B|BRAUN
SHARING EXPERTISE

#eatbetter

Feeding your health.

No. 3

Support your body.
Be good to yourself.

Good foods – bad foods?

We're accustomed to rating foods: They're off-limits or desirable, good or bad: "Chocolate will make you fat" and "Vegetables are good for you".

Wouldn't it be nice if there were also such simplified statements about what foods effectively support cancer treatment? Unfortunately, it's more complicated than that. One thing is certain: What you need is a highly personal issue.

A nutritional consultation will tell you how you can design your optimal meal plan in order to meet your personal nutritional needs as best as possible.

Additionally, try some of our inspirational, tasty recipes made with Remune™ – Bon appetit!

Place value on an adequate and balanced diet! So-called "cancer diets" are not scientifically supported, often don't do anything or are even counterproductive!

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Common side effects of anticancer treatment

THE FOLLOWING RECIPES ARE CREATED FOR THE SPECIAL NEEDS RESULTING FROM THESE SIDE EFFECTS.

MUCOSITIS

Also known as sore mouth – an inflammation of the oral mucosa caused by chemotherapy or radiotherapy. Initially, you may feel a burning sensation or the feeling of a foreign object in your throat when you swallow. Later on, this may turn into pain, which is more intense with ingestion. Tip: Cook food until it's soft and cut it into small pieces. Moisten your foods with sauces or gravy.

ANOREXIA

Also known as loss of appetite and one of the most common symptoms that occur in anticancer treatment. Tip: Outsmart your aversions by keeping small snacks nearby and add extra calories to your meals.

XEROSTOMIA

Also known as dry mouth as a result of a decrease in or the absence of the production of saliva. You will notice a feeling of dry mouth, burning, difficulty chewing and swallowing, taste alterations and halitosis. Tip: Try creamy textures and always keep water nearby to moisten your mouth.

DYSPHAGIA

Difficulty swallowing. Dysphagia can result in food entering your respiratory tract (aspiration). Tip: Change the viscosity and consistency of a chewed bite of food (called a bolus) to improve safety. See a speech therapist to find out what consistency your food should have.

Please immediately inform your doctor if you experience any side effects.

Soups

GAZPACHO-STYLE BEETROOT SOUP

10 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	351.71
Protein:	11.79 g
Carbohydrates:	29.03 g
Fat:	20.14 g

SUITABLE FOR

Mucositis

INGREDIENTS

200 mL	**Remune™ Raspberry**
100 g	boiled beetroot
1 tbsp	olive oil
75 mL	water
50 g	peeled and seeded tomatoes
1 tbsp	wine vinegar
1 pinch	salt

INSTRUCTIONS

Finely dice the tomatoes and beetroot. Put all the ingredients into a blender. Blend at maximum speed until you get a smooth and emulsified texture.

COLD PEACH AND CUCUMBER SOUP

10 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	462.17
Protein:	17.99 g
Carbohydrates:	35.92 g
Fat:	25.35 g

SUITABLE FOR

Anorexia

INGREDIENTS

200 mL	**Remune™ Peach**
200 g	peaches
50 g	peeled and seeded tomatoes
30 g	green capsicum
50 g	cucumber
10 mL	sherry vinegar
10 mL	olive oil
50 mL	water
1 pinch	salt
50 g	ricotta cheese

INSTRUCTIONS

Put water, peeled peaches, peeled cucumber, green capsicum, vinegar and tomatoes into a blender. Blend briefly to combine. Add Remune™ Peach and oil. Cover and continue to blend until you get the desired texture. Season with salt to taste.
Place the ricotta cheese in the middle of a bowl and pour the cold soup on top.

Mains and snacks

Remune™
86%
Raspberry / Himbeere
High in omega-3 fatty acids EPA/DHA/ Reich an den Omega-3-Fettsäuren EPA/DHA
High vitamin D / Reich an Vitamin D
With protein / Mit Protein
Fresh juicy taste / Frischer fruchtiger Geschmack
Food for special medical purposes / Lebensmittel für besondere medizinische Zwecke Bilanzierte Diät
℮ 200 ml
B BRAUN

REMUNE™ RASPBERRY & MOZZARELLA TOMATO SKEWERS

10 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	476.10
Protein:	30.69 g
Carbohydrates:	26.35 g
Fat:	27.20 g

SUITABLE FOR

Xerostomia

INGREDIENTS

200 mL	**Remune™ Raspberry**
8	cherry tomatoes
8	mozzarella pearls
	Fresh basil leaves

INSTRUCTIONS

Serve the Remune™ Raspberry with some simple mozzarella and tomato skewers. You just need 4 skewers, 8 washed cherry tomatoes, 8 mozzarella pearls and some fresh basil leaves. Alternate 2 tomatoes, 2 mozzarella pearls and basil leaves on a skewer. Repeat with the other skewers.

