



Soft, Sweet & Savoury

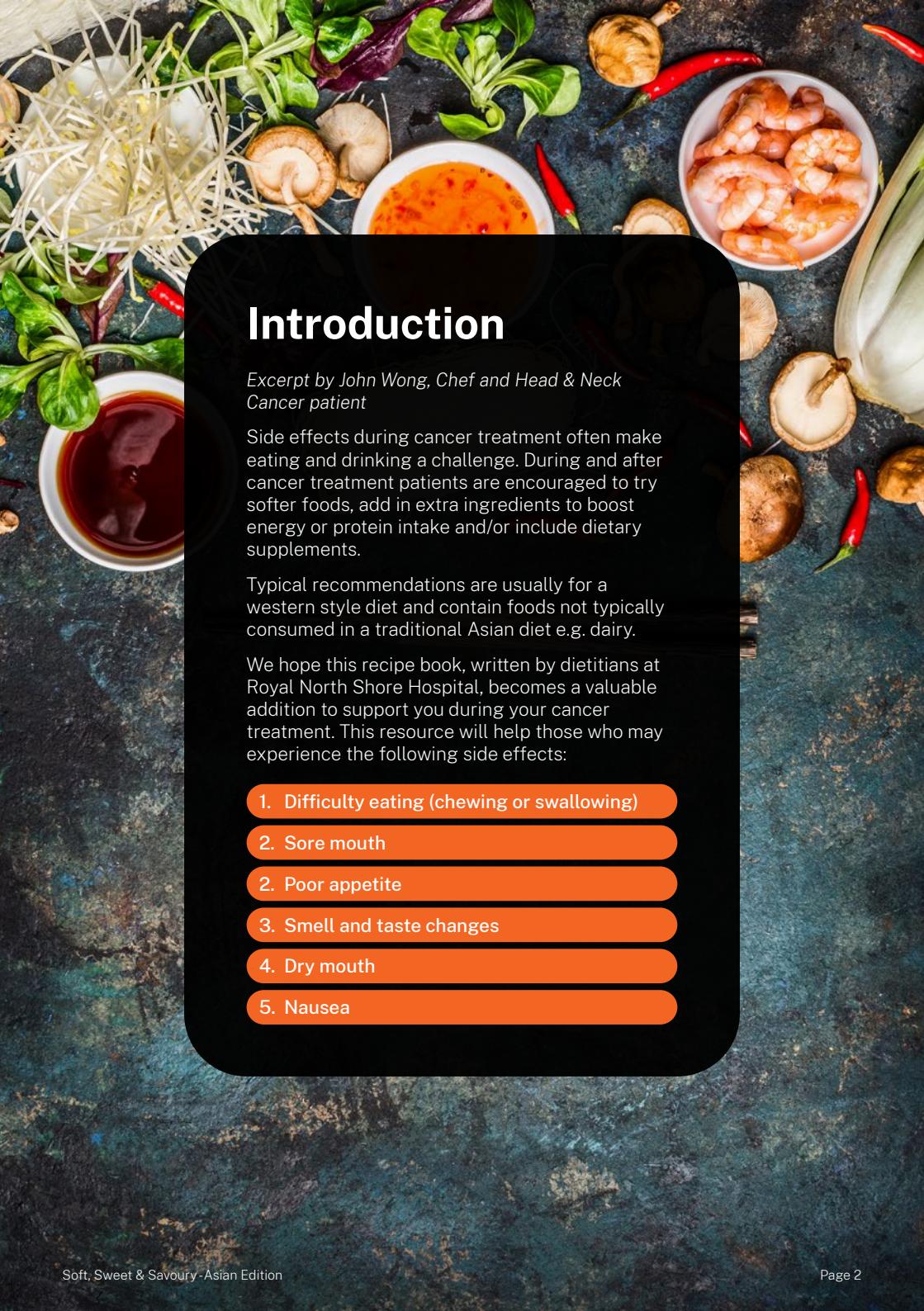
Asian Edition



Northern Sydney
Local Health District



NORTHERN
SYDNEY
CANCER
CENTRE



Introduction

Excerpt by John Wong, Chef and Head & Neck Cancer patient

Side effects during cancer treatment often make eating and drinking a challenge. During and after cancer treatment patients are encouraged to try softer foods, add in extra ingredients to boost energy or protein intake and/or include dietary supplements.

Typical recommendations are usually for a western style diet and contain foods not typically consumed in a traditional Asian diet e.g. dairy.

