

The Official Cooking for Chemo Class Guide

*Indispensable resources to help you implement
Cooking for Chemo techniques in your every day life.*

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How to Use This Guide

This guide is meant to be printed at home and filled out as you watch the Cooking for Chemo class video.

1: Watch the video at home.

2: Fill out the *At Home Activities* as you do the class. Feel free to press pause and continue the video as needed.

3: When the video is finished, begin the *Self Evaluation: Where are You Now?* This will give you a tangible guide to what works and what doesn't work for *you*.

4: Use the Self Evaluation to remove foods that are diminishing your appetite. Take the results to your Oncological Dietitian so they can help you come up with an action plan of foods that will work for you.

Cooking for Chemo Video Class Minutes

- 00:00 – 00:40 Introduction
- 00:40 – 01:38 Class Materials You'll Need
- 01:39 – 03:38 What We Will Learn in This Class
- 03:39 – 03:47 What is Food?
- 03:47 – 04:59 Everyone is different! And that's OKAY!
- 05:00 – 05:15 What is Flavor and How do We Process it?
- 05:16 – 05:52 Your Sense of Taste Overview
- 05:53 – 13:40 At Home Activity: Five Flavors Tasting Demonstration (Page 4)
- 13:41 – 18:10 At Home Activity: Broth Seasoning Demonstration (Page 6)
- 14:49 – 15:04 Proper Seasoning Order
- 18:10 – 18:35 Reviewing Your Sense of Taste
- 18:36 – 22:44 Introduction to Your Sense of Smell
- 22:45 – 23:23 Smell is the Strongest Sense Tied to Memory
- 23:24 – 27:05 At Home Activity: The Smell Game (Page 9)
- 27:06 – 28:05 Pungency
- 28:06 – 29:46 Your Sense of Touch Tells You How to Feel When Eating
- 29:47 – 32:39 Your Sense of Sight Helps Make Food Appealing
- 32:40 – 35:24 Your Sense of Sound Sets the Mood and Sets Expectations When Eating
- 35:25 – 36:08 Introduction to Memory and Association
- 36:09 – 37:26 At Home Activity: Memory and Association Test
- 37:27 – 39:00 The Power of Smell, Memory and Association
- 39:01 – 39:07 Introduction to Side Effects
- 39:08 – 45:00 Combating Loss of Appetite, Rebuilding the Romance with Your Food
- 45:01 – 47:23 Common Sense Ways to Fight Metallic Tastes
- 47:24 – 50:04 Addressing Mouth Sores
- 55:05 – 51:28 Keeping Smell-Induced Nausea Away
- 51:29 – 53:03 Inability to Chew or Swallow
- 53:04 – 55:04 Conclusion

At Home Activity: Tasting the Five Flavors

Ingredients Needed:

- 1 tbsp. kosher salt (Salty)
- 1 tbsp. soy sauce or MSG (Savory)
- 1 tbsp. red pepper, black pepper, or cayenne pepper (Spicy)
- 1 tbsp. red wine vinegar (Sour)
- 1 tbsp. granulated white table sugar (Sweet)

Directions:

Take the above ingredients and place them into separate, but easy to handle portion cups.

Wash your hands and dry them well.

Next, you are going to dampen your finger with water or with your tongue. Dip the tip of your finger into each flavor.

Pinch your nose with the hand that is not covered in seasonings. Hold your nose pinched for at least 30 seconds while you taste the seasoning.

After you dip your finger, taste each flavor one at a time.

Start with salty and move linearly through each flavor as I have prescribed. Taste in between each flavor to experience and understand how the flavor in your mouth changes in between each seasoning. Make notes on the lines, located on the next page, indicating what each flavor tasted like to you.

This exercise helps both the caregiver and the cancer patient understand how flavors develop inside of a real food item and helps both parties to understand the person's preferences.

Make notes about how each flavor tasted in your mouth as you taste them. Be sure to describe each flavor to the best of your ability in detail. Did you like it?

What did this flavor taste like to you?	Liked?	Disliked?
Salty:		
Savory:		
Spicy:		
Sour:		
Sweet:		

At Home Activity: Seasoning a Broth Using the Five Flavors

Ingredients Needed:

- 1 tbsp. kosher salt (Salty)
- 1 tbsp. soy sauce or MSG (Savory)
- 1 tbsp. red pepper, black pepper, or cayenne pepper (Spicy)
- 1 tbsp. red wine vinegar (Sour)
- 1 tbsp. granulated white table sugar (Sweet)
- 1 c. chicken or vegetable broth

Directions:

In a small sauce pan, heat broth over medium heat until broth begins to boil.

