

COOKING FOR CHEMO

Cooking for Chemo Holiday Cooking Tips

By Chef Ryan Callahan

- 1) Ask what foods and flavors your loved one is craving and then make them!
- 2) Find out if there are any foods, flavors, or smells that are giving your loved one nausea. Then, avoid making those items.
- 3) Take the weight of food into consideration. Is it too greasy? Can your loved one eat a cream soup or a thin broth soup? Ask!
- 4) Think about texture. Soft food items such as mashed potatoes are more gentle on mouth sores than crunchy food items such as potato chips. Same food, just made differently.
- 5) Having trouble getting your flavors just right? Work through the 5 flavors: Salty, Savory, Spicy, Sour, and Sweet. Adjust as needed during cooking.
- 6) Having difficulty with metallic taste?
Work Palate Cleansing techniques into your cooking.
- 7) Palate Cleansing Techniques:
 - 1: Vinegar Method
2 tsp red wine vinegar followed by equal parts sugar (2 tsp)
Vinegar lightens the dish while cleansing the palate and sugar masks the vinegar's taste and smell.
 - 2: Citric Acid Method
Use freshly squeezed lime or lemon at the end of your cooking.
 - 3: Herb Method
Some fresh herbs help cleanse the palate and fight off metallic taste.
Mint, cilantro, basil, and Italian flat leaf parsley are great palate cleansers.
Just add (chopped) on top of food before serving.
- 8) Target your cooking for the nose! Delicious smells are the fastest way to make you hungry.
- 9) Have trouble chewing and swallowing? Purees are a great way to still enjoy delicious foods that have great flavor.
- 10) Need to puree a meal? Use flavorful and complementary liquids to thin out the food in a blender. Never use water. You will lose flavor!
- 11) Pack your left overs into easy to store and reheat containers for convenience.