We hope this recipe book, written by dietitians at Royal North Shore Hospital, becomes a valuable addition to support you during your cancer treatment. This resource will help those who may experience the following side effects:

1. Difficulty eating (chewing or swallowing)
2. Sore mouth
3. Poor appetite
4. Smell and taste changes
5. Dry mouth
5. Nausea

Table of Contents

Chinese

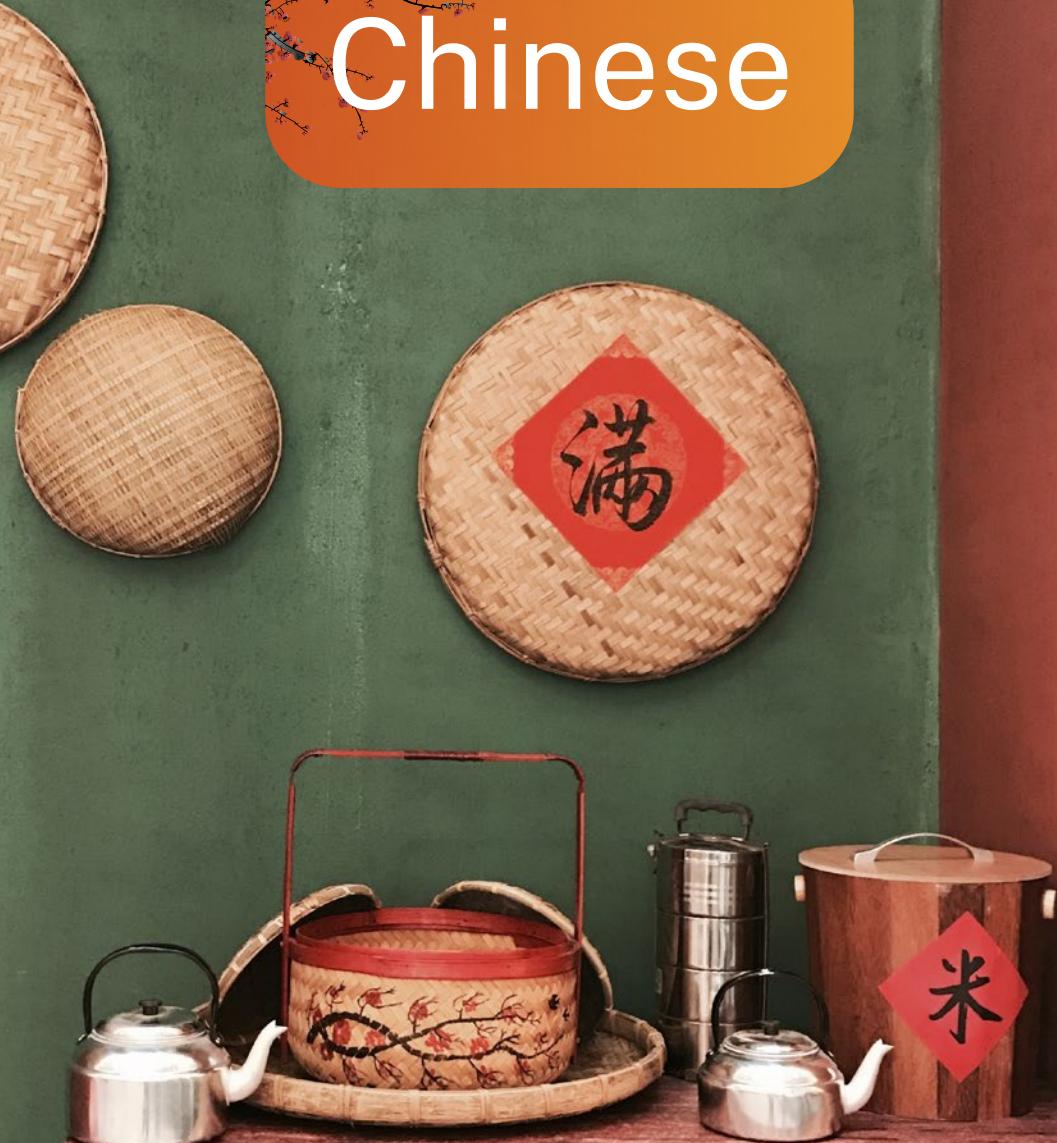
Steamed Egg Custard	5
Steamed Fish Fillets with Ginger & Spring Onions.....	6
Silken Tofu with Century Egg	7
Tofu, Fish & Coriander Soup	8
Creamed Corn Soup.....	9
Sesame Chicken Soup.....	10
Wonton Noodle Soup	11
Braised Pork and Egg with Rice	12
Tomato & Eggs with Rice	13
Mapo Tofu with Rice	14
Adzuki Bean Soup with Glutinous Rice Balls	15
Mango Pudding	16

