



Eating a wide variety of foods will help you meet your daily requirements for magnesium.

Side Effects - **Foods to help with side effects**

MAGNESIUM

Magnesium is required for normal muscle and nerve function. It keeps the heart rhythm steady, supports a healthy immune system and keeps the bones strong. More than half the magnesium in your body is stored in your bones and helps with energy production. It also helps regulate blood sugar levels and promotes normal blood pressure.

Eating a wide variety of foods will help you meet your daily requirements for magnesium. This list may help if your provider recommends you increase your dietary magnesium. Foods with protein enhance the absorption of magnesium and other necessary nutrients.

| Best (>90mg/serving size) | Better (50-90mg/serving size) | Good (<50mg/serving size) |
|--|---|--|
| <ul style="list-style-type: none"> • Trail mix • Seeds (pumpkin and squash) • Cereal (All Bran or 100% Bran) • Halibut, cooked | <ul style="list-style-type: none"> • Muffin (oat bran) • Spinach, cooked • Nuts* • Pollock, walleye • Papaya • Oatmeal • Soymilk • Potato, baked with skin • Pumpkin and sweet potato, canned • Cereals* • Beans* • Peanut Butter | <ul style="list-style-type: none"> • Rice (brown and long grain) • Chocolate • Salmon, cooked • Summer squash, cooked • Yogurt, plain |

*Indicates variation in magnesium level based on specific food listed

Magnesium recommended dietary allowance for people over the age of 31
 Males: 420 mg per day, Females: 320 mg per day
 Magnesium lab values should range from 1.8-2.6 mEq/L



Eating a wide variety of foods will help you meet your daily requirements for potassium.

Side Effects - Foods to help with side effects

POTASSIUM

Potassium is an essential nutrient to maintain fluid and electrolyte balance and is needed for muscle contractions and transmission of nerve impulses. It also helps regulate blood pressure.

Eating a wide variety of foods will help you meet your daily requirements for potassium. This list may help if your provider recommends you increase your dietary potassium.

| Best (>600 mg/serving size) | Better (400-600mg/serving size) | Good (<400 mg/serving size) |
|---|--|--|
| <ul style="list-style-type: none"> • Tomatoes, canned • Trail mix • Nuts* • Potatoes, baked with skins • Ensure* • Beans • Carnation • Avocados • Radishes • Clam chowder | <ul style="list-style-type: none"> • Soymilk • Tomato juice or tomato soup • Papaya • Dried fruit (peach, apricot, prunes, raisins)* • Cantaloupe • Halibut, tuna, cod • Squash, baked* • Milk, chocolate • Orange juice (from concentrate) • French fries • Sweet potato, baked • Apple juice • Banana • Chili or baked beans • Dark leafy greens • Mushrooms | <ul style="list-style-type: none"> • Boost • Milk • Salmon or haddock, cooked • Cabbage, cooked • Yogurt, plain • Pumpkin, canned • Beets, cooked • Brussel sprouts, cooked • Winter squash, cooked |

*Indicates variation in potassium level based on specific food listed

Potassium Recommended dietary allowance for adults is 4700 mg per day. Potassium lab values should range between 3.5-5.2 mEq/L



Talk for free with oncology registered dietitian, 320-229-4900, ext. 71734.

Side Effects - Foods to help with side effects

Blue-Granate Smoothie

Ingredients

- ▶ 6 fl. oz. Blueberry Pomegranate Ensure Clear
- ▶ ½ c. vanilla frozen yogurt
- ▶ ¼ c. crushed ice

Directions

- ▶ Add Ensure Clear, frozen yogurt, and ice to blender
- ▶ Blend until desired consistency.
- ▶ Pour into glass and enjoy.
- ▶ Store in freezer in freezer-safe container.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|------|
| Calories | Total Carbohydrates | | |
| 220 | 38 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 0 g. | 25 g. | 8 g. | 4 g. |

Cool Peach Smoothie

Ingredients

- ▶ 6 fl. oz. Peach Ensure Clear
- ▶ ½ c. vanilla frozen yogurt
- ▶ ¼ c. frozen pineapple pieces

