



## Tips for managing nutritional needs when tired

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- Try eating small, frequent meals throughout the day.
- Prepare extra food on days when you feel well; freeze in individual-sized packages for days when you don't feel as well.
- Keep your pantry and refrigerator well-stocked with convenient and favorite foods.
- Eat easy-to-prepare foods, such as sandwiches, frozen entrees, nutrition/energy bars and shakes.
- Choose foods that require less chewing and are easy to eat (soups, stews, casseroles, etc.).
- Accept gifts of food and offers of help from friends and family.
- Use foil containers, paper napkins, and disposable dishes and utensils for easy cleanup.
- Drink an oral nutritional supplement such as Ensure Complete™ twice a day to provide a convenient source of extra nutrition.



## Proper nutrition is a vital part of your cancer treatment—especially when you're feeling too drained to eat

When you're being treated for cancer, fatigue can derail your drive to eat—let alone eat well. Not getting the nutrients and calories needed to build and maintain strength makes it harder to withstand the effects of cancer and its treatment. Good nutrition can help minimize the side effects associated with your treatment.

Abbott Nutrition provides trusted solutions for fueling your body with what it needs to help battle fatigue, regain strength, and keep pace with your treatment plan.



Look for **Ensure®/Glucerna®** products at major retailers. **Juven®** is available at Walgreens and Rite Aid.



Find products online at [abbottstore.com/nutrition4cancer](http://abbottstore.com/nutrition4cancer) and get free ground shipping for orders over \$50.



Order products by calling **1-800-258-7677\***



Visit [Ensure.com](http://Ensure.com) and [Glucerna.com](http://Glucerna.com) for recipes and sample meal plans.

\*\$5.95 handling charge applies for all phone orders.

## Abbott Nutrition products have the right nutrition to help keep you strong during treatment

Ask your healthcare professional which product is right for you.



COMING SOON



### Ensure® Clinical Strength is becoming Ensure Complete™

Helps rebuild and maintain muscle and strength, which may be lost during cancer treatment.



### Ensure Clear™

Good source of protein and nutrition in a clear, refreshing, fruit-flavored drink.



### Glucerna®

Nutrition to help patients with diabetes minimize blood sugar spikes.

Also available in bars.



### Juven®

Targeted nutrition to help build lean body mass, which supports wound healing.

Use under medical supervision