Korean

Soybean Stew with Pork and Tofu	18
Seaweed Soup with Beef	19
Pressure Cooker Oxtail Soup.....	20
Pressure Cooker Braised Short Ribs	21
Chicken Bulgolgi.....	22
Pumpkin Porridge with Rice Balls.....	23
Milk Ice with Rice Cakes	24



Chinese



Steamed Egg Custard

Provides per serve
Energy: 118kcal
Protein: 10g

TYPE
 Side Dish

PREP
 5 mins

COOK
 15 mins

SERVES
 4



Ingredients

- 4 eggs (200g)
- 400mL water, stock, broth or dashi
- 4 raw prawns, peeled & deveined
- 2 shiitake mushrooms, sliced (if using dried, soak first in hot water until soft)
- 2 teaspoons sesame oil

Method

1. Beat eggs gently
2. Add water or stock and mix well
3. Strain through mesh to remove any bubbles and froth
4. Place prawn and mushrooms evenly between 4 cups and then fill with egg mix. Cover cups with foil or plastic wrap
5. Fill a large pot with enough water so that it reaches halfway up the side of your cups and bring to boil. Turn your heat to low and place your cups into the water and cover the pot with a lid. Alternatively if you have a steamer, steam on low heat
6. Steam for 10-15 minutes until cooked. Once the liquid is clear it is cooked
7. Drizzle with sesame oil and garnish with herbs like chopped spring onion or chives



Tips:

- Try using different proteins like mince, small pieces of seafood, salted egg or century egg. Try different flavours with dried shrimp and scallops, herbs and spices. Great to eat with rice.

Steamed Fish Fillets with Ginger & Spring Onions

Provides per serve
Energy: 172kcal
Protein: 20g

TYPE



Side Dish

PREP



5 mins

COOK



5 mins

SERVES



4



Ingredients

- 4 white fish fillets (400g) like ocean perch or cod
- 6 slices fresh ginger
- 4 spring onions
- 1 teaspoon chicken stock powder
- 1 tablespoon soy sauce
- 5 tablespoons olive or vegetable oil

Method

1. Wash fish fillets with water and pat dry with paper towel, cut into halves or small enough to fit into a microwave safe dish. Lightly season the fish with salt
2. Wash and dry the spring onions, cut half of them into short sticks
3. Line the bottom of microwave safe dish with spring onion sticks and half the ginger, and place fish fillets on top. Cover loosely with lid or plastic wrap and microwave for 3-5 minutes, until fish is fully cooked
4. To make the sauce, finely slice the remaining half of spring onions and ginger into small pieces. In a small pan, put the sliced spring onions, ginger and olive oil and heat on low heat until soft and fragrant. Turn off heat and mix in the stock powder and soy sauce
5. Carefully place cooked fish on a serving plate, and spoon over the sauce to serve

Recipe contributed
by John Wong



Silken Tofu with Century Egg

Provides per serve
Energy: 197kcal
Protein: 17g

TYPE



Side Dish

PREP



10 mins

COOK



0 mins

SERVES



2



Ingredients

- 1 block (300g) silken tofu
- 1 century egg, shelled and cut into halves
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- ½ teaspoon minced garlic
- ½ teaspoon sugar or to taste

Method

1. Drain the tofu and arrange on plate with century egg
2. In a bowl, mix together remaining ingredients, drizzle sauce over egg and tofu
3. Top with garnishes of your choice such as finely chopped garlic or cilantro, sliced spring onions or chilli (if no mouth pain and can tolerate)

Tips:

- Try century egg with avocado, or add fish/pork floss or bonito flakes for extra protein and flavour.