Directions

- ▶ Add Ensure Clear, frozen yogurt, and pineapple to blender.
- ▶ Blend until desired consistency.
- ▶ Pour into glass and enjoy!
- ▶ Store in freezer in freezer-safe container.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|------|
| Calories | Total Carbohydrates | | |
| 320 | 58 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| <1 g. | 39 g. | 12 g. | 4 g. |

Peachy Lemonade

Ingredients

- ▶ 2 bottles cold Peach Ensure Clear
- ▶ 12 fl. oz. container frozen concentrated lemonade
- ▶ 4 c. cold water
- ▶ 3 large fresh strawberries, chopped

Directions

- ▶ In large pitcher, combine Ensure Clear, lemonade concentrate, cold water and chopped strawberries.
- ▶ Pour over ice and enjoy!
- ▶ Store in refrigerator.
- ▶ Makes 8 servings.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|------|
| Calories | Total Carbohydrates | | |
| 150 | 35 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 0 g. | 27 g. | 2 g. | 0 g. |

Supplement Ideas

VANILLA

Use with creamy peanut butter, ice cream (any flavor), orange sherbet, milk or recipes requiring milk, berry flavored yogurt, fruit, juice, coffee, malt powder, flavored syrups, etc.

CHOCOLATE

Use with ice cream, milk, mint flavored syrups, coffee, malt powder, etc.

STRAWBERRY

Use with ice cream, orange sherbet, milk, berry flavored yogurt, fruit, juice, malt powder, flavored syrups, etc.

For other recipes ideas visit: www.Ensure.com or www.Boost.com.

Side Effects - Foods to help with side effects

Uplifting Punch

Ingredients

- ▶ 2 bottles cold Blueberry Pomegranate Ensure Clear
- ▶ 20 oz. can pineapple, diced and drained
- ▶ 1 c. frozen raspberries
- ▶ 2 - 24 fl. oz. cans cold ginger ale or lemon-lime soda*
- ▶ 2 c. rainbow sherbet

* Can be made with diet soda.

Directions

- ▶ In large punch bowl, combine Ensure Clear, pineapple, raspberries, and soda.
- ▶ Top with dollops of sherbet when ready to serve.
- ▶ Serve over ice if desired.
- ▶ Makes 6 servings.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|------|
| Calories | Total Carbohydrates | | |
| 280 | 65 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 3 g. | 54 g. | 4 g. | 1 g. |

Berry Vinaigrette

Ingredients

- ▶ 4 fl. oz. Blueberry Pomegranate Ensure Clear
- ▶ 1/3 c. canola oil
- ▶ 1/3 c. apple cider

Variations

Add one of the following to your taste:

- ▶ Dijon mustard
- ▶ Ground pepper or salt
- ▶ Fresh or dried herbs
- ▶ Lemon or lime juice
- ▶ Finely chopped green onion or parsley.

Directions

- ▶ Combine ingredients with a whisk until blended.
- ▶ Pour over fresh salad .
- ▶ Store in air-tight container in refrigerator for up to 3 days.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|-------|
| Calories | Total Carbohydrates | | |
| 350 | 43 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 1 g. | 15 g. | 13 g. | 14 g. |

Berry Pomegranate Gelatin

Ingredients

- ▶ 6 oz. package raspberry gelatin
- ▶ 2 c. boiling water
- ▶ 2 bottles cold Blueberry Pomegranate Ensure Clear
- ▶ 1 1/2 c. frozen raspberries

Directions

- ▶ Add boiling water to gelatin mix.
- ▶ Stir 2 minutes until completely dissolved.
- ▶ Allow to cool.
- ▶ Stir in two bottles of Ensure Clear.
- ▶ Refrigerate 1 1/2 hours.
- ▶ Add frozen raspberries.
- ▶ Refrigerate 3 1/2 more hours or until desired firmness.
- ▶ Store in refrigerator.
- ▶ Makes 10 servings.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|--------|
| Calories | Total Carbohydrates | | |
| 140 | 28 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 0 g. | 23 g. | 4 g. | 1.5 g. |

