



CARING BEYOND THE PLATE.

A practical lifestyle guide for survivors and caregivers
in partnership with CANSA
and Megan Pentz-Kluyts RD (SA)





Caring for a loved one with cancer comes with moments of uncertainty—but also profound **strength, courage and connection**. This guide offers comforting advice, holistic health tips, and wellness inspiration to help you navigate each day with knowledge and kindness. From understanding how cancer treatment affects appetite, sleep and emotions, to offering practical suggestions for meals and self-care, this is a book about supporting them—and you.

Together with CANSA and food lifestyle expert Megan Kluyts (RD), B-well is proud to bring you a **guide rooted in compassion, science and the belief that eating well and living well go hand in hand.**

CARING BEYOND THE PLATE

Our partnership with CANSA is built on shared values: evidence-based guidance, nutrition with purpose, and empowering South Africans to make better choices in their wellness journey. This guide was created to **support caregivers, families and individuals facing cancer**. From how treatment affects taste, digestion and sleep, to practical ways to bring joy and nutrition back into mealtimes—**we're here to walk alongside you**.

With CANSA's trusted voice and Megan Kluyts' lifestyle insight, this book offers more than recipes. It's a gentle companion for those navigating caregiving, recovery and resilience. Our hope is that you **feel seen, supported and inspired to Eat Well with B-well**—even during life's toughest seasons.

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MOVEMENT AND SLEEP

Tips for incorporating movement and improving sleep hygiene.

1

WALK THE DOG

Turn daily dog walks into an easy way to stay active!

2

WORK IN YOUR GARDEN

Gardening isn't just relaxing—it counts as exercise too!

3

DANCE IN YOUR KITCHEN

Crank up the music while cooking—your kitchen is your dance floor!

4

WALK AROUND WHILE TALKING ON YOUR PHONE

Turn phone calls into mini walking sessions.

5

TAKE THE STAIRS, NOT THE ELEVATOR

Small choices like stairs add up to big benefits!

PICK ACTIVITIES THAT YOU ENJOY

Choose a time to be active every day. This helps make exercise part of your life. Team up and stick together! Be active with a friend or a family member.

WRITE DOWN YOUR PHYSICAL ACTIVITY EACH DAY

Track how you are doing to help you stick with it. If you are not doing any activity at all, try starting with a 10-minute walk each day. Or how about 5 minutes in the morning and 5 minutes in the afternoon? Add time until you are doing up to 30 minutes a day. If walking doesn't sound good, pick another activity you enjoy that makes you breathe harder and your heartbeat faster. You could even start while sitting in a chair.

MOVE YOUR ARMS AND LEGS

Doing things like marching, knee kicks, and arm swimming.

Daily activities around your home such as gardening, sweeping floors or doing laundry are also good for your health, especially if you are getting started.

Every active minute counts!

THE MIRACLE OF SLEEP

Humans must have **6-8 hours sleep every night** to function adequately and remain healthy. Late night TV, stimulants and meals disrupt the needed cycle required for natural circadian rhythms. It also disrupts the normal production of melatonin, which is our natural sleep hormone. Melatonin has many biological effects and it is also a powerful antioxidant with a particular role in the protection of nuclear and mitochondrial DNA. The formation of Melatonin takes place during the **early hours of the night**; therefore, every hour of sleep before midnight is worth much more than sleep during the early morning hours.

It's best for our bodies to cycle through the **five known sleep stages** four or five times a night. The first four stages are key to maintaining healthy metabolism, learning and memory. The fifth, Rapid Eye Movement sleep (REM) is important for regulating mood and forming emotional memories. Missing a cycle will influence your brain function, immune system and heart health negatively.



TAKE THE FOLLOWING STEPS TO IMPROVE ON YOUR SLEEPING:

1

Exercise regularly, especially before bedtime

2

Take an evening walk

3

Establish a relaxing bedtime routine like reading or taking a bath

4

Do not watch TV while in bed, before sleeping

5

Limit use of cellphone

6

Have a cup of Rooibos tea an hour before bedtime

7

Get to bed at a regular time to ensure at least 6 to 8 hours of sleep

8

Create a sleep-conducive environment

LIVING BEYOND CANCER TREATMENT

You are done with treatment. Now physical activity may help lower your chance of the cancer coming back. Being more active or exercising after cancer can also help you have more energy, be at a healthy body weight and just feel better.

THE VALUE OF SLEEP IN CANCER PREVENTION AND RECOVERY

Sleep is a fundamental physiological process, and its relationship with cancer has become an increasingly studied area in recent years. A growing body of evidence suggests that adequate sleep plays a critical role in cancer prevention and recovery, influencing various biological mechanisms and overall health outcomes.

SLEEP AND CANCER RISK

Research indicates that insufficient sleep or poor sleep quality can elevate cancer risk. A 2020 meta-analysis by Wang et al. showed a **significant association between short sleep duration and an increased risk of developing various cancers, including breast, prostate, and colorectal cancers**. This heightened risk may relate to the disruption of circadian rhythms, the body's internal clock that regulates sleep-wake cycles and various hormonal functions.

Circadian disruption has been linked to alterations in melatonin production, a hormone that not only regulates sleep but also has anti-carcinogenic properties. Melatonin is thought to exert its effects by acting as an antioxidant, modulating immune responses, and regulating cell proliferation. A 2001 study by Schernhammer et al. associated night shift work (which disrupts circadian rhythms) with an increased risk of breast cancer, underscoring the importance of maintaining regular sleep patterns.



SLEEP AND CANCER TREATMENT OUTCOMES

Sleep also plays a crucial role during cancer treatment. **Research has shown that poor sleep quality can adversely affect treatment outcomes, including pain management and recovery times**. A research study found that sleep disturbances were prevalent among cancer patients and were linked to worse physical functioning and quality of life. Additionally, sleep disorders in cancer patients can exacerbate fatigue, negatively impacting adherence to treatment regimens.

MECHANISMS LINKING SLEEP TO CANCER

The mechanisms through which sleep affects cancer are multifaceted. Disrupted sleep can lead to hormonal imbalances, particularly in insulin and cortisol levels, which may promote cancer cell growth. Moreover, **sleep deprivation is associated with increased inflammation and immune suppression — both of which can facilitate tumour development and progression**. The evidence points to a profound impact of sleep on both cancer risk and recovery. Ensuring adequate sleep may serve as a crucial preventive measure and a complementary approach in cancer management. As research continues to evolve, the integration of sleep health into cancer care protocols could potentially enhance patient outcomes and overall well-being. **By prioritising sleep health, individuals can enhance their resilience against cancer while supporting better health outcomes during treatment.**



SLEEP HEALS

Despite growing support for the idea that adequate sleep, like adequate nutrition and physical activity, is vital to our well-being, people are sleeping less. **During sleep, your body creates more cytokines**—cellular hormones that help the immune system fight various infections. Lack of sleep can reduce your body's ability to fight off common infections.

HOW TO IMPROVE YOUR SLEEP

Managing sleep problems can be done through medications, but also by changing habits, such as being more physically active. Sleep can also be improved by changing your sleep routine. It's important to have good habits before bedtime. This is often called sleep hygiene. Prior to sleep, making sure that lights, noise, temperature, and location are comfortable is key to having a good bedtime routine. Adding relaxation techniques to your sleep routine can also help.



LIFESTYLE HABITS

Your daytime habits can sometimes add to your sleeping problems.



HABITS THAT CAN AFFECT YOUR SLEEP INCLUDE:

- Not getting enough physical activity during the day
- Taking longer naps or too many naps
- Falling asleep outside of the bedroom
- Spending many hours on a screen
- Using tobacco
- Drinking alcohol and caffeine

Sometimes the place where you sleep also makes a difference. You might have trouble sleeping if the room is too hot, cold, or noisy. Other times, sleep disruptions can't be controlled as easily, such as if you need to use the bathroom often, have nightmares or sleep terrors, or sleepwalk.

TIPS FOR MANAGING SLEEP PROBLEMS

There are many things you can do to help manage your sleep problems.

BEDTIME ROUTINE

It's important to have good habits before bedtime. (This is often called sleep hygiene)

EXAMPLES OF GOOD SLEEP HYGIENE INCLUDE:



KEEP A SCHEDULE

Try to go to sleep and get up at the same time each day. Have a relaxing bedtime routine. This includes activities like a bath, reading, meditation, calm music, or breathing exercises.