Tofu, Fish & Coriander Soup

Provides per serve
Energy: 225kcal
Protein: 23g

TYPE
 **Soup**

PREP
 **5 mins**

COOK
 **10 mins**

SERVES
 **4**



Ingredients

- 1 litre chicken/vegetable stock
- 300g soft or egg tofu
- 300g white fish
- 4 slices ginger
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 2 sprigs fresh coriander, chopped

Method

1. In a large pan bring the stock and ginger to a simmer
2. Cut tofu and fish into small pieces or slices
3. Add olive oil, fish and tofu to pan, turn up the heat and simmer until fish is cooked
4. Turn off heat and add soy sauce and coriander

Tips:

- Try adding noodles for a complete meal. Add other ingredients like fish/meat balls and egg for extra protein, and cabbage or leafy green vegetables for nutrients and flavour.

Recipe contributed
by John Wong



Creamed Corn Soup

Provides per serve
Energy: 353kcal
Protein: 20g

 TYPE
Soup

 PREP
5 mins

 COOK
15 mins

 SERVES
4



Ingredients

- 1 tin (420g) creamed corn
- 1 tin (420g) corn kernels, drained
- 500mL chicken/ vegetable stock
- 2 eggs, beaten
- ½ cup shredded cooked chicken
- 140g neutral flavour protein powder
- Sliced spring onions for garnish

To thicken

- 1 tablespoon corn starch
- 2 tablespoons water

Method

1. In a large pan bring the stock, creamed corn and corn kernels to a gentle simmer
2. Add in shredded chicken and simmer for 2-3 minutes
3. Mix together the water and corn starch, and pour into soup whilst stirring until thick
4. Slowly pour in beaten egg in a steady stream while stirring
5. Mix in protein powder until fully dissolved
6. Serve in bowls and garnish with spring onions

Tips:

- Use an extra tin of creamed corn instead of kernels for less chewing. Mix in melted butter or cream for extra energy. Try a different meat like seafood, ham or other luncheon meat.
- Neutral protein powder options include Sustagen™, Ensure™, Advitral™.

Sesame Chicken Soup

Provides per serve
Energy: 306kcal
Protein: 18g

 TYPE
Soup

 PREP
5 mins

 COOK
30 mins

 SERVES
4



Ingredients

- 4-5 chicken drumsticks
- 3 tablespoons black sesame oil
- 2-3cm piece of ginger, sliced
- 1 tablespoon vegetable oil or other frying oil
- 750mL bottle of rice wine-unsalted (michiw)
- 2 tablespoons goji berries
- ¼ head of cabbage, washed and cut into small pieces

Method

1. Wash the chicken drumsticks and pat dry with a paper towel -(optional) chop into small pieces
2. In a pan or wok, fry the black sesame oil and ginger slices on low heat for 5 minutes or until ginger is fragrant. Remove from pan and set aside
3. In the same pan on medium heat, add the vegetable oil, then fry the chicken until golden brown
4. Add the ginger and black sesame oil back into the pan and fry for another minute, mix the chicken around often so the sesame oil and ginger is coated evenly
5. Pour in the rice wine, add in the goji berries and bring to a boil. Once boiling, reduce heat down to low and simmer for 20-30 minutes or until chicken is tender
6. In the last 5 minutes add in the cabbage, and drizzle the last tablespoon of sesame oil on top before serving

Tips:

- Make it a complete meal by adding noodles, or serving with rice, and adding different ingredients like tofu, meat slices, fish balls, blood jelly. You can substitute part or all of the rice wine with water or broth if you prefer. Cook in a pressure cooker in just 10 minutes, but use mostly broth and just a little rice wine for flavour.



Wonton Noodle Soup

Provides per serve
Energy: 504kcal
Protein: 21g

 TYPE
Main

 PREP
10 mins

 COOK
20 mins

 SERVES
4



Ingredients

- 20 fresh or frozen wontons
- 400g egg noodle
- 1 bunch leafy green vegetable like bok choy or spinach
- 1 litre stock or broth
- 4 shiitake mushrooms, sliced (soak in hot water first if using dried)
- 4 tablespoons soy sauce
- 2 teaspoons sesame oil
- 1 spring onion sliced
- 4 slices ginger

Method

1. Cook the wontons and noodles as per package instructions and divide into serving bowls
2. In a pan bring stock, mushrooms, and ginger to a boil
3. Wash and cut up leafy green vegetables, add into soup and cook until wilted
4. Turn off heat and add soy sauce, sesame oil and spring onions
5. Pour into bowl with wontons and noodles, garnish with chopped spring onions and serve

Tips:

- Try adding fish/meat balls, sliced fish cakes or eggs for extra protein. To save time, use instant noodles.

