

Fueling Wellness Through Treatment and Survivorship

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Agenda



Nutrition Goals During Active Treatment



Healthy Eating & Lifestyle Recommendations