TRY A SLEEP OR MEDITATION APP

There are many helpful apps to choose from. Avoid screens. Don't watch TV or use screens in bed, or for 30-60 minutes before you sleep.



GET A BACKRUB OR FOOT MASSAGE

Ask your partner or caregiver for a gentle backrub or foot massage near bedtime.



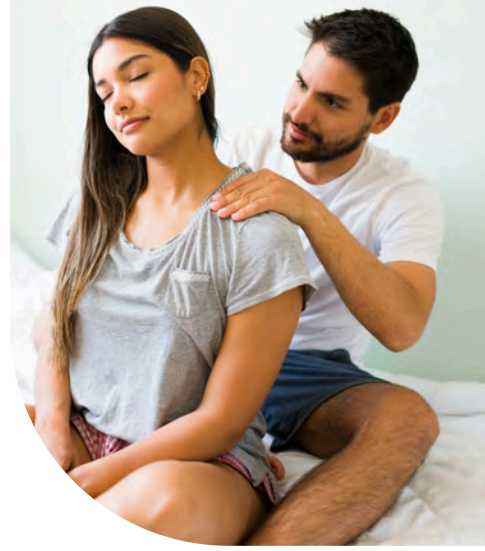
KEEP THE CLOCK OUT OF SIGHT

Try not to look at the clock when you are awake at night.

THE POWER OF TOUCH

The power of touch in healing is an area of growing interest within both healthcare and psychological studies.

Research indicates that touch can have **profound physical, emotional, and psychological benefits.**



Here's an overview of the evidence supporting the healing power of touch.

PHYSICAL HEALTH BENEFITS

- 1. Pain Relief:** Studies have shown that touch therapies, such as massage and acupressure, can significantly reduce pain. For instance, a systematic review highlighted that massage therapy can decrease pain and improve mobility in patients with various conditions.
- 2. Stress Reduction:** Touch can lower levels of cortisol, the stress hormone, which has a positive impact on physical and emotional health. A study published in the journal *Health Psychology* found that brief hugs, which are a form of touch, decreased stress levels and increased feelings of connection in participants.
- 3. Immune Function:** Research indicates that touch can boost the immune system. A study conducted by the University of California found that patients who received massage therapy had increased levels of immune cells compared to those who did not.
- 4. Healing Acceleration:** Touch has been shown to halve recovery time from surgery. A study published in 2021, reported that patients who received massage therapy post-surgery experienced significantly faster recovery and reduced complications.

EMOTIONAL AND PSYCHOLOGICAL HEALTH BENEFITS

- 1. Emotional Connection:** Physical touch fosters emotional bonds and can create feelings of safety and security. Touch from a loved one can release oxytocin, often referred to as the love hormone, which promotes feelings of trust and emotional connection.
- 2. Depression and Anxiety Relief:** Therapeutic touch, such as that used in massage and Reiki, has been shown to alleviate symptoms of depression and anxiety. A 2020 meta-analysis indicated that touch-based therapies significantly improved mood and decreased anxiety levels.
- 3. Improved Sleep:** Touch-based therapies have been linked to improved sleep quality. Research published in the *Journal of Clinical Sleep Medicine* found that massage therapy improved sleep for individuals suffering from insomnia.
- 4. Enhanced Bonding:** In parent-infant relationships, early skin-to-skin contact has been associated with enhanced bonding and attachment. Research indicates that infants who experience skin-to-skin contact with their parents show improved emotional health and cognitive development over time.

The evidence underscores the significant role of touch in healing and well-being, providing benefits for physical health, emotional resilience, and interpersonal relationships. Touch therapies not only facilitate healing from numerous ailments but also promote emotional regulation and social connection. Integrating touch-based approaches into healthcare can enhance patient outcomes and overall quality of life.

Incorporating touch into healing practices can greatly enhance therapeutic outcomes and foster deeper connections in healthcare settings.

The power of touch has significant implications for individuals with cancer, primarily concerning emotional support, physical well-being, and overall quality of life. Various studies have explored how **touch, particularly through therapies like massage and gentle physical contact, can aid in cancer care and treatment.**



Here's an overview of the evidence supporting the benefits of touch for cancer patients:



1. Pain Management

Touch therapies, especially massage, have been shown to **alleviate pain in cancer patients**. Research indicates that **massage can effectively reduce pain perception and improve comfort levels** and found that massage therapy significantly reduced pain levels in cancer patients and improved overall quality of life. The relief is often attributed to the release of endorphins and the relaxation response induced by touch.



2. Reducing Anxiety and Stress

Cancer diagnosis and treatment can be stressful and anxiety-provoking. Touch, such as therapeutic massage or gentle physical contact from caregivers, has been shown to **reduce anxiety and promote feelings of calm**. A research study concluded that touch modalities could help mitigate anxiety levels and enhance relaxation in cancer patients, ultimately contributing to improved emotional health.



3. Emotional Support and Connection

Touch fosters emotional bonding and support, which is crucial for individuals facing the challenges of cancer. **Physical touch can reinforce the feeling of connection and reassurance** from caregivers and family members. This support can boost emotional resilience, improve mood, and provide a sense of safety. The nurturing aspects of touch also contribute to better coping strategies during treatment phases.



4. Enhancing Quality of Life

Various studies highlight that incorporating touch-based therapies, such as massage and reflexology, can enhance the overall quality of life for cancer patients. For instance, a study found that patients receiving massage reported **significant improvements in both physical and emotional aspects of well-being**. Touch therapies can also improve sleep quality, appetite, and energy levels, which are often affected by cancer treatments.



5. Improving Communication and Trust

Touch can enhance communication between patients and healthcare providers, fostering trust and comfort. This is especially true in palliative care settings, where **touch can help convey empathy and understanding**. A study published in *Supportive Care in Cancer* emphasised that non-verbal communication through touch can help healthcare providers establish rapport with patients, making them feel more cared for and understood.



6. Immune System Benefits

While more research is needed, some studies suggest that **touch can positively influence immune function**. Another research study indicated that massage therapy can enhance immune response in cancer patients by increasing the production of lymphocytes and reducing stress-related immunosuppression.

The power of touch plays a vital role in cancer care, offering a range of benefits that encompass pain relief, emotional support, and improved quality of life. By incorporating touch-based therapies into cancer treatment plans, healthcare providers can help patients navigate the complexities of their journey with enhanced emotional and physical well-being. Incorporating the healing power of touch into cancer care can help provide a holistic approach to treatment, addressing both the physical and emotional needs of patients.

THE IMPACT OF CANCER TREATMENT ON INTIMACY

Cancer and cancer treatment **can have an impact on sexual intimacy**. It's important to discuss this with your doctor and your partner to find ways to manage this situation positively.



Pain after surgery or as a result of cancer, especially in the pelvic area, can make intimacy difficult

Changes in **how you feel about your body** (your body image) can affect how you feel about intimacy

The treatment may **lower your sex drive (libido)**

Feelings of rejection from both partners are common at this time

Some cancer treatment **may cause fertility problems**

Possible birth defects - women should not try fall pregnant while on cancer treatment because the cancer drugs may cause birth defects. **Use of contraception during this time is important**

A CANCER SURVIVOR'S STORY



The Mental Journey Through Cancer: What Helped Me Cope By Marcel D'Allende, cancer survivor

As someone navigating life with stage 4 lung cancer, **I wanted to offer readers a candid look into the emotional challenges of the journey**—and share the mental and emotional practices that supported me along the way.

This piece is written from a **deeply personal perspective** and is intended to **inspire rather than instruct**. It aligns with the themes of holistic wellness, resilience, and self-compassion, which I believe will resonate with your readership.

I was diagnosed with stage 4 lung cancer in December 2021—just days before my 55th birthday. **“Happy Birthday, and by the way... you have cancer.”** Gulp.

It felt surreal. Only weeks before, I'd completed a four-day, 80-kilometer hike through the beautiful Baviaanskloof. I was active and healthy—except for a persistent cough that began to interfere with my hikes. That cough became the doorway to a life-altering diagnosis.

A quote from Henry Ford stayed with me: **“Whether you think you can, or you think you can't — you're right.”** I knew early on that mindset would be critical. While the medical team treated the cancer, I had to find ways to care for my inner world.

The emotional weight of living with cancer can't be overstated. The scans. The fatigue. The whispered fears about the future. At times, it felt like drowning. But over time, **I discovered practices that helped me feel more grounded and emotionally equipped.**

As a Life and Consciousness Coach, I leaned into tools that helped me stay grounded, positive, and emotionally equipped. These weren't miracle cures—just small, personal practices that offered comfort and strength. I share them here in case they resonate with someone else walking a similar path.