Braised Pork and Egg with Rice

Provides per serve
Energy: 938kcal
Protein: 30g

 TYPE
Main

 PREP
15 mins

 COOK
60 mins

 SERVES
4



Ingredients

- 2 cups uncooked rice
- 250g pork mince
- 250g pork belly diced into small pieces
- 5-6 dried shiitake mushrooms
- 2 cloves garlic, finely chopped
- 2 tablespoons vegetable oil
- 1.5 tablespoons rock sugar or raw sugar
- ¼ cup Shaoxing wine
- ¼ cup soy sauce
- 1 teaspoon five spice powder
- 2 cups water
- 4 boiled eggs, peeled
- 2 tablespoons fried shallots

Method

1. Rinse mushrooms and soak in hot water until soft. Slice the mushroom and reserve the liquid
2. In a large pan, heat the oil and fry the garlic and pork mince and belly over medium heat until brown. Add in the fried shallots
3. Add the soy sauce, Shaoxing wine and five spice powder and fry until fragrant
4. Add the mushrooms with soaking liquid, water and sugar, turn heat down to a gentle simmer. Add the boiled eggs
5. Simmer for 30-60 minutes. If you prefer saucier simmer for less time, if you prefer a drier mix simmer for longer
6. Whilst simmering, wash and cook the rice
7. Serve the braised pork and egg on top of rice in a bowl

Tips:

- This recipe takes more time, but it can be made in bulk and frozen. Instead of rice, try serving with noodles, congee or mix through vegetables. You can also use 500g pork mince and leave out the pork belly. Try simmering in a slow cooker so you can set and forget.



Tomato & Eggs with Rice

Provides per serve
Energy: 497kcal
Protein: 15g

 TYPE
Main

 PREP
10 mins

 COOK
10 mins

 SERVES
4



Ingredients

- 2 cups uncooked rice
- 4 medium size ripe tomatoes
- 6 eggs
- 2 tablespoons vegetable or olive oil
- 1 tablespoon brown sugar
- 2 tablespoons tomato sauce
- Chopped spring onions for garnish

Method

1. Wash and cook the rice
2. To peel the tomatoes, lightly score an X with a knife at the bottom of each tomato. Place into a heat proof bowl, and pour enough boiling water over to cover and let sit for 2 minutes. Drain the water and carefully peel the skin off
3. Cut tomatoes into small wedges
4. Break eggs into a bowl, season with salt and pepper and beat well
5. Heat pan or wok with 1 tablespoon of oil and cook eggs until almost cooked, breaking into pieces. Transfer back into bowl
6. In the same pan, wipe clean with paper towel and heat remaining 1 tablespoon of oil on medium heat. Add tomato into the pan with 3 tablespoons water and sugar and lower heat to simmer for 3 minutes until tomato is soft
7. Add the cooked eggs back into pan and stir into tomatoes, simmer for a further minute
8. Turn off heat and stir in tomato sauce and garnish with spring onions
9. Serve with cooked rice

Recipe contributed
by John Wong



Tips:

- Peeling the tomato makes it softer, but you can leave skin on as well. Try thickening the sauce with cornflour.

Mapo Tofu with Rice

Provides per serve
Energy: 603kcal
Protein: 27g

 TYPE
Main

 PREP
10 mins

 COOK
20 mins

 SERVES
4



Ingredients

- 500g pressed silken tofu
- 200g chicken mince
- 4 cloves of garlic
- 2 sticks spring onion
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 4 tablespoons cornflour
- 4 teaspoons fermented black bean paste
- 2 tablespoons vegetable oil
- 1 teaspoon sugar
- 2 cups uncooked rice

Method

1. Wash and cook the rice
2. In a bowl, mix chicken mince with the oyster sauce, 1 tablespoon of cornflour and 2 tablespoons of water and marinade for 10 minutes
3. Meanwhile cut tofu into small cubes, and finely chop the garlic and spring onions.
4. Heat 2 tablespoons of oil in a wok or pan on medium heat, add in garlic and fry until fragrant
5. Add in marinated chicken mince and stir frequently until meat is browned
6. Add in black bean paste, sugar, soy sauce, tofu and 2 tablespoons of water
7. Turn to low heat, put lid onto the pan and simmer for 3 minutes until chicken is fully cooked
8. In a small bowl, mix 3 tablespoons of cornflour with 3 tablespoons of water and slowly pour into tofu and mince, stirring to thicken the sauce
9. Mix in chopped spring onions and turn off heat
10. Divide cooked rice into serving bowls and spoon over mapo tofu to serve

Recipe contributed
by John Wong



Tips:

- This is a mild version of mapo tofu. Try using different meat like pork, beef or prawn.

