



MY NUTRITION GUIDE

FLAVORFUL IDEAS TO BE PART
OF YOUR OVERALL HEALTH

We've cooked up information on eating well along with 3 recipes to help you get creative in the kitchen.

Please see full Important Safety Information on pages 14-15; click here for the [Patient Information](#) and full [Prescribing Information](#).



Somatuline[®] Depot
(lanreotide) Injection 120 mg



STAY FUELED UP.
STAY FLAVORFUL.
STAY YOU.

This guidebook isn't just about diet. It's about staying informed so that you can enjoy great food.

Ask your doctor about specific foods you should eat, and what to avoid.

The content in this guide is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

Somatuline[®] Depot is the **1st and only** FDA-approved treatment for adults **both** to slow the growth of gastrointestinal and pancreatic neuroendocrine tumors (GEP-NETs) that have spread or cannot be removed by surgery...**and** treat carcinoid syndrome to reduce the need for the use of short-acting somatostatin medicine.*

*It is not known if Somatuline Depot is safe and effective in children.

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WINNING INGREDIENTS

Having GEP-NETs and/or carcinoid syndrome doesn't have to stand in the way of enjoying delicious, nutritious food. But steering clear of certain foods—and incorporating others—may help you stay well-fed while feeling comfortable.

When you're grocery shopping, reach for:

- Lean, low-fat proteins such as fish, poultry, lean red meat, eggs
- Low-fat dairy foods or dairy substitutes—think rice milk, skim milk, and reduced-fat yogurt
- Vegetables, to be cooked until tender
- Soft or cooked fruit such as applesauce and canned or frozen fruit without seeds or peels
- Low-fiber grains and bread products like white rice, plain pasta, crackers, and bread, and peeled potatoes and yams

Throughout the day:

- Eat smaller, more frequent meals and snacks
- Sip on hydrating clear liquids like water, fruit juices, lemonade without pulp, broth, and herbal teas

Please see full Important Safety Information on pages 14-15; click here for the [Patient Information](#) and full [Prescribing Information](#).





Ask for help if you need it:

Ask family and friends for help with shopping and making meals, **and be sure to ask your doctor or a registered dietitian or nutritionist about specific foods you should eat, and what to avoid.**

The foods listed below contain things like **amines** (a chemical substance that may disagree with you), caffeine, and have other qualities that can cause discomfort for people with GEP-NETs.

Things to keep out of your pantry—and what to replace them with:

- Spicy foods—for a kick of flavor, stock up on African, Middle Eastern, and Asian spices that aren't hot...think turmeric, nutmeg, and allspice
- Chocolate—for an indulgent treat, reach for soothing desserts like vanilla-based puddings
- Foods high in fat—for a satisfying take on rich foods, focus on high-quality, low-fat protein sources like ground turkey and other poultry
- Alcohol—mocktails are all the rage...craft ingredients like fresh blackberries and mint can be muddled, mixed, and used as garnishes without the booze to produce show-stopping creations
- Raw fruits and vegetables—enjoy the freshness of ingredients by tossing in-season vegetables into a stir-fry and cooking until tender

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PARTY FOWL

Cook Time: 30 minutes

For those who crave the kick of spice...but need to avoid the heat

Stir-Fry With Green Beans and Chicken: This quick and easy dish is a rapid-fire way to bring friends together on a summer evening. The sizzle of vegetables and tender chicken—mingled with the smell of freshly chopped sautéed garlic—is guaranteed to draw the whole gang to the table.



Ingredients

- 3 tsp. sesame oil, divided
- 1 large onion, halved and thinly sliced
- 1 medium carrot, thinly sliced crosswise
- 4 cups green beans
- 8 oz. boneless skinless chicken breast, cut into 1-inch by 1/2-inch strips
- 4 cloves garlic, minced
- 1/2 cup chopped scallions
- 1 Tbsp. finely minced fresh ginger
- 2 Tbsp. reduced-sodium soy sauce
- 1/2 cup reduced-sodium chicken broth or vegetable broth
- 2 cups cooked basmati rice

Directions

In a large non-stick skillet or wok heat 1 teaspoon of oil over medium-high heat. Add onion and carrot and sauté for 8-10 minutes. Remove vegetables and set aside.