Refreshing Fruit Sorbet

Ingredients

- ▶ 4 fl. oz. Peach Ensure Clear
- ▶ 1 c. frozen pineapple peaches
- ▶ 2 fresh strawberries, whole

Directions

- ▶ Add Ensure Clear, 1 c. frozen pineapple pieces and strawberries to blender.
- ▶ Blend until desired consistency.
- ▶ Pour into glass and enjoy!
- ▶ Store in freezer in freezer-safe container.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|-------|
| Calories | Total Carbohydrates | | |
| 400 | 59 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 1 g. | 31 g. | 11 g. | 13 g. |

Side Effects - Foods to help with side effects

Miami Ice Cooler

Ingredients

- ▶ 1 c. orange juice
- ▶ 1 c. pineapple chunks in juice
- ▶ 1 c. chilled vanilla oral nutrition supplement*
- ▶ 1 c. frozen strawberries
- ▶ 5 ice cubes

Optional Ingredients:

- ▶ 1 tsp. sugar
- ▶ 1 tsp. coconut extract

**Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.*

Directions

- ▶ Place orange juice and pineapple into a blender.
- ▶ Pour ½ c. of vanilla supplement into the blender.
- ▶ Cover and blend for 15-30 seconds.
- ▶ Add the remaining vanilla supplement, frozen strawberries, ice cubes and coconut extract (optional).
- ▶ Cover and blend on high until smooth.
- ▶ Serve immediately.
- ▶ Makes 3 servings.

Nutrition Information Per Serving

| Calories | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Fat |
|----------|---------------------|---------------|-------|---------|------|
| 170 | 35 g. | 2 g. | 25 g. | 3 g. | 2 g. |

Peachy Banana Smoothie

Ingredients

- ▶ 1 whole medium banana
- ▶ 15 oz. can of peaches, drained
- ▶ ¼ tsp. nutmeg
- ▶ 1 c. chilled vanilla oral nutrition supplement*
- ▶ 5-7 ice cubes

Optional Ingredients:

- ▶ 1 tsp. sugar

**Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.*

Directions

- ▶ Cut banana into chunks and place in a blender along with the can of drained peaches.
- ▶ Add the nutmeg, vanilla oral supplement, sugar (optional) and ice cubes.
- ▶ Process until smooth, about 45 seconds.
- ▶ Serve immediately.
- ▶ Makes 2 servings.

Nutrition Information Per Serving

| Calories | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Fat |
|----------|---------------------|---------------|-------|---------|--------|
| 250 | 49 g. | 4 g. | 22 g. | 6 g. | 3.5 g. |

HIGH CALORIE SMOOTHIE & SHAKE IDEAS

Mix the ingredients below in a blender.

PEACHES AND CREAM SMOOTHIE

- ¼ c. heavy cream
- ¾ c. whole milk
- 1 c. canned peaches in heavy syrup
- 1 c. ice cream

BERRY BANANA SMOOTHIE

- 1 c. milk
- 1 c. yogurt
- 1 banana
- 1 cup berries

VANILLA OREO SHAKE

- 1 c. whole milk
- 1 packet vanilla Carnation Instant Breakfast
- 1 c. vanilla ice cream
- 3 Oreo cookies

CHOCOLATE BANANA SMOOTHIE

- 1 c. milk
- 1 banana
- 1 c. chocolate ice cream
- 1 oz. heavy cream

APPLE PIE A LA MODE SMOOTHIE

- 1 c. apple pie filling
- 1 c. milk
- 1 c. vanilla ice cream
- 2 tbsp. caramel sauce
- Dash of cinnamon
- Optional: Caramel sauce*

CHOCOLATE PEANUT BUTTER SHAKE

- 1 c. whole milk
- 1 packet chocolate Carnation Instant Breakfast
- 2 tbsp. peanut butter

HIGH CALORIE SMOOTHIE & SHAKE IDEAS

Mix the ingredients below in a blender.