Adzuki Bean Soup with Glutinous Rice Balls

Provides per serve
Energy: 453kcal
Protein: 13g

TYPE
Dessert

PREP
5 mins

COOK
1.5 hours

SERVES
4



Ingredients

- 200g adzuki beans
- 8 cups water
- 60g white or brown sugar
- A pinch of salt
- 12 filled glutinous rice balls (e.g. peanut or sesame)

Method

1. If you have the time, soak the adzuki beans overnight in water and drain
2. Place beans, water and salt in a pot and bring to boil. Lower heat and simmer gently for 1.5 hours, stirring occasionally. (If using a pressure cooker use half the water and cook for 30 minutes)
3. Once finished cooking, stir in sugar
4. In a separate pan bring water to a boil, and follow package instructions to cook the rice balls
5. Drain rice balls and serve with adzuki bean soup

Tips:

- This recipe can be done in a pressure cooker in just 30 minutes or simmer in a slow cooker to set and forget. Try the adzuki bean soup in a variety of ways like sweet soups, and topping for ice cream, drinks and other desserts. Ready-made adzuki bean soup tins can be used too.



Mango Pudding

Provides per serve
Energy: 378kcal
Protein: 9g

TYPE



Dessert

PREP



5 mins

COOK



15 mins

SERVES



4



Ingredients

- 4 sheets gelatine
- 400g mango puree (can use fresh or frozen mangoes and blend them)
- 100g neutral flavour protein powder
- 200mL fresh cream
- 50g caster sugar

Method

1. In a bowl, soak the gelatine sheets in enough cold water to cover them for 7-8 minutes
2. Meanwhile gently heat cream and sugar in a pan on the stove until warm, and stir until sugar has dissolved
3. Squeeze the water from the gelatine sheets and stir into cream until fully dissolved
4. Turn off heat, stir in protein powder until fully dissolved, and add in mango puree and stir until well mixed
5. Strain through mesh and pour into moulds (cup or dessert bowl), cover and rest in fridge overnight or at least 5 hours until set
6. Serve with evaporated milk or whipped cream (and diced mango if able to swallow)



Tips:

- Try different ingredients like evaporated milk or coconut milk instead of cream, or use different fruits like berries instead of mango. Serve with additional evaporated milk, cream or ice cream for extra energy.
- Neutral protein powder options include Sustagen™, Ensure™, Advital™.

Korean



Soybean Stew with Pork and Tofu

Provides per serve
Energy: 420kcal
Protein: 16g

TYPE
 **Soup**

PREP
 **10 mins**

COOK
 **10 mins**

SERVES
 **4**



Ingredients

- 1 litre water or stock
- 1 small onion, sliced
- 100g Korean radish or daikon, cut into small, thin slices
- 300g silken tofu, cut into small thin slices
- 200g sliced pork belly
- 1 zucchini, sliced
- 4 cloves garlic, minced
- 1 tablespoon vegetable oil
- 3 tablespoons doenjang soybean paste
- 2 spring onions, cut into short sticks

Method

1. Heat the oil in a pan, saute the garlic and pork for 3-4 minutes
2. Add the stock, onion, radish, zucchini, tofu and soybean paste (use a strainer for soybean paste), bring to the boil and simmer for 5 minutes or until vegetables and pork are cooked through
3. Garnish with spring onions and serve with rice

Tips:

- Try using different meats, seafood, mushrooms and vegetables. Add noodles for a complete meal.



Seaweed Soup with Beef

Provides per serve
Energy: 170kcal
Protein: 17g

TYPE
 **Soup**

PREP
 **5 mins**

COOK
 **20 mins**

SERVES
 **4**



Ingredients

- 1 litre water or stock
- 20g dried seaweed
- 200g beef chuck sliced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 cloves garlic, minced

Method

1. Soak seaweed in cold water for 5-10 minutes until expanded. Drain the water and rinse with running water. Squeeze any water out and cut into small pieces
2. In a pan on medium heat, stir fry the beef, sesame oil and seaweed for 2 minutes. Add the water or stock, garlic and soy sauce
3. Cook on medium heat for 10-15 minutes or until beef is tender
4. Serve in soup bowls with rice



Tips:

- Add extra protein by adding tofu, or stirring beaten egg through soup in the last few minutes of cooking.