Heat the second teaspoon of oil over medium-high heat and stir-fry green beans for 3-4 minutes. Remove and set aside with vegetables.

Heat last teaspoon of oil over medium heat and stir-fry chicken and garlic until chicken is no longer pink. Stir in scallions and ginger and sauté for an additional minute. Stir in vegetables. Add soy sauce and broth. Cook 1-2 minutes.

Divide rice among 4 dinner bowls and top each with stir-fry.



Power Tip: Garnishing each bowl with fresh and flavorful parsley is a great way to dial up the flavor.



BRUNCH AND SHINE

Cook Time: 30 minutes

For vegetable lovers seeking summery freshness without the raw ingredients

Zucchini and Onion Frittata: This light and healthy dish is perfect for passing amongst friends on a cool morning, accompanied by laughter and fond memories.



Ingredients

- Cooking spray, preferably olive oil
- 1/2 cup finely chopped onion
- 1 tsp. finely chopped garlic
- 8 oz. zucchini (1 medium), cut into 1/8-inch rounds
- 4 large eggs
- 2 large egg whites
- 2 Tbsp. grated mild, low-fat cheddar cheese
- 1/2 tsp. salt
- Ground black pepper
- 1/4 cup fresh basil, cut cross-wise into thin slices
- 1 Tbsp. extra virgin olive oil

Note: This recipe has been modified from the American Institute for Cancer Research.

Directions

Coat large skillet with cooking spray and set over medium-high heat. Sauté onion until golden, 3-4 minutes. Mix in garlic and cook 1-2 minutes, until onion is lightly browned. Transfer contents of skillet to plate to cool.

Coat skillet again with cooking spray and return to heat. Using tongs, spread out zucchini slices in pan and brown on both sides, 8-10 minutes. Add to onion mixture. Wipe out skillet.

In mixing bowl, whisk eggs and whites until well combined. Mix in cheese, salt and pepper. Add vegetables and basil, and mix with fork to combine with eggs.

Add oil to skillet and tilt to swirl oil around sides. Set over medium-high heat. Pour in egg mixture, spreading zucchini and onion in an even layer. As eggs start to set, use wide spatula to lift frittata around edges while tilting skillet slightly so liquid egg flows out and under the edges of frittata. Cook

until frittata is brown on bottom and set except in center, about 8 minutes. Off heat, invert large plate over skillet. Pressing it firmly in place against the skillet, invert the two so frittata falls from pan onto plate. Slide frittata back into skillet and cook to lightly brown bottom, 1-2 minutes longer. Slide frittata onto serving plate. Serve immediately, or cool frittata to room temperature before serving. This frittata also can be covered and refrigerated overnight. Cut into 4 wedges, and serve.



Power Tip: Summer squash is a good source of natural vitamin C.

SIMPLY SWEET

Cook Time: 25 minutes

For those looking to satisfy their sweet tooth with an indulgent treat

Take-It-Easy Tapioca Pudding: This light, smooth, creamy dessert is the perfect after-dinner pick-me-up after a satisfying meal. Velvety undertones of vanilla provide just the right amount of sweetness to unwind with after a long day.



Ingredients

- 3 cups low-fat coconut milk (or 2 3/4 cups low-fat milk)
- 3 Tbsp. instant tapioca
- 1/3 cup white sugar
- 1 egg, beaten
- 1 tsp. vanilla extract

Note: Sugar may be substituted with either 4 tsp. spoonable stevia, 3/4 tsp. liquid stevia, or 4 Tbsp. honey.

Directions

In a medium saucepan, whisk together the milk, tapioca, sugar, and egg. Let stand for 5 minutes. Bring the milk mixture to a simmer over medium heat, stirring constantly.

Reduce the heat to medium-low and stir frequently until the mixture thickens, about 2 minutes. Remove from the heat and stir in the vanilla extract.

Cool for 20 minutes and then stir. Serve either warm or chilled.