Remove pan from heat and taste using a clean spoon. CAUTION! The broth will be extremely hot. Pinch your nose while tasting the broth to prevent your sense of smell from becoming involved. After tasting the broth, take notes on the flavor of the broth using the lines that are provided on the next page.

Now, slowly add each of the 5 basic flavors, one at a time, in very small increments. Do not add the full amounts as called for by the ingredient list. Stir thoroughly to dissolve the seasoning completely. Add one at a time and taste after adding each individual flavor.

Make notes using the chart on the next page after you stir in each individual flavor. Ask yourself: Did I like this flavor? How did this seasoning change the flavor of the broth? How much did I have to add to begin to taste a difference?

Start with salty and move linearly through each flavor as I have prescribed. Taste in between each flavor to experience and understand how the flavor of the broth changes in between each seasoning. Make notes on the lines indicating what each flavor did for the broth. After seasoning with all five flavors, adjust the broth to your specific flavor preferences as needed. Did you like it a little more spicy? Add more black pepper. Did you like the broth a little lighter? Add more red wine vinegar.

This exercise helps both the caregiver and the cancer patient understand how flavors develop inside of a real food item and helps both parties to understand the person's preferences.

Make notes about how the flavor of the broth changed as you seasoned it here:

Before seasoning the broth, to me, it tasted like:

After seasoning, how did the flavor of the broth change?	Add More?	Add Less?	Liked?	Disliked?
After salt:				
After soy sauce:				
After black pepper:				
After red wine vinegar:				
After sugar:				

Basic Flavors Chart: Where to find each flavor in its raw essence

Flavor Order	Where to Find
salty (<i>amplifier</i>)	kosher salt, table salt, seasoned salt, soy sauce
savory (<i>fullness</i>)	MSG, anchovies, kelp, red wine, green tea, soy sauce, bay leaves, meats, mushrooms
spicy (<i>amplifier</i>)	red pepper, cayenne pepper, black pepper, hot sauce
sour (<i>lightener</i>)	red wine vinegar, rice vinegar, red vinegar, fermented foods, pickles
sweet (<i>balancer</i>)	sugar, brown sugar, molasses, syrup, fruits, honey

Roundness of Flavor Chart: How to correct flavor in a dish

Problem	Solution
dish is bland/not savory	add salt and MSG or soy sauce
dish has no heat	add red pepper or cayenne
dish is too spicy	add red wine vinegar
dish feels heavy in my mouth	add red wine vinegar for a palate cleanser
dish is bitter/sour	add sugar (<i>remember: sugar follows vinegar</i>)
dish is too sweet	add red wine vinegar
dish has no pizzazz/aromatic quality	add more herbs or spices

One last thing, when you are trying to correct a dish, always add seasonings in small increments. You don't want to over-correct the dish and have to start over.

Tasting Journal Page

<i>Recipe Name</i>	<i>Date and Time Eaten</i>	<i>Rating</i>
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<i>Recipe Source</i>	<i>Est. Calories</i>
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Ingredients and Seasonings

Describe the Taste?

What did you Like?

What did you NOT Like?

What can you add or subtract?

<i>Describe the Texture</i>	<i>Describe the Smell</i>
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<i>Any Complications?</i>	<i>How did this recipe make you feel?</i>
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Additional Tasting Notes

Self Evaluation: Where Are You Now?

After going through the Cooking for Chemo Class, you should begin to get a general idea of what works for you and what doesn't. Using this worksheet you can take a survey of areas in the eating experience where you are having successes and difficulties. You can take this survey as many times as you'd like to keep a log of your eating preferences over time to see how your tastes have changed.

Using the five senses plus memory and association, complete the following self evaluation to discover what flavors and senses build your appetite and what diminishes your appetite.

Taste

Of the Five Flavors, which of these flavors build and which diminish your appetite?

Flavor	Where to Find	Builds	Diminishes
salty (<i>amplifier</i>)	kosher salt, table salt, seasoned salt, soy sauce		
savory (<i>fullness</i>)	MSG, anchovies, kelp, red wine, green tea, soy sauce, bay leaves, meats, mushrooms		
spicy (<i>amplifier</i>)	red pepper, cayenne pepper, black pepper, hot sauce		
sour (<i>lightener</i>)	red wine vinegar, rice vinegar, red vinegar, fermented foods, pickles		
sweet (<i>balancer</i>)	sugar, brown sugar, molasses, syrup, fruits, honey		

Smells and Aromatics

Here is a list of some common scents found in food. Which of these build your appetite and which of these diminish your appetite? In the notes section, write a simple explanation as to why you feel the way that you do.