Pressure Cooker Oxtail Soup

Provides per serve
Energy: 442kcal
Protein: 50g

 TYPE
Soup

 PREP
10 mins

 COOK
50 mins

 SERVES
4



Ingredients

- 1kg oxtail
- 250g Korean radish or daikon
- 2 cloves garlic
- 1 litre water
- Spring onions for garnish

Method

1. If you have the time, soak the oxtail in water for 1-2 hours, rinse and drain
2. Peel and cut radish into large chunks and peel the garlic. Place oxtail, radish, garlic and water into pressure cooker. Cook on high for 40 minutes
3. Season with salt and pepper, serve in soup bowls and garnish with sliced spring onions



Tips:

- Add noodles for complete meal or serve with rice and side dishes. Add extra protein to soup by adding tofu, meat/fish balls, or slices of cooked meat.

Pressure Cooker Braised Short Ribs

Provides per serve
Energy: 644kcal
Protein: 45g



TYPE
 Main

PREP
 10 mins

COOK
 60 mins

SERVES
 4



Ingredients

- 1kg beef short ribs
- ¼ Korean radish or daikon, diced into large pieces
- 1 carrot, diced into large pieces
- 4 dried shiitake mushrooms, soaked in warm water and sliced
- ½ Korean or nashi pear or 1 small apple
- ½ onion
- 2 cloves garlic
- 1 small piece ginger
- 1/4 cup soy sauce
- 1/4 cup rice wine
- 2 tablespoons sugar
- 1 tablespoon sesame oil
- 400g thin sliced rice cakes
- Spring onions and sesame seeds for garnish

Method

1. Blanch the beef short ribs by bringing a pot of water to the boil, and cook the beef ribs for 2 minutes. Drain and rinse the beef in clean water and place the ribs into your pressure cooker pot
2. To make the sauce, peel the pear, onion, garlic and ginger and cut into small pieces. Put into a blender with soy sauce, rice wine, sugar and sesame oil and blend. If you don't have a blender, you can grate everything and mix together
3. Place your radish, carrot and mushrooms into pressure cooker pot and pour over the sauce, mix everything well
4. Pressure cook for 40 minutes
5. Once it is safe to open, you can skim the fat off the top or leave it on for extra energy. Set your pressure cooker to saute function or transfer to a pan on stove. Add the rice cakes and simmer for 10-15 minutes
6. Serve garnished with spring onions and toasted sesame seeds

Tips:

- Make this in bulk and freeze, but leave out the rice cakes. When ready to eat, heat and serve with cooked rice instead.

Chicken Bulgogi

Provides per serve
Energy: 255kcal
Protein: 24g

 TYPE
Main

 PREP
10 mins

 COOK
20 mins

 SERVES
4



Ingredients

- 500g chicken thighs, cut into bite sized pieces
- 1 tablespoon vegetable oil
- 3 tablespoons soy sauce
- 1 tablespoon rice wine
- 2 cloves garlic, minced
- 1 small piece of ginger, minced
- 1 teaspoon sesame oil
- ¼ cup lemonade (e.g. Sprite, 7 Up)
- Spring onions and sesame seeds for garnish