CHICKEN MEDALLIONS WITH SPINACH AND CARROT-ORANGE PURÉE

35 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	484.47
Protein:	39.26 g
Carbohydrates:	37.94 g
Fat:	20.32 g

SUITABLE FOR

Anorexia

INGREDIENTS (SERVES 1)

200 mL	**Remune™ Raspberry**
120 g	skinless chicken breasts
50 g	roasted red capsicum
25 g	fresh spinach
125 g	carrots
75 g	orange juice
15 g	coconut milk
1 pinch	salt
1 pinch	black pepper

INSTRUCTIONS

For the medallions:
Place the chicken breast on a sheet of foil and pound out to flatten. Put the roasted red capsicum and spinach in the center and roll up like sushi, tying at the ends. Fill a medum-sized pan halfway up with water and bring to a boil. Put the chicken breast rolls wrapped in foil into the pan, lower heat to low and cook for 15 min. Remove from heat. Remove foil and, when cool enough to handle, cut into medallions.

For the purée:
Peel and dice the carrots. In a small pot, place the carrots coconut milk and orange juice, and cook for 15 min or until they are tender. Remove from heat, season and mash. Add Remune™ Raspberry and mash again. Use a soup dish to serve, placing the purée on the bottom and the chicken roll on top.

Remune™
86%
Peach / Pfirsich
High in omega-3 fatty acids EPA/DHA/ Reich an den Omega-3-Fettsäuren EPA/DHA
High vitamin D / Reich an Vitamin D
With protein / Mit Protein
Fresh juicy taste / Frischer fruchtiger Geschmack
Food for special medical purposes / Lebensmittel für besondere medizinische Zwecke (bilanzierte Diät).
℮ 200 ml
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B. Braun Melsungen AG
34209 Melsungen, Germany

REMUNE™ PEACH & COTTAGE CHEESE WITH ROSEMARY AND HONEY

10 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	372.30
Protein:	23.05 g
Carbohydrates:	35.57 g
Fat:	15.00 g

SUITABLE FOR

Dysphagia

INGREDIENTS

200 mL	**Remune™ Peach**
100 g	cottage cheese
1 tbsp	honey
	Rosemary

INSTRUCTIONS

Serve the Remune™ Peach with cottage cheese flavoured with rosemary and honey. To make, put the honey, 2 tbsp water and a sprig of fresh rosemary into a microwave-safe bowl. Heat for 1–2 min in microwave. Let sit for approx 5 min. Remove the rosemary. Blend 100 g cottage cheese with the infused honey using an electric mixer.

Desserts

STRAWBERRY HONEY MOUSSE

15 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	1,069.92
Protein:	15.70 g
Carbohydrates:	72.05 g
Fat:	79.58 g

SUITABLE FOR

Mucositis

INGREDIENTS

200 mL	**Remune™ Peach**
150 g	strawberries
45 g	honey
200 mL	thickened cream

INSTRUCTIONS

Whip the very cold cream with an electric mixer or immersion blender to stiff peaks. Crush the strawberries and pass through fine-mesh strainer. Mix the honey and the crushed strawberries. Fold into the whipped cream using a silicone spatula. Gradually fold the Remune™ Peach into the mixture. Cool in fridge for at least 2 hours before serving.

RASPBERRY TIRAMISU

15 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	466.62
Protein:	13.13 g
Carbohydrates:	52.03 g
Fat:	23.81 g

SUITABLE FOR

Xerostomia

INGREDIENTS (SERVES 1)

200 mL	**Remune™ Raspberry**
4	savoiardi sponge biscuits
15 g	white sugar
25 mL	thickened cream
70 g	mascarpone cheese
8 g	neutral gelatine powder
125 mL	water

INSTRUCTIONS

Mix 50 mL of the water with 50 mL Remune™ Raspberry in a bowl. Place the sponge biscuits in the mixture and set aside to soak. Dissolve the gelatine in a small pot with 75 mL water. Mix over medium heat until totally dissolved. Put the cream, mascarpone cheese, the rest of the Remune™ Raspberry and the sugar in a bowl. Beat until you get a homogeneous cream.

Add the dissolved gelatine and beat for another minute. Present the tiramisu in a rectangular dish: Place 2 sponge cakes on the bottom and cover with half the cream. Then place the other 2 sponge cakes and cover with the rest of the cream. Leave in the fridge for 12 hours to set before serving.

TART RASPBERRY CREAM WITH LEMON

15 Min.

NUTRITIONAL FACTS
(Per serving)

Calories:	525.82
Protein:	11.78 g
Carbohydrates:	55.33 g
Fat:	28.26 g

SUITABLE FOR

Dysphagia

INGREDIENTS (SERVES 1)

200 mL	**Remune™ Raspberry**
50 g	raspberries
25 mL	lemon juice
15 g	white sugar
50 mL	thickened cream
50 mL	water
15 g	cornflour

INSTRUCTIONS

Pour the water, cream and cornflour into a pot. Heat over medium heat, stirring constantly until it thickens. Pour the Remune™ Raspberry into a bowl with the raspberries, lemon juice and sugar. Add cream mixture. Blend with electric mixer. Strain and serve cold.

Find more information at
bbraun.com.au/en/patients/feedlife
and at facebook.com/b.braunanz

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