Scent	Builds	Diminishes	Notes
Bacon			
Basil			
Bay leaf			
Beef			
Black Pepper			
Chicken			
Cinnamon			
Cumin			
Curry Powder			
Garlic			
Ham			
Lavender			
Onion			
Oregano			

Paprika			
Rosemary			
Sage			
Thyme			
Turkey			

Pungency

As we discussed in the class, pungency is a measurement of the concentration of smell particles. Something that is more pungent has more smell particles. Something that is less pungent has less smell particles. Using the following guide, smell the following items, and then rate them to discover if you are pungency sensitive or not. Do these flavors build or diminish your appetite? Makes notes about how they make you feel. Did any of them smell good to you? Did any make you feel nauseous or excited about eating?

Low Pungency Items

Scent	Builds	Diminishes	Notes
Bread			
Oatmeal (uncooked)			
Rice			
Tortillas			

Medium Pungency Items

Scent	Builds	Diminishes	Notes
Basil			
Oregano			
Rosemary			
Sage			

High Pungency Items

Scent	Builds	Diminishes	Notes
Cinnamon			
Cumin			
Curry Powder			
Red Wine Vinegar			

Textures

In this survey, we are going to identify what types of textures you are having success with. I have included a few sample textures with descriptions to help you. Do these textures build or diminish your appetite when you eat them?

Texture	Description	Builds	Diminishes
Soft	Foods that have little resistance when you chew, and tend to melt in your mouth when you eat them.		
Soupy	Soups and stews. Incredibly tender with lots of liquid.		
Bready	Breads and the like. Soft and spongy in the center potentially with a crusty exterior.		
Spongy	Soft cakes and fluffy quick breads.		
Hard	Anything that offers large amounts of resistance when chewing like carrots, celery, or candy coated apples.		
Crunchy	Foods that make a crunch sound when you chew them but aren't particularly difficult to chew like romaine lettuce, toasted bread, or apples.		
Crispy	Foods that make a crisp hard break when you chew them like potato chips.		
Abrasive	Foods that can agitate mouth sores like cornmeal.		
Gloppy	Anything with a gloppy goopy consistency like grits or oatmeal.		

Temperatures

On the next chart, identify any temperatures of food that you are having difficulties with and make notes as to why you are having difficulties with them.

Temperature	Builds	Diminishes	Notes
Frozen			
Cold			
Cool			
Room Temperature			
Warm			
Hot			
Steaming/Boiling			

Sight

Being able to distinguish visually what food builds your appetite can help you build your appetite from a distance. Use the following questions to zero in on what appeals to you visually, and what doesn't. Write your answers underneath the questions.

What colors appeal to you when you eat?

What colors do not appeal to you when you eat?

Are there any specific foods that look particularly good to you?

Are there any foods that look particularly gross to you?

Beyond single colors, do you like your food with multiple and mixed colors? (Examples: Mixed veggies or M&M candies, or fruit cups.)

Do you like your food to be separated from each other or do you like your food mixed together like in a one pot dish, casserole, soup or stew?

Are there any specific foods, ingredients, or seasonings that you like to see on your plate or anything you specifically don't like to see on your plate?

Sound

Sound helps to build the mood in situations. It helps us to know what is coming, and helps us to get prepared for certain events. In the next exercise, write what each type of music makes you think of when you think about it. Do any of these types of music make you think of specific foods? There are no wrong answers.

Music Type	Your Association
Alternative Rock	
Blues	
Chinese Music	
Classical	
Country	
Dance	
Folk Music	
Greek Music	
Hip Hop	
Italian Music	
Japanese Music	
Jazz	
Mariachi Music	
Pop	
R&B	
Rap	
Rock 'N' Roll	
Soul	
Vocal Jazz	

Memory and Association

Our Memory and Association allows us to prepare for what we are currently experiencing. It does this by giving us a reference to what has happened to us in similar situations in the past. Unfortunately during chemo treatments, what we are experiencing NOW can be experienced differently than how we experienced it in the past. This is why it is very important to identify what foods and smells feel different to us now, as opposed to how we experienced them in the past. Answer the following questions to help you start identifying the inconsistencies between your memories, and your current experiences.

List out Ten Foods that you are having success eating.

What is it about each food that makes them easy for you to eat?

Is there a common theme to these foods?

List out Ten Foods that you are NOT having success eating.

What is it about each food that makes them difficult for you to eat?

Is there a common theme to these foods?