MARCEL'S GO-TO MENTAL AND SPIRITUAL PRACTICES

1. BREATHING TO RESET

Deep breathing became a reset button. I'd breathe consciously before treatments or during anxious moments to calm my nervous system.

2. PRAYER AND MEDITATION

I visualised myself strong and healed. I leaned into prayer, imagining God as my co-navigator through this storm. I didn't feel alone.

3. SENSORY GROUNDING IN NATURE

Nature is sacred to me. Hiking, sitting in the garden, or simply noticing the smell of rain brought me into the present moment.

4. GRATITUDE JOURNALING

Each night, I'd write down 3–5 things I was grateful for. Some days, it felt impossible. But the smallest wins—sunlight, a kind message made a difference and helped shift my mindset.

5. AFFIRMATIONS

Words shaped my mindset. Daily, I reminded myself: "I am strong," "I am healing," "I am supported." I repeated them like mantras on the hard days.

6. VISUALISING RECOVERY

Like visualising the peak of a mountain before a tough hike, I pictured my body healing, the treatment working, and life after cancer.

7. INFORMATION BOUNDARIES

I avoided rabbit holes of online research. I asked loved ones to be mindful with articles or "advice"—well-meaning but often overwhelming.

8. EMOTIONAL BOUNDARIES

I communicated what I needed and wasn't afraid to say "no." I protected my energy and spent time only with people who uplifted me. Staying grounded doesn't mean denying difficult emotions. It means honouring them—and still choosing to nurture hope, peace, and presence where you can.

My journey is ongoing, but these practices help me meet each day **with a little more grace**. And for now, that's enough.

Cancer Prevention Recommendations – devised by experts and rigorously tested by independent scientists to confirm they work – are a blueprint for individuals and societies to help reduce cancer.

The World Health Research Fund (WCRF) Recommendations:

BE A HEALTHY WEIGHT	BE PHYSICALLY ACTIVE	LIMIT RED AND PROCESSED MEAT	
FOR MOTHERS: BREASTFEED YOUR BABY IF YOU CAN		LIMIT SUGAR SWEETENED DRINKS	LIMIT 'FAST FOODS'
LIMIT ALCOHOL CONSUMPTION	EAT WHOLEGRAINS, VEGETABLES, FRUIT AND BEANS	DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION	

AFTER A CANCER DIAGNOSIS, FOLLOW OUR RECOMMENDATIONS, IF YOU CAN, NOT SMOKING, AND STAYING SAFE IN THE SUN, ARE ALSO IMPORTANT TO REDUCE YOUR CANCER RISK.

Study after study suggests that a healthy balanced diet - one rich in a variety of vegetables, fruits, whole grains, and legumes (beans), and low in red and (especially) processed meat —**can help reduce our cancer risk.**

Researchers have known for some time that this general pattern of eating provides vitamins, minerals, and protective and naturally occurring plant substances known as phytochemicals (phyto = plant) and **can help to defend the body against cancer and other diseases.**

DOES SUGAR FEED CANCER?

The belief that white sugar in the diet somehow “feeds” cancer is very common, but the truth is more complicated. All cells, including cancer cells, in the body use sugar (glucose) from the bloodstream for fuel. Glucose is the primary fuel for our bodies and our brains. Blood glucose comes from foods containing carbohydrates, including healthful fruits, vegetables, whole grains, and low-fat dairy products. When there is not enough carbohydrate in the diet, some glucose is even produced by the body from protein-containing foods through a special process.

The connection between sugar and cancer is indirect. Eating a lot of high-sugar foods may mean more calories in your diet than you need, which can lead to excess weight and body fat. It is excess body fat that has been convincingly linked to greater risk of several types of cancer. Highly refined foods and foods with added sugars, such as sugary drinks and sweets, are also low in fibre and low in nutrients. They add little to the diet except calories. **These foods may also increase insulin resistance, and this has been linked to an increased risk of developing diabetes, heart disease, and overweight and obesity.**

SALT INTAKE

For many years it has been known that there is a relationship between **eating too much salt long term** and an **increased risk of stomach cancer**.



HOW MUCH SHOULD WE BE EATING?

Recommendations suggest that we eat no more than 6g of salt a day, which is about a teaspoon. Currently, we are consuming 8-11g a day, which is about a third to nearly double more than the maximum recommendation, so we still have some way to go.

Why are we eating more than the recommended amount?

Many people unfortunately don't realise they are eating too much salt. That is because about **75% of the salt in our diet comes from processed foods**. It's not just in ready meals, soups and sauces, though – keep an eye on everyday foods such as breads and cereals, as well as sweet foods harbouring a salty surprise. Foods don't necessarily have to taste salty to be salty. This is one of the reasons it can be tricky to reduce our salt intake, as it is often already in the foods we buy, and we can't take it out. Read food labels to make sure that you are making lower salt choices!

HOW CAN I CUT BACK?

We acquire a taste for salt and, over time, get used to a certain amount in our diets. If you cut back drastically and suddenly, you may at first find that your food tastes bland. However, flavour doesn't only come from salt. Fresh and dried herbs, spices, black pepper, chilli and lemon are all great ways to add flavour. So while you reduce the amount of salt you eat, substitute it with these other flavour enhancers and you won't notice the loss as much. It only takes 3 weeks for our taste buds to adapt and become more sensitive to salt, so you get the same flavour impact from less salt.

ARE OTHER TYPES OF SALT BETTER FOR ME?

Don't be fooled into thinking that fancier types of salt are better for you. Whether it's pink, black, rock, crystal or flakes, they still have the same effect on your blood pressure as standard table salt. Although less refined salts might contain more nutrients than everyday table salt, these will probably only be in very small amounts and can probably be sourced from other foods in your diet. Bigger crystals also taste less salty, so you are likely to add more than refined salt.

It's the sodium that we really need to watch out for; we should also monitor ingredients such as fish and soy sauce and raising agents such as baking powder and bicarbonate of soda.

GOOD NUTRITION DURING CANCER TREATMENT

Cancer treatment can place a lot of nutritional demand on your body. It is important to try to consistently consume a healthy diet and to drink nourishing beverages. The main nutritional goals during this time are to maintain a healthy weight and eat healthy foods that supply your body with calories and nutrients for energy, repair, recovery, and healing. A healthful eating pattern includes plenty of vegetables and fruit, moderate amounts of whole grains, and plant protein sources like nuts, beans, lentils, tofu, and tempeh, along with modest portions of fish, poultry, lean meats, and lower-fat dairy foods.

TREATMENT SIDE EFFECTS THAT MAY IMPACT NUTRITIONAL WELL-BEING

Side effects of cancer therapy may also further affect our eating habits and nutritional status. The following list of possible side effects contain suggestions for managing common eating difficulties during and after treatment.

MANAGING THE SIDE EFFECTS OF CANCER TREATMENT

DRY MOUTH

- Drink **small amounts of water** as often as possible or suck ice cubes
- Add a **few drops of lemon juice** to water to stimulate saliva production
- **Freeze fruit juice** in an ice tray and suck the Julee cubes
- Use **Vaseline, aloe vera gel** or **honey balm** on your lips to prevent them drying and cracking

NAUSEA/VOMITING

- **Eat anything containing ginger**, for example, ginger ale, ginger tea, ginger biscuits
- Do not worry about trying to eat three meals per day. **Eat when you can manage** to and what you feel able to
- **Eat small amounts** at a time
- Increase your intake of fluids to prevent dehydration when vomiting. Sip small amounts of fluid slowly or try sucking ice
- If you are unable to manage the nausea and vomiting yourself, talk to your health care provider about medication that can help