Method

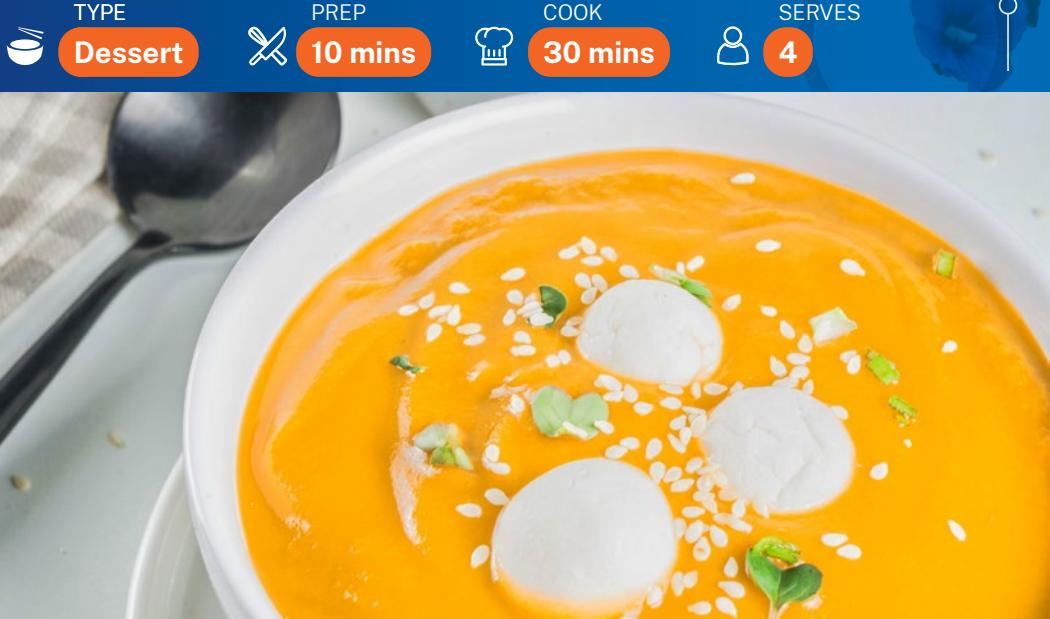
1. Make the marinade by combining in a bowl the soy sauce, rice wine, garlic, ginger, sesame oil and lemonade. Mix with the chicken, cover and place in fridge. Let marinade for a few hours or overnight.
2. When ready to cook, remove the chicken from the marinade (try not to have too much marinade left on the chicken). Heat a pan on medium heat, when the pan is hot add the vegetable oil and cook your chicken, spreading it out evenly so it sizzles. Cook on both sides for 2-3 minutes or until chicken is fully cooked
3. In a separate pan, heat your marinading liquid until it comes to a boil, and simmer for 2-3 minutes to make a sauce
4. Place your chicken in your serving dish, pour the sauce over, and garnish with sliced spring onions and sesame seeds

Tips:

- Prepare the chicken the night before to marinade. Serve with rice and cooked vegetables or salad.

Pumpkin Porridge with Rice Balls

Provides per serve
Energy: 397kcal
Protein: 16g



TYPE



Dessert

PREP



10 mins

COOK



30 mins

SERVES



4

Ingredients

- ½ (1.5kg) pumpkin
- 600mL water
- ¼ cup sweet rice flour
- 1 tablespoon brown or white sugar
- 100g neutral flavour protein powder
- Pinch of salt
- 200g frozen rice balls
- ¼ cup cooked adzuki beans (homemade or from can)

Method

1. Scoop out the seeds of the pumpkin, and peel and cut into chunks. Steam or microwave the pumpkin for 10-15 minutes or until tender
2. Transfer cooked pumpkin into large pan, and add the water, sugar and salt. Blend until smooth
3. Put the pan onto a stove, bring to a boil then reduce heat and simmer for 10 minutes, stirring occasionally
4. In a small bowl, mix the rice flour with a small amount of water and slowly pour into the pumpkin whilst stirring. Simmer for another 3 minutes, stirring regularly until thickened. Once thickened, stir in protein powder until fully dissolved and turn off the heat
5. In a separate pan, cook the frozen rice balls according to package instructions or cook in boiling water until they float
6. When ready to serve, divide the pumpkin and rice balls into bowls, and top with cooked adzuki beans



Tips:

- Add cream or coconut cream for extra taste and energy.
- Neutral protein powder options include Sustagen™, Ensure™, Advitai™.

Milk Ice with Rice Cakes

Provides per serve
Energy: 535kcal
Protein: 20g



TYPE

Dessert



PREP

10 mins



COOK

0 mins



SERVES

2



Ingredients

- 1 cup milk
- 60g neutral flavour protein powder
- 2 tablespoons sweetened condensed milk
- 6 pieces (100g) Injeolmi rice cakes, cut into small pieces
- 2 teaspoons Korean multigrain powder
- 2 tablespoons toasted almond flakes
- 2 scoops vanilla ice cream

Method

1. Mix the milk, protein powder and sweetened condensed milk in a jug until protein powder is fully dissolved. Pour into ice cube trays and freeze until frozen (4-6 hours)
2. Take out the ice cubes and put into a food processor, process until it is fluffy like snow
3. To serve, layer the snowy ice with the multigrain powder into two serving bowls. Sprinkle almond flakes and arrange rice cakes on top, with a scoop of vanilla ice cream

Tips:

- Make the milk ice in bulk and keep frozen for when you want. Try it with different toppings and flavours
- Neutral protein powder options include Sustagen™, Ensure™, Advital™.



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