegetables .
- » Include garlic, onion, spices like turmeric and herbs like parsley, coriander, sage, basil, thyme when preparing meals as these are rich in vitamins and minerals.
- » Limit deep fried, non-nutritious, high fat and sugar foods, likes, chips, donuts etc.
- » Ensure your intake of essential fats is adequate by eating foods such as avocados, olive oil, nuts, fish (especially oily fish like salmon), flaxseeds and oil, and sunflower seeds.
- » Reduce alcohol to one standard drink or less a day for a woman and two standard drinks or less a day for a man. Have at least two alcohol-free days a week (ask your doctor about alcohol, you may be told to avoid alcohol completely during treatment).
- » Quit smoking (contact the Quitline, or your GP if you need help to do this – it is hard for many people).
- » Take some regular daily exercise. Small lots of 10-15 minutes a couple of times a day is beneficial. But remember to only do as much as you are comfortable with.
- » Stretch, meditate, do yoga and try to laugh more!

# *Kitchen and pantry suggestions*

*To make life easier and your nutritional choices simpler, here are some non-essential, but useful suggestions to have on hand in your kitchen or pantry:*

- » containers of dried chickpeas, lentils, rice, red kidney beans, oats
- » whole grain breakfast cereals like oats, muesli, weet-bix
- » spices – nutmeg, turmeric, coriander, cumin, basil, oregano, star anise
- » salad herbs – parsley, coriander, basil, sage, rosemary, thyme
- » olive oil or vegetable oil for cooking
- » Hoi sin sauce, soy and sweet soy, rice noodles
- » tinned tomatoes for pasta sauces
- » dried noodles and pasta
- » packets of dried biscuits, for example water crackers and/or rice crackers
- » small tins of tuna, sardines and baked beans for quick snacks
- » onions, garlic and ginger
- » blender
- » juicer machine
- » non-stick frying pan
- » a sharp knife
- » take-away plastic containers for freezing foods
- » your favourite cook book.

## **Freezer Foods**

- » vegetables including stir-fry mix of carrots, broccoli, capsicum, sugar snap peas, water chestnuts
- » corn and peas, broadbeans, cauliflower, baby beans and spinach
- » frozen raspberries and blueberries are a great standby for smoothies and desserts
- » fish, chicken fillets, lean red meat (beef or lamb).

## **Bread**

Try something different such as flat breads and wraps, and corn tortillas or go to your local bakery and ask for their variety of seeded or wholemeal breads. If you are gluten intolerant, there are many types of bread available in supermarkets and bakeries which are gluten-free.

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