CONSTIPATION

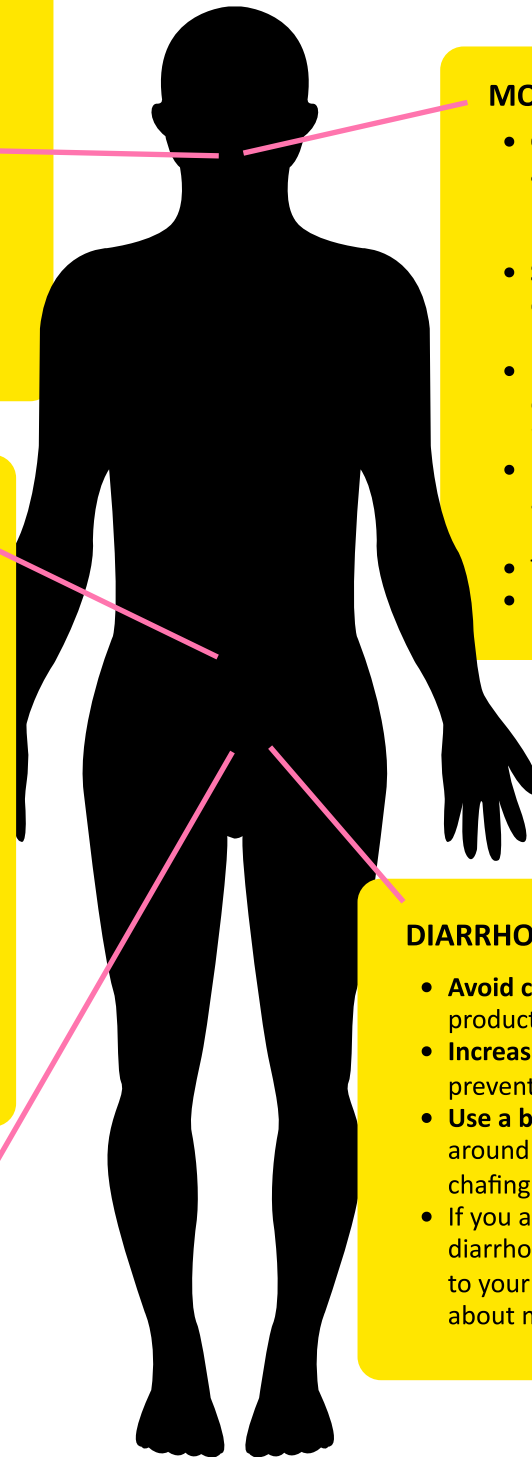
- Increase your **fluid intake**
- **Eat as much fibre** as possible, such as raw fruit and vegetables (thoroughly washed) containing wholegrain
- Try drinking **prune juice**
- If the constipation does not resolve, talk to your health care provider about medication that can help

MOUTH SORES

- **Gargle with salt water** or an **anti-bacterial mouthwash** before and after treatment if no mouth sores have developed yet
- **Suck ice** during your chemotherapy treatment if possible
- If mouth sores have already developed, use an **anti-inflammatory mouthwash**
- **Eat soft foods** like yoghurt, oats and stews or drink a meal replacement supplement
- Try **drinking through a straw**
- Eat food when it is **cool or cold**

DIARRHOEA

- **Avoid consuming milk** or milk products
- **Increase your fluid intake** to prevent dehydration
- **Use a barrier cream or Vaseline** around the anus, even before chafing or bleeding starts
- If you are unable to get the diarrhoea under control, speak to your health care provider about medication that can help



SPRAY THE DIFFERENCE WITH B-WELL CANOLA SPRAYS

With B-well, cooking is easy and convenient.

Our B-well Canola Sprays are designed to make meal prep simple, mess-free, and safe for everyone. Explore our range of canola sprays that bring out the best in every bake, fry, or sauté.



WHY CHOOSE B-WELL CANOLA SPRAYS?

- Naturally Cholesterol Free
- Endorsed by The Heart & Stroke Foundation South Africa
- CANSA Smart Choice
- No Added Flavour, Preservatives, or Colourants – Only Pure, Clean Ingredients!
- With B-well Canola Sprays, you can keep your cooking simple, clean and free from worry – no mess, no fuss; just delicious meals every time!

BE SMART.
EAT SMART.
**MAKE THE
SWITCH
TO CANOLA.**

FOOD SAFETY

Food safety saves lives. No matter who you are or what you do, you play an important role in making sure food is safe to eat. Every year, almost 1 in 10 people in the world fall ill after eating contaminated food. Food safety is important to protect you and others from food poisoning. Everyone should take care when handling and cooking food.

When food is not prepared or stored correctly, harmful bacteria, parasites, or viruses can grow on food. Contaminated food can cause foodborne illness, also called food poisoning, when it is eaten. Foodborne illnesses can be mild or severe, even for people who do not have cancer.

To reduce the risk of falling ill, it's essential that people with cancer and their caregivers know food safety basics to prevent food poisoning, including purchasing fresh food, keeping food fresh, cooking food properly and storing food properly.

That's because cancer and cancer treatments such as chemotherapy and radiation therapy can weaken your immune system. Your immune system is the part of your body that fights off harmful bacteria and other germs. **A weak immune system makes it harder for your body to fight against bacteria in food.**

Practice step by step the World Health Organization's (WHO) **'Five Keys to Safer Food'** when handling and preparing food:

3. COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- Reheat cooked food thoroughly

4. KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food (preferably 4°C or below)
- Keep cooked food piping hot (more than 60°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

5. USE SAFE WATER AND RAW MATERIALS

- Use safe water or treat it to make it safe
- When there is any doubt about the safety of drinking water, boil or treat it before drinking
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables well in safe water, especially if eaten raw
- Read the food labels when buying and preparing food. Do not use food beyond its expiry date

Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviours.

1. KEEP CLEAN

- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the toilet
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals
- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

2. SEPARATE RAW AND COOKED FOOD

- When shopping, keep raw meat, poultry, fish and shellfish away from your basket or your grocery trolley and use separate bags for transportation.
- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

CANCER NUTRITION TIPS

Your body **needs fluid to work properly**. You should aim to drink at least 250ml of fluid for every 10kg that you weigh, each day, unless otherwise indicated by your Healthcare Professional.

You will need to drink more if:

- you are more active than normal
- it is warm
- you are losing fluid through sweat

Water is the best fluid to drink to keep your body hydrated. It contains no calories and no sugars. If you do not like the taste of plain water, you could add a slice of lemon or lime.

Some flavoured water drinks contain a lot of sugar and calories, so check the label before you buy. Milk is a good source of calcium. This is good for bone health. It also contains other vitamins and minerals. It is healthier to drink lower fat milk or plant milks with added calcium. Fruit and vegetable juices and smoothies contain a variety of nutrients. But especially fruit juices, contain sugar and calories. **Aim to have no more than 1 small glass a day.**

Juice drinks, squashes and fizzy drinks can be high in sugar and calories. They contain very few nutrients, so you should avoid drinking them where possible.

You can include herbal teas like Rooibos, tea and coffee when you are adding up how much you drink each day. Try to limit the amount of caffeine you consume each day.

Sometimes when you think you are hungry, you are actually thirsty. Try having a drink and waiting for 10 minutes before having a snack.

Alcohol

How alcohol can increase our cancer risk

When we drink alcohol, our bodies break it down into harmful chemicals like acetaldehyde that can damage our DNA, increasing the risk of cancer. Over time, regularly drinking alcohol can cause liver damage, including cirrhosis, which raises the risk of liver cancer. Alcohol can also affect hormone levels, such as increasing oestrogen and insulin. Higher levels of these hormones can encourage cells to divide more rapidly – a process that further raises the risk of cancer. Drinking heavily is also linked with other lifestyle factors – such as smoking or having a poor diet – which again increases cancer risk. Finally, alcohol contains a lot of empty calories. Drinking frequently or in large amounts can lead to weight gain, which is another known risk factor for several types of cancer.

Is there a safe level of Alcohol Consumption?

In reality, the evidence suggests that no level of alcohol consumption is truly safe regarding cancer risk.

MAKE THE SMART SWITCH TO REDUCE THE RISK OF CANCER

B-well Canola Oil is one of the few cooking oils to hold the **Smart Choice** seal from **CANSA**. This is due to it being high in Omega-3 fatty acids, which makes it a valuable addition to a diet that contributes to a decreased risk of specific cancers.

Too much Omega-6 fatty acids and a very high Omega-6 intake can promote a higher level of inflammation, which can lead to the development of many lifestyle diseases: However, increased levels of Omega-3 fatty acids and a low Omega-6 to Omega-3 ratio helps to reduce the risk of these diseases as part of a balanced diet. **B-well Canola Oil** also carries an endorsement from **Heart and Stroke Foundation South Africa**, is naturally **cholesterol free** and has only **7% saturated fat**.