TROPICAL MANGO PINEAPPLE SMOOTHIE

- 1 c. coconut milk
- 1 mango
- 1 c. crushed pineapple

COCONUT PINEAPPLE DRINK

- 1 c. coconut milk
- 1 c. crushed pineapple

PEACH YOGURT FROST

- 1 envelope Carnation Instant Breakfast
- 1 c. whole milk
- ½ c. peach yogurt
- 6-10 ice cubes crushed

CHOCOLATE COCOA DRINK

- 1½ c. vanilla ice cream
- 1 envelope hot cocoa mix
- 2 tsp. sugar

CLASSIC INSTANT BREAKFAST SHAKE

- ½ c. whole milk
- 1 c. vanilla ice cream
- 1 envelope Carnation Instant Breakfast

SHERBET SHAKE

- 1 c. sherbet
- ½ c. whole milk
- ½ tsp. vanilla extract

COTTAGE CHEESE SMOOTHIE

- ½ c. cottage cheese
- ½ c. vanilla ice cream
- ¼ c. fruit flavored gelatin

Fuzzy Navel

Ingredients

- ▶ 1 c. chilled vanilla oral nutrition supplement*
- ▶ ½ c. sliced, canned peaches in heavy syrup, drained
- ▶ ¼ tsp. vanilla extract
- ▶ ¼ tsp. cinnamon

Optional Ingredients:

- ▶ 2 drops yellow food coloring

*Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.

Directions

- ▶ In a blender, combine all ingredients.
- ▶ Blend until smooth.
- ▶ Pour into a glass and serve.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| Calories | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Fat |
|----------|---------------------|---------------|-------|---------|------|
| 360 | 67 g. | 2 g. | 38 g. | 10 g. | 6 g. |

Nutty Butter Shake

Ingredients

- ▶ 1 c. chilled vanilla oral nutrition supplement*
- ▶ 1 tbsp. smooth peanut butter or other nut butter**

* Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.

** More than 1 tbsp. of peanut butter or other nut butter can be used. Adding more will increase flavor and increase total nutritional values.

Directions

- ▶ In a blender, combine oral nutrition supplement and peanut butter.
- ▶ Blend until smooth.
- ▶ Pour into a glass and serve.
- ▶ Serve immediately.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| Calories | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Fat |
|----------|---------------------|---------------|-------|---------|-------|
| 350 | 43 g. | 1 g. | 15 g. | 13 g. | 14 g. |

Side Effects - Foods to help with side effects

Chocolate Shake

Ingredients

- ▶ 1 c. chilled vanilla oral nutrition supplement*
- ▶ 1 c. chocolate ice cream**

* Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.

** Shake can be made using different ice cream flavors.

Directions

- ▶ In a blender, combine oral nutrition supplement and ice cream.
- ▶ Blend until smooth.
- ▶ Pour into a glass and serve.
- ▶ Makes 1 serving.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|-------|
| Calories | Total Carbohydrates | | |
| 400 | 59 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 1 g. | 31 g. | 11 g. | 13 g. |

Cherry Gelatin

Ingredients

- ▶ 3 oz. package cherry-flavored gelatin
- ▶ $\frac{3}{4}$ c. boiling water
- ▶ 1 chilled vanilla oral nutrition supplement*

* Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.

Directions

- ▶ Dissolve gelatin in boiling water.
- ▶ Chill until slightly thickened.
- ▶ Add chilled Ensure.
- ▶ Mix thoroughly at low speed with electric mixer.
- ▶ Pour into dessert dishes or individual molds.
- ▶ Chill until firm.
- ▶ Makes 4 - $\frac{1}{2}$ c. servings.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|--------|
| Calories | Total Carbohydrates | | |
| 140 | 28 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 0 g. | 22 g. | 4 g. | 1.5 g. |

Chocolate Pudding

Ingredients

- ▶ 2 c. vanilla flavored oral nutrition supplement*
- ▶ 1 package chocolate pudding and pie filling mix

* Can be made with any flavor variety. To increase total calories and protein, use a Plus version of any oral nutrition supplement.