Power Tip: Tapioca is made from the cassava root.



What is SOMATULINE® DEPOT (lanreotide) Injection?

SOMATULINE DEPOT is a prescription medicine used in adults for:

- the treatment of a type of cancer known as neuroendocrine tumors, from the gastrointestinal tract or the pancreas (GEP-NETs) that has spread or cannot be removed by surgery; and
- the treatment of carcinoid syndrome to reduce the need for the use of short-acting somatostatin medicine.

It is not known if SOMATULINE DEPOT is safe and effective in children.

IMPORTANT SAFETY INFORMATION

- **Do not take SOMATULINE DEPOT** if you are allergic to lanreotide.
- **SOMATULINE DEPOT may cause serious side effects**, including:
 - Gallstones
 - Changes to your blood sugar (high or low blood sugar),
 - Slow heart rate, and
 - High blood pressure.
- **Tell your healthcare provider (HCP) if you have any of the following symptoms:**
 - **Symptoms of gallstones** may include sudden pain in your upper right stomach area (abdomen), sudden pain in your right shoulder or between your shoulder blades, yellowing of your skin and whites of your eyes, fever with chills, and nausea.
 - **Symptoms of high blood sugar** may include increased thirst, increased appetite, nausea, weakness or tiredness, urinating more than normal, and fruity smelling breath.
 - **Symptoms of low blood sugar** may include dizziness or lightheadedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, irritability or mood changes, and hunger.
 - **Symptoms of slow heart rate** may include dizziness or lightheadedness, fainting or near-fainting, chest pain, shortness of breath, confusion or memory problems, and weakness or extreme tiredness.
- **The most common side effects of SOMATULINE DEPOT in people with:**
 - **GEP-NETs:** stomach area (abdominal) pain; muscle and joint aches; vomiting; headache; pain, itching or a lump at the injection site
 - **Carcinoid syndrome:** headache, dizziness, muscle spasm; side effects were generally similar to those commonly seen with GEP-NETs

Please click here for the [Patient Information](#) and full [Prescribing Information](#).



IMPORTANT SAFETY INFORMATION (continued)

- SOMATULINE DEPOT may cause dizziness. If this happens, do not drive a car or operate machinery.
- Tell your HCP right away if you have signs of an allergic reaction after receiving SOMATULINE DEPOT, including swelling of your face, lips or tongue; breathing problems; fainting, dizziness or feeling lightheaded (low blood pressure); itching; skin flushing or redness; rash; or hives.
- **Before taking SOMATULINE DEPOT, tell your HCP about all your medical conditions including if you:** have diabetes; have gallbladder, heart, thyroid, kidney or liver problems; are pregnant or plan to become pregnant; or are breastfeeding or plan to breastfeed. It is not known if SOMATULINE DEPOT will harm your unborn baby or pass into breast milk. You should not breastfeed if you receive SOMATULINE DEPOT and for 6 months after your last dose. SOMATULINE DEPOT may affect your ability to become pregnant.
- **Tell your HCP about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements. SOMATULINE DEPOT and other medicines may affect each other, causing side effects. SOMATULINE DEPOT may affect the way other medicines work, and other medicines may affect how SOMATULINE DEPOT works. Your dose of SOMATULINE DEPOT or your other medications may need to be changed. If you have diabetes, your HCP may change your dose of diabetes medication when you first start receiving SOMATULINE DEPOT or if your dose of SOMATULINE DEPOT is changed.
- **Especially tell your HCP if you take:**
 - Insulin or other diabetes medicines,
 - A cyclosporine (Gengraf, Neoral, or Sandimmune), or
 - Medicines that lower your heart rate, such as beta blockers.

Know the medicines you take. Keep a list of them to show your HCP when you get a new medicine.

Tell your HCP if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of SOMATULINE DEPOT. For more information, ask your HCP.

To report SUSPECTED ADVERSE REACTIONS, contact Ipsen Biopharmaceuticals, Inc. at 1-855-463-5127 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Please click here for the [Patient Information](#) and full [Prescribing Information](#).