BREAKFAST RECIPES



SERVES 4

APPLE CINNAMON OATS

INGREDIENTS

- 1 ½ cups rolled oats (170 g)
- 2 teaspoons chia seeds (optional)
- ¾ teaspoon ground cinnamon
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup maple syrup or honey
- ½ cup unsweetened apple sauce
- 2 eggs
- 1 cup of milk of choice
- ¼ cup **B-Well Canola oil**
- ½ teaspoon pure vanilla extract
- ¾ cup shredded apple or finely diced, more for topping
- ½ cup chopped walnuts, toasted

METHOD

1. Preheat the oven to 190°C. Spray a 20cmx20cm baking dish with **B-Well Canola** or **Olive cooking spray**.
2. In a bowl, combine the rolled oats, cinnamon, chia seed, baking powder, salt, maple syrup, apple or honey sauce, eggs, milk, **B-Well Canola oil**, and vanilla. Stir until combined.
3. Fold in the apples and toasted walnuts (see toasting notes below).
4. Transfer batter to the prepared dish. Top with a few chopped toasted walnuts.
5. Bake for 25-30 minutes or until the centre is set.
6. Let sit for 10 minutes before serving.
7. Top servings with yoghurt and an optional drizzle of honey or maple syrup.

TO MAKE TOASTED WALNUTS IN THE OVEN:

1. Preheat the oven to 190°C.
2. Place the walnuts on a small sheet pan.
3. Toast in the oven for 5-7 minutes, watching closely to avoid burning.
4. Once walnuts are fragrant and golden brown, remove from the oven.

HEALTHY INGREDIENTS

Apples – ‘apples are packed with vitamins (vitamin C), polyphenols (antioxidants that slow the oxidation in your body), and are linked to better heart health and lowering type 2 diabetes

Canola oil – high in heart healthy monounsaturated fats, high in Omega-3 fats that are anti-inflammatory. **Canola oil** offers a practical way to boost omega-3 intake from everyday cooking

Eggs – dubbed one of the most nutritious foods to consume, eggs provide a lot of good stuff. Eggs are high in choline (builds cell membranes), omega-3’s, protein, and can help elevate your HDL (good) cholesterol, which has been linked to lowered risk of several diseases

Oats – a nutrient-dense food, oats are a whole grain that are naturally gluten-free. Packed with antioxidants and fibre content, oats can boost immunity and will help keep you full longer

Walnuts – a plant-based powerhouse, walnuts are tasty, easy to source, and being packed with fibre, healthy fats (omega-3 fatty acids) and antioxidants, you’ll be fueling your brain and heart in a healthy way



CANCER TIP: A boost of dietary fibre, protein and omega-3 healthy fats. Soft on the palate for those experiencing mouth sores, a dry mouth or constipation.

SERVES 4



FRUITY YOGHURT OATY POTS

INGREDIENTS

¾ cup Oats
200g green grapes, sliced in half lengthways
2 bananas, peeled and sliced
2 red apples, cored and chopped, skin on
400g plain yoghurt
2 tablespoons **B-Well Canola oil**
2 tablespoons pumpkin seeds (optional)

HEALTHY INGREDIENTS

Easy to prepare. A creamy texture with the added yoghurt and Canola oil, boosting protein and Omega-3 intake. You can use any fruit you have to make this recipe – adding in fibre, Vitamin C and antioxidant intake, to help boost immunity. Fresh, frozen or tinned fruit all work well in this recipe and all count towards your 5 A DAY.

METHOD

1. Dry fry the oats in a frying pan for 2 minutes to toast them.
2. Divide the grapes, bananas and apples between 4 bowls.
3. Mix the **B-well Canola oil** and plain yoghurt together.
4. Spoon the yoghurt mixture over the fruit.
5. Sprinkle on the toasted oats.
6. Sprinkle on the pumpkin seeds (optional).
7. Serve immediately.



CANCER TIP:

Keep some toasted oats in an airtight container, mix your yoghurt and Canola oil together, seal and store in the fridge, and add seasonal fruits – puree fruit for a smoother texture or a few citrus fruits if you are experiencing taste changes. Swap the pumpkin seeds for some chai seeds which adds to a smoother texture and bumps up the fibre. Add a sprinkle of turmeric or cinnamon if desired.

SERVES 4

SPINACH SCRAMBLED EGGS

INGREDIENTS

8 eggs
4 teaspoons of ground Flaxseed
2 cup chopped spinach
4 tablespoons **B-well Canola & Olive Oil Blend**
½ teaspoon tumeric
Salt & pepper to taste
Optional: 4 tablespoons grated cheese or 4 tablespoons plain yoghurt for creaminess

METHOD

1. Whisk eggs with flaxseed, turmeric, salt, and pepper.
2. Heat **B-well Canola & Olive Oil Blend** oil in a nonstick pan over medium heat.
3. Add spinach and sauté until wilted (1–2 minutes).
4. Pour in egg mixture and stir gently until just set.
5. Top with cheese or yoghurt if desired.

HEALTHY INGREDIENTS

Eggs are a great source of protein and support tissue repair and immune function. Omega-3 rich Canola and flaxseed offers an Omega-3 boost. Spinach and flaxseed support gut health and immunity. Turmeric, Canola and olive oil help reduce inflammation.



CANCER TIP:

Here's a cheap, easy, and nutrient-rich egg-based breakfast recipe tailored for the whole family and it supports immunity, provides omega-3s, fibre, and protein, and is gentle on digestion. For sore mouth or swallowing issues -blend cooked eggs with a splash of milk or broth for a soft purée and add mashed pumpkin or steamed zucchini for a softer, smoother texture.



DISCOVER THE RICH FLAVOUR OF

EXTRA VIRGIN OLIVE OIL WITH B-WELL

Experience the full-bodied taste of our carefully crafted **B-well Extra Virgin Olive Oil**. Cold-pressed to perfection, it's perfect for finishing dishes, dipping bread, and drizzling over salads. Its **bold, peppery notes** add depth that will elevate any meal.

WHY CHOOSE B-WELL EXTRA VIRGIN OLIVE OIL?

- High in Monounsaturated Fats
- Versatile for All Cooking Styles

Elevate your meals with the rich taste of **B-well Extra Virgin Olive Oil** — healthier living made easy.





STARTERS/ ENTREES



SERVES 4

AVOCADO DEVILLED EGGS

INGREDIENTS

4 eggs
1 medium avocado, chopped
2 tablespoons **B-Well Original Tangy Mayonnaise**
½ medium tomato, chopped
1 tablespoon red onion, finely chopped
clove garlic, minced (optional)
½ tablespoon cilantro, finely chopped
1 tablespoon fresh lime juice
¼ teaspoon salt
Sprinkle of paprika
¼ jalapeño pepper, minced (optional)

HEALTHY INGREDIENTS

This delicious twist is so creamy and satisfying, you'd never know it was a healthier version of traditional devilled eggs. This appetizer is packed with protein and B-vitamins from the eggs, as well as heart-healthy Omega-3 fats, monounsaturated fats and fibre from the **B-Well Canola Mayonnaise** and avocados. The addition of traditional guacamole ingredients—such as lime, cilantro and tomato—added to the filling bring an extra punch of flavour. Serving the guacamole filling in egg halves helps provide a portion-controlled appetizer for the perfect bite before the main course.

METHOD

1. Hard boil eggs by placing eggs in an even layer in large pot covered by 5cm of cold water.
2. Heat pan on high and bring to a boil. Immediately turn off heat, cover pot with lid and let eggs sit in the pot for 10 minutes.
3. Transfer eggs to bowl of ice water to cool; peel eggs.
4. Slice eggs lengthwise and scoop out yolks; place yolks in large mixing bowl.
5. Add avocados and **B-Well Tangy Mayonnaise** to yolks and mash with fork until completely mixed.
6. Add remaining ingredients, except paprika. Stir to combine.
7. Carefully scoop about 1 tablespoon of mixture into each egg white half.
8. Sprinkle with paprika to garnish.
9. Top with jalapeño, if using.



CANCER TIP

Another recipe offers a soft texture and is easy to digest. The B-Well Tangy Mayonnaise can work well with anyone experiencing taste changes. However, if you are experiencing mouth sores, switch to B-Well Canola Thick & Creamy Mayonnaise for a gentler taste.