Directions

- ▶ Combine oral nutrition supplement and pudding mix in a saucepan.
- ▶ Cook at medium heat until mixture comes to a boil.
- ▶ Lower heat and stir constantly until thick and cream.
- ▶ Pour mixture into serving dishes.
- ▶ Chill until set.
- ▶ Cover top of pudding with waxed paper to avoid a film forming on top of the pudding in refrigerator.
- ▶ Makes 4 - $\frac{1}{2}$ c. servings.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|--------|
| Calories | Total Carbohydrates | | |
| 220 | 42 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 1 g. | 26 g. | 5 g. | 3.5 g. |

Island Gelatin

Ingredients

- ▶ 3 oz. package pineapple gelatin
- ▶ 1 c. boiling water
- ▶ 1 bottle cold Peach Ensure Clear
- ▶ 1 small banana, sliced

Directions

- ▶ Add boiling water to gelatin mix,
- ▶ Stir 2 minutes until completely dissolved.
- ▶ Allow to cool and stir in Ensure Clear.
- ▶ Refrigerate 1 $\frac{1}{2}$ hours.
- ▶ Add sliced bananas.
- ▶ Makes 5 servings.

Nutrition Information Per Serving

| | | | |
|---------------|---------------------|---------|--------|
| Calories | Total Carbohydrates | | |
| 220 | 42 g. | | |
| Dietary Fiber | Sugar | Protein | Fat |
| 1 g. | 26 g. | 5 g. | 3.5 g. |



Eat many different kinds of foods. No single food has all the vitamins and nutrients you need.

Side Effects - Foods to help with side effects

Mini Ham and Cheese Quinoa Cups

Ingredients

- ▶ 2 c. cooked quinoa (about ¾ c. uncooked)
- ▶ 2 eggs
- ▶ 2 egg whites
- ▶ 1 c. shredded zucchini
- ▶ 1 c. shredded sharp cheddar cheese
- ▶ ½ c. diced ham
- ▶ 1 tsp. dried parsley
- ▶ 2 tbsp. shredded or grated Parmesan cheese
- ▶ ¼ c. onion, chopped
- ▶ Salt and pepper to taste

Directions

- ▶ Preheat oven to 350 degrees.
- ▶ Liberally spray a mini muffin tin with non-stick spray.
- ▶ Put all ingredients in a large bowl and mix to combine.
- ▶ Spoon mixture to the top of each muffin tin cup.
- ▶ Bake for 15-20 minutes or until the edges of the cups are golden brown.
- ▶ Let cool for at least 5 minutes before removing from the mini muffin tin.
- ▶ Makes 5 servings.

Nutrition Information Per Serving

| Calories | Total Carbohydrates | Protein | Fat |
|----------|---------------------|---------|-------|
| 225 g. | 19 g. | 14 g. | 10 g. |

Hearty Sausage, Kale and Butternut Squash Soup

Ingredients

- ▶ 1 lb. Italian ground turkey sausage
- ▶ 1 medium onion, diced
- ▶ 2 cloves garlic, minced
- ▶ 1 red pepper, seeded and diced
- ▶ 8 c. chicken broth
- ▶ 3 c. butternut squash, peeled and cut in ½-inch cubes
- ▶ 4 c. kale, chopped
- ▶ 14 oz. cannellini beans, drained and rinsed
- ▶ Salt and pepper to taste
- ▶ Parmigiano Reggiano (optional)

Directions

- ▶ Brown sausage until cooked through.
- ▶ Add garlic, onion and red pepper and cook until softened, about 5-6 minutes.
- ▶ Add broth and bring to a boil. Add squash and cook 15-20 minutes or until soft.
- ▶ Five minutes before serving, add kale and beans. Season with salt, pepper and grated Parmigiano Reggiano if desired.
- ▶ Makes 6 servings.

Nutrition Information Per Serving

| Calories | Total Carbohydrates | Protein | Fat |
|----------|---------------------|---------|------|
| 330 g. | 26 g. | 25 g. | 9 g. |

For more Dietitian's Dish Recipes from Coborn Healing Center, visit <https://www.centracare.com/services/cancer-care/cancer-wellness-and-support/dietitians-dish-recipes/>