SERVES 4-6

HEARTY VEGETABLE SOUP

INGREDIENTS

1 medium onion (red and/or white), chopped
3 tablespoons **B-Well Canola Oil**
6 cups of water
400 g can of diced tomatoes, with liquid
2 vegetable stock cubes, reduced sodium
½ cup IMBO dried lentils, uncooked
½ cup barley, uncooked
3 cloves garlic, minced
2 celery stalks, diced
2 medium carrots, sliced (purple, yellow, or orange)
2 small summer squash (i.e., zucchini, patty pans), sliced
4 small, thin-skinned potatoes, diced
1 cup mushrooms, sliced
1 teaspoon black pepper
½ teaspoon paprika
1 teaspoon dried thyme
1 teaspoon dried oregano
½ teaspoon dried mustard
6 slices whole grain bread
1 tablespoon lemon juice
½ cup chopped fresh herbs (i.e., sage, parsley, basil, oregano, chives, marjoram)
Sea salt (optional)

HEALTHY INGREDIENTS

This recipe contains cancer-fighting foods - seasonal vegetables, Canola oil, lentils, barley, and herbs. Vegetables are packed with a variety of nutrients and phytochemicals well-studied for their role in lowering cancer risk. Try basing meals around plant foods and aiming to fill at least two-thirds of your plate with vegetables, fruits, whole grains and beans.

METHOD

1. In a large pot, heat the **B-Well Canola Oil**, add the chopped onion, and sauté.
2. Then add water, tomatoes, and lower-sodium vegetable stock and stir together.
3. Add lentils, barley, onion, garlic, celery, carrots, squash, potatoes, mushrooms, black pepper, paprika, thyme, oregano, and mustard. Stir well and cover with a tight-fitting lid. Bring to a boil, reduce heat to medium, and cook for about 1 hour until barley and lentils are tender, stirring occasionally. Replace any water lost to evaporation (should make a thick, hearty texture).
4. Toast whole-grain bread in the oven or toaster until brown and very crisp. Slice into small cubes.
5. Add lemon juice and fresh herbs to the soup, and season with a small amount of salt (if desired).
6. Ladle hot soup into soup bowls and garnish with whole grain croutons (½ slice of toast per serving).
7. Refrigerate leftover soup and reheat as desired (add croutons just before serving to maintain crisp texture).



CANCER TIP:

- Add a dollop of plain yoghurt for creaminess.
- Serve with wholegrain bread or crackers for extra energy.
- Blend partially for smoother texture if needed.

SERVES 4

TUNA (OR SALMON) FISH CAKES WITH SALAD & TARTAR SAUCE

INGREDIENTS

1 tablespoon **B-Well Reduced Oil Mayonnaise**

2 tablespoons plain yoghurt

1 teaspoon fresh chives, chopped

Zest of ½ lemon

300g potatoes, peeled and diced

160g tuna or salmon, fresh or frozen

2 tablespoons **B-Well Canola Oil**

Pinch of freshly ground black pepper

30g fresh wholewheat breadcrumbs

1 tablespoon **B-Well Canola Oil**

1 egg, beaten

For the salad (wash well):

1 head lettuce

100g cherry tomatoes

50g radishes

½ cup B-Well Tangy Mayonnaise

½ cup plain yoghurt

¼ cup gherkins

2 tablespoons fresh lemon juice or juice of 1 lemon

INGREDIENTS (TARTAR SAUCE)

½ cup **B-Well Tangy Mayonnaise**

½ cup plain yoghurt

¼ cup gherkins

2 tablespoons fresh lemon juice or juice

HEALTHY INGREDIENTS

This recipe is packed with nutrient-dense ingredients, including protein, dietary fibre, healthy Omega-3 fats and antioxidants.

METHOD

1. Start the day before, or at least six hours before. Mix the mayo, yoghurt, chives and zest. Spoon into four ice-cube tray sections. Freeze until solid.
2. Once frozen, bring a pan of water to the boil and cook the potatoes until tender (12 to 15 minutes).
3. Cook the fish in **B-Well Canola oil**, then mash and add pepper. Divide into four and leave to cool for 30 minutes.
4. Preheat the oven to 200°C. Mix the breadcrumbs and **B-Well Canola oil**. Shape a portion of mashed fish around each frozen cube. Flatten a little, then dip in the egg and coat lightly in breadcrumbs. Place on a baking tray lined with non-stick paper and cook for 15 minutes. (Once cooked, they can be frozen. Reheat at 180°C for 25 minutes.)
5. While they're cooking, prepare the salad. Divide the lettuce, halve the tomatoes and slice the radishes. Toss together and divide between four plates.

METHOD (TARTAR SAUCE)

1. Combine all the ingredients in a liquidiser and process until the gherkins are in tiny pieces.
2. Spoon into a small bowl and refrigerate for 1 hour before serving.

Additional option

- Place the fish cakes onto a bed of rice or couscous or maize and add some grilled seasonal vegetables.



CANCER TIP:

If you are experiencing a bit of nausea, use less oil and add low-fat mayonnaise gives a rich flavour without the fat content. The potato in the fish cakes can be replaced with legumes, such as chickpeas, which can help to relieve constipation.



LIGHT MEALS

SERVES 4

QUICK AVOCADO CHICKPEA SALAD SANDWICH

INGREDIENTS

1 ripe avocado, mashed
4 tablespoons **B-Well Canola Olive Oil Blend**
1 can chickpeas, drained and rinsed
¼ cup red onion, finely chopped
¼ cup celery, finely chopped
2 tablespoons fresh parsley, chopped
1 tablespoon lemon juice
½ teaspoon garlic paste
Salt and pepper to taste
4 tablespoons **B-Well Canola Mayonnaise**
8 slices low GI brown or seedloaf or rye bread
Optional: lettuce, tomato, sprouts for assembling

HEALTHY INGREDIENTS

A quick recipe, packed with healthy fats and dietary fibre. This recipe tops the charts in both monounsaturated fats and Omega-3 fats known to help reduce inflammation, and support heart health and reduce the risk of cancer. The dietary fibre from the legumes, avocado and wholegrain bread, further helps support a healthy gut.

METHOD

1. In a mixing bowl, combine mashed avocado, **B-Well Canola Olive Oil Blend** and chickpeas. Mash some chickpeas for texture.
2. Add red onion, celery, parsley, lemon juice, garlic, salt, and pepper. Mix until well combined.
3. Toast the whole grain bread slices if desired.
4. Spread each slice of bread/toast with **B-Well Canola Mayonnaise**.
5. Divide the avocado chickpea salad onto 4 bread slices.
6. Top with lettuce, tomato, sprouts, or additional toppings of your choice.
7. Place the remaining bread slices on top to form sandwiches.
8. Serve fresh and enjoy the creamy goodness!
9. For an additional protein boost, add some haloumi, tuna, chicken strips or egg.

Storage Tips: Store the avocado chickpea salad in an airtight container in the refrigerator for up to 2 days. Assemble sandwiches just before serving for best results.



CANCER TIP:

A great option to help boost your immunity by increasing your intake of healthy fats and keeping your gut healthy. If you are experiencing some mouth sores and tenderness, soak some bread in egg mixture (think french toast) and soak bread slices gently in the mixture until fully saturated. Cook on low heat in an oiled or sprayed pan until golden and soft—about 2 minutes per side. Or try some mashed potato or sweet potato instead of bread.

SERVES 4

RICE SALAD WITH POMEGRANATE AND FRESH HERBS

INGREDIENTS

¾ cup brown rice (can use quinoa or couscous)
1¾ cups water
¾ teaspoon sea salt
½ medium apple, cored and finely chopped
½ cup fresh pomegranate seeds
1/3 cup finely chopped coriander
¼ cup finely chopped fresh mint
¼ cup finely chopped flat-leaf parsley
1/3 cup finely chopped spring onions
¼ cup orange juice plus 1 teaspoon lemon juice & 1/2 teaspoon salt
3 teaspoons **B-Well Canola Olive Oil Blend**
Freshly ground pepper

HEALTHY INGREDIENTS

Tossing fresh green cilantro, mint, parsley and scallions into this salad gives it a Mediterranean character along with more cancer-fighting phytochemicals. Orange and lemon juice top off the tangy taste of this unusual dish.

METHOD

1. Cook rice with water and salt over a medium-high heat, until cooked.
2. When cooked, move pot off heat. Let rice sit, covered, for 10 minutes..
3. Discard any additional fluid. Using a fork, fluff rice, and transfer it to mixing bowl. There will be about 2 ¼ cups cooked rice.
4. Let the rice sit until it is room temperature. Add apple, pomegranate seeds, cilantro, mint, parsley, and spring onions to the rice, and using the fork, mix to combine them.
5. In small bowl, whisk orange juice, or two citrus juices, with the ½ teaspoon salt until it dissolves. Add 4-5 grinds pepper, then whisk in the **B-Well Canola Olive Oil Blend**. Pour dressing over salad and toss with fork to distribute it evenly. Serve within 2 hours.

Tip: The rice and dressing parts of this salad can be made up to 8 hours ahead, then covered and refrigerated separately and combined shortly before serving.



CANCER TIP:

Rice is easy to digest and also takes less chewing if one is feeling fatigued. Chemotherapy often causes a metallic or bitter taste. The acidity in citrus (like lemon or orange juice) can help neutralize these flavours and make food more palatable. It stimulates the taste buds and foods like citrus can activate taste receptors and enhance flavour perception, especially when food tastes bland. It adds flavour without bulk. A zesty citrus (using the peel) adds bright flavour to dishes without adding liquid—great if also experiencing texture sensitivities.

SERVES 4



VEGETABLE QUICHE

INGREDIENTS

6 eggs
¼ cup **B-well Canola Oil**
1 cup milk
½ cup plain yoghurt
1/3 cup self-raising flour
1 cup cheese, grated
1 tablespoon parmesan cheese
4 cups frozen or fresh seasonal vegetables

METHOD

1. Preheat oven to 180°C.
2. Mix eggs, **B-well Canola Oil**, milk, yoghurt, self-raising flour and cheese in a bowl.
3. Steam or stir-fry frozen or chopped fresh vegetables and add to egg mixture.
4. Place mixture into a baking dish with sides at least 10cm high.
5. Bake in oven for 30-45 minutes.

HEALTHY INGREDIENTS

This colourful quiche is a great side dish to include with your meals. The ingredients offer a substantial amount of protein and healthy fats.



CANCER TIP:

A light dish, perfect for those experiencing unintentional weight loss. In addition, this dish helps to provide a fibre boost, which may assist with promoting bowel movements for those experiencing constipation.

TASTE THE **GOLDEN GOODNESS** WITH **B-WELL PURE CANOLA OIL!**

NATURALLY CHOLESTEROL FREE

Packed with nutrients your body loves. Great for keeping hearts strong and healthy

MADE FROM GMO FREE CANOLA SEEDS.

LOWEST SATURATED FAT

Just 7%, the lowest of all cooking oils. Packed with nutrients your body loves.

OMEGA-3 RICH

Very high in Omega 3

SMARTLY ENDORSED

Proudly carries the Heart and Stroke Foundation South Africa and CANSA Smart Choice seals.



**Did you know B-well Canola Oil is like a
superhero for your kitchen?**

Made from canola seeds grown right here in South Africa, it's 100% GMO-free and packed with Omega-3.



MAIN MEALS



SERVES 4



MACKEREL AND SWEETCORN PASTA

INGREDIENTS

300g wholewheat pasta
2 large courgettes, diced
300g frozen sweetcorn
2 tablespoons **B-Well Canola Oil**
1 large red onion, diced
1 clove garlic, crushed
400g chopped tomatoes
Freshly ground black pepper
2 teaspoons mixed herbs
400g mackerel, mashed into smaller pieces

METHOD

1. Boil the pasta in a large non-stick pan according to packet instructions.
2. Add the courgette and sweetcorn for the last 5 minutes of cooking time.
3. Meanwhile, heat the **B-Well Canola Oil** in a large non-stick pan on a medium heat.
4. Add the red onion and cook until starting to soften. Then add the garlic and cook for a further minute.
5. Add the tomatoes, freshly ground black pepper, mixed herbs and mackerel. Cook on a low heat until the fish is heated through.
6. Drain the pasta, courgette, and sweetcorn.
7. Add to the mackerel mixture and mix together.
8. Serve immediately.

TIP: Any oily fish such as sardines or pilchards work well in this recipe. Just take out the mackerel and replace it with your choice of oily fish. If you prefer this dish as a cold option, and as a salad, add **B-Well Tangy Mayonnaise**.

HEALTHY INGREDIENTS

Packed with slow-release carbohydrates for sustained energy, dietary fibre from both the pasta and vegetables to help keep the gut healthy and regular. Fish is packed with protein. Oily fish and **B-Well Canola Oil** both contain omega-3 fats that helps to maintain a healthy heart and reduce the risk of certain cancers.



CANCER TIP:

A dish that is packed with fibre, and a great option if you are experiencing constipation. If you are experiencing some nausea, opt for fish like tuna, which tends to have a blander taste. Or if you have some taste changes, or for a colder version and add some B-Well Tangy Mayonnaise.

LENTIL AND VEGGIE ENCHILADA CASSEROLE

INGREDIENTS

1 tablespoon **B-Well Canola & Olive Oil Blend**
 2 celery stalks, trimmed and cut into 1cm pieces
 1 red bell pepper, cut into 2cm pieces
 1 small onion, finely chopped
 2 garlic cloves, minced
 1 large carrot, peeled and shredded on the large holes of a box grater (about 1 cup)
 2 teaspoons ground cumin
 1 teaspoon dried oregano
 1 teaspoon coriander
 1 teaspoon chilli powder, optional
 ½ teaspoon salt
 3 cups water
 1 cup IMBO green or brown lentils, rinsed
 2 packed cups baby kale or spinach, roughly chopped
 1 cup fresh coriander, roughly chopped, optional
 Nonstick **B-Well Cooking Spray**
 Enchilada sauce*
 5 corn tortillas, cut in half
 1 ½ cups grated Cheddar cheese

HOMEMADE ENCHILADA SAUCE

INGREDIENTS

2 tablespoons **B-Well Canola Oil**
 2 tablespoons all-purpose flour
 2 tablespoons chili powder
 2 cups water
 100g tomato paste
 ½ teaspoon ground cumin
 ½ teaspoon garlic powder
 ¼ teaspoon cayenne pepper (optional for heat)
 ¾ teaspoon salt (or to taste)

HEALTHY INGREDIENTS

Legumes like lentils, are consistently linked to lower cancer risk, especially for colorectal and breast cancers, due to their fibre and phytochemical content. This recipe is loaded with herbs, spices and vegetables – offering a powerful antioxidant boost. Antioxidants help neutralize free radicals, which can damage DNA and contribute to cancer development.

METHOD

1. Heat **B-Well Canola & Olive Oil Blend** in medium-size pot over medium heat. Add celery, bell pepper and onion and sauté, stirring often until softened and starting to caramelize, 4 to 6 minutes.
2. Add garlic, carrot, cumin, oregano, coriander, chili powder (optional) and salt and cook, stirring often until garlic is golden and fragrant, about 2 minutes.
3. Stir in water and lentils. Raise heat and bring to boil; immediately reduce heat to low. Simmer, covered, until just tender, 15 to 20 minutes. Check for tenderness every 3 to 5 minutes and give a quick stir each time. (Exact cooking time may vary depending on type of lentil used.) When done, stir in kale or spinach and cilantro, as desired, until wilted, about 1 minute. Taste and season with additional salt, as desired.
4. While lentils cook, preheat oven to 180°C. Lightly oil or coat 23 x 33cm baking pan or dish with **B-Well Cooking Spray** and set aside.
5. To make casserole, spread ½ cup enchilada sauce in bottom of prepared pan or oven dish. Arrange 8 tortilla halves over sauce, allowing to overlap slightly. Top evenly with another ½ cup sauce, 2 ¼ cups lentil mixture and ½ cup cheese.
6. Repeat next layer with 8 tortilla halves, ½ cup sauce, 2 ¼ more cups lentils (discard any remaining liquid), and ½ cup cheese.
7. Add final layer with remaining tortilla halves, remaining enchilada sauce and ½ cup cheese.
8. Cover dish or prepared pan and bake until casserole is heated through and bubbly, about 35 minutes. Cool slightly, slice and serve.
9. You can garnish the dish with diced avocado, lime wedges, fresh cilantro or sliced green onion.

METHOD

1. Make a roux: In a pot, whisk together **B-Well Canola Oil**, flour, and chili powder over medium heat until bubbling. Cook for 1 minute.
2. Whisk in water, tomato paste, cumin, garlic powder, and cayenne until smooth.
3. Bring to a simmer and cook until slightly thickened.
4. Add salt to taste (optional).

This dish freezes well!



CANCER TIP:

If your mouth is sensitive or you have mouth sores from treatment, reduce or exclude the spicy ingredients like chili and cayenne pepper. Also test your tolerance to a tomato-based sauce. Reduce or exclude the tomato in the recipe and increase the amount of red bell peppers (roasted) for a gentler less acidic sauce. These peppers are packed with antioxidants - vitamin C and beta-carotene.

SERVES 4



ONE-PAN ROASTED CHICKEN AND VEGETABLES

INGREDIENTS

450 g boneless, skinless chicken thighs
300 g whole carrots (6–8 medium), cut into carrot sticks
300 g green beans (2 large handfuls), washed and trimmed or baby marrow/zucchini
300 g baby red potatoes, halved or quartered (may substitute with cubed sweet potatoes)
1 medium red onion, cut into wedges
3–4 garlic cloves, minced
1 tablespoon fresh rosemary (or 1 teaspoon dried rosemary)
2 teaspoons fresh thyme (or $\frac{3}{4}$ teaspoon dried thyme)
2 tablespoons **B-well Canola & Olive Oil**
 $\frac{1}{2}$ teaspoon fine salt
 $\frac{1}{2}$ teaspoon black pepper

METHOD

1. Preheat the oven to 220°C.
2. Toss the chopped vegetables and herbs with oil directly onto a large, rimmed baking sheet.
3. Place the skinless chicken thighs on top of the vegetables.
4. Season chicken and veggies with the salt and pepper.
5. Bake until the chicken is cooked through, and the baby potatoes are tender, about 30-35 minutes.
6. Toss and turn the vegetables once or twice during cooking.

HEALTHY INGREDIENTS

This dish offers high-quality protein from the chicken, dietary fibre and sustained energy from the starch and veg, on offer here. The herbs, garlic, and **B-Well Canola & Olive Oil Blend** support immune health.



CANCER TIP:

If you have a low appetite or a dry mouth, shred the chicken, puree or chop the cooked carrots, potato/sweet potato, and use zucchini instead of green beans. Optional: add a gravy or sauce.

SERVES 4



POWERFUL POKE BOWL WITH LOW SODIUM SESAME SALAD DRESSING

INGREDIENTS

½ cup cooked brown rice or Thai black rice (fibre-rich, low GI)

Optional: mix with shredded baby spinach or cooked lentils

Protein (choose one)

Cooked fish or shredded chicken, boiled or poached egg, marinated tofu (soy-glazed or sesame-ginger for plant-based option)

Veggies & Add-ins

- Grated beetroot
- Cucumber ribbons
- Avocado slices
- Steamed edamame or frozen peas
- Shredded carrot or cabbage
- Optional: mango cubes or orange segments for a touch of sweetness

Ingredients (for Dressing)

– for 4-6 servings*

INGREDIENTS

3 tablespoons B-well Canola Oil
2 tablespoons toasted sesame oil
3 tablespoons rice vinegar
1 tablespoon low-sodium soy sauce
1 tablespoon honey or maple syrup (optional)
1 teaspoon grated fresh ginger
1 tsp minced garlic
1 tablespoon toasted sesame seeds
1 tablespoon warm water
¼ teaspoon freshly ground black pepper
2 tablespoons lime juice

METHOD

1. Combine all ingredients in a jar or bowl.
2. Whisk or shake vigorously until emulsified.
3. Taste and adjust acidity or spice as needed.
4. Shake before use.

*If time doesn't allow, swap one serving of the dressing for 2 tablespoons of **B-Well Reduced oil Mayonnaise** or **B-well Original Tangy mayonnaise**.

OPTIONAL: Add one or more of the following, to your taste:

- 1 ½ teaspoons freshly grated ginger
- 1/8 teaspoon red chilli flakes

Topping options, can include:

- Toasted sesame seeds
- Chopped spring onion
- Nori strips or seaweed flakes
- Fresh coriander or mint

HEALTHY INGREDIENTS

A Quick meal option. A Poke bowl recipe is always a favourite option when craving lighter and brighter foods. This particular power bowl recipe has really hit the spot. Crisp veggies play off creamy avocado, nutty rice, and a soft-boiled egg. Boosting the intake of protein, fibre and unsaturated fats. Pickled ginger adds a refreshing kick, and a sweet and savoury dressing or **B-Well Canola Mayonnaise** option ties it all together.



CANCER TIP:

Rice is easy to digest and adding fibre rich veg can help keep one regular. If you are battling with digestion, limit gas-forming vegetables, also lightly cook, steam or stir-fry your vegetables in B-Well Canola Oil. Using reduced-salt soy sauce helps cutting sodium (salt) and is better for your heart and gut health. Of course, ginger, garlic, Canola seed oil, and Sesame oil supports immune health.

TASTE THE **DIFFERENCE** WITH **B-WELL MAYO**

Ranging from **Original Tangy** and deliciously **Thick Creamy** to our guilt free **Reduced Oil**, our **B-well Mayonnaise** range is perfect for salads, wraps, dips, marinades, and more. Whether you're making potato salad, creamy burgers, or even a baking recipe; our mayo range makes the **perfect addition to any meal**.



WHY CHOOSE B-WELL MAYO?

- Egg & Dairy Free
- Naturally Gluten Free
- Made with Love, Locally
- Endorsed by the **Heart and Stroke Foundation South Africa**
- **Versatile** for All Your Culinary Creations

With **B-well Mayo**, you can create **nutritious meals fit for everyone to enjoy**.



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**SWEET
STUFF**

SERVES 4



CHOCOLATE BANANA CHIA PUDDING

INGREDIENTS

4 ripe bananas (the riper, the sweeter)
4 tablespoons unsweetened cocoa powder
2 tablespoons **B-Well Canola Oil**
6 tablespoons chia seeds
1 ½ cups of milk of choice
1 tsp vanilla extract (optional)
Pinch of cinnamon (optional)

METHOD

1. Mash bananas until smooth, or blend for extra creaminess.
2. Stir in cocoa powder, **B-Well Canola Oil**, chia seeds, milk, and vanilla.
3. Let it sit for 10 minutes, then stir again to prevent clumping.
4. Refrigerate for 2–4 hours or overnight until thickened.
5. Serve chilled, optionally topped with soft berries or a few dollops of yoghurt – sprinkle with cinnamon.

HEALTHY INGREDIENTS

No added sugar or sweeteners—relies on banana's natural sweetness. **B-Well Canola Oil** and Chia seeds offer anti-inflammatory omega-3's and dietary fibre. Milk adds calcium and muscle-building protein. Cocoa adds antioxidants and flavour without harsh textures.



CANCER TIP:

A sweet treat with no added sugar. Banana adds potassium (an electrolyte), often lost during treatment. The pectin, (fibre) in banana is helpful in cases of both constipation and diarrhoea. If you have a sore or sensitive mouth from treatment, turn this pudding into popsicles. Use a silicon mould and freeze the mixture for a soothing delight.



CHAI HOT DRINK

INGREDIENTS

1 cup water
½ cup milk of choice
1 tea bag of choice
1 slice fresh ginger
1 cinnamon stick
2 cardamom pods (crushed)
2 cloves
Pinch of black pepper (optional)

METHOD

1. Simmer water with spices for 5–7 minutes.
2. Add tea and steep for 3–5 minutes.
3. Add milk and gently heat (do not boil).
4. Strain and serve warm—not piping hot.
5. Add a piece of dark chocolate to hit the spot.

HEALTHY INGREDIENTS

No added sugar or artificial sweeteners help stabilise blood glucose and reduce inflammation. Spices like ginger, cinnamon, and cardamom are known for their anti-inflammatory, antioxidant, and digestive benefits. Various tea options contain polyphenols that may support immune function and reduce oxidative stress.

Chocolate may seem decadent but in moderation, it can be part of a healthy cancer-protective diet. This recipe combines cinnamon, ginger and cloves for the perfect warm, spicy drink for a cold day and what better way than to add a piece of dark chocolate to end off a meal.

CANCER TIP:

An easy way to stay hydrated. Warm but not scalding, helps avoid thermal injury to the throat (oesophagus), which has been linked to increased cancer risk. Plus, lab studies have shown that compounds in tea and chocolate may have health-protective effects, like reducing inflammation and lowering blood pressure.



A MESSAGE FROM B-WELL

Whether you are walking the road of recovery, caregiving, or simply trying to make sense of a diagnosis—**please know this: you are not alone.**

B-well is committed to supporting South African families through **nourishing food, trusted partnerships, and real-world tools to live and eat well—even through illness.**

Together with CANSA, we proudly champion the message that food is more than fuel. It's love. It's healing. It's comfort. It's a small act of care you give every day.

To explore our full product range or connect with our community, visit:



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CANSA's FREE Tele Counselling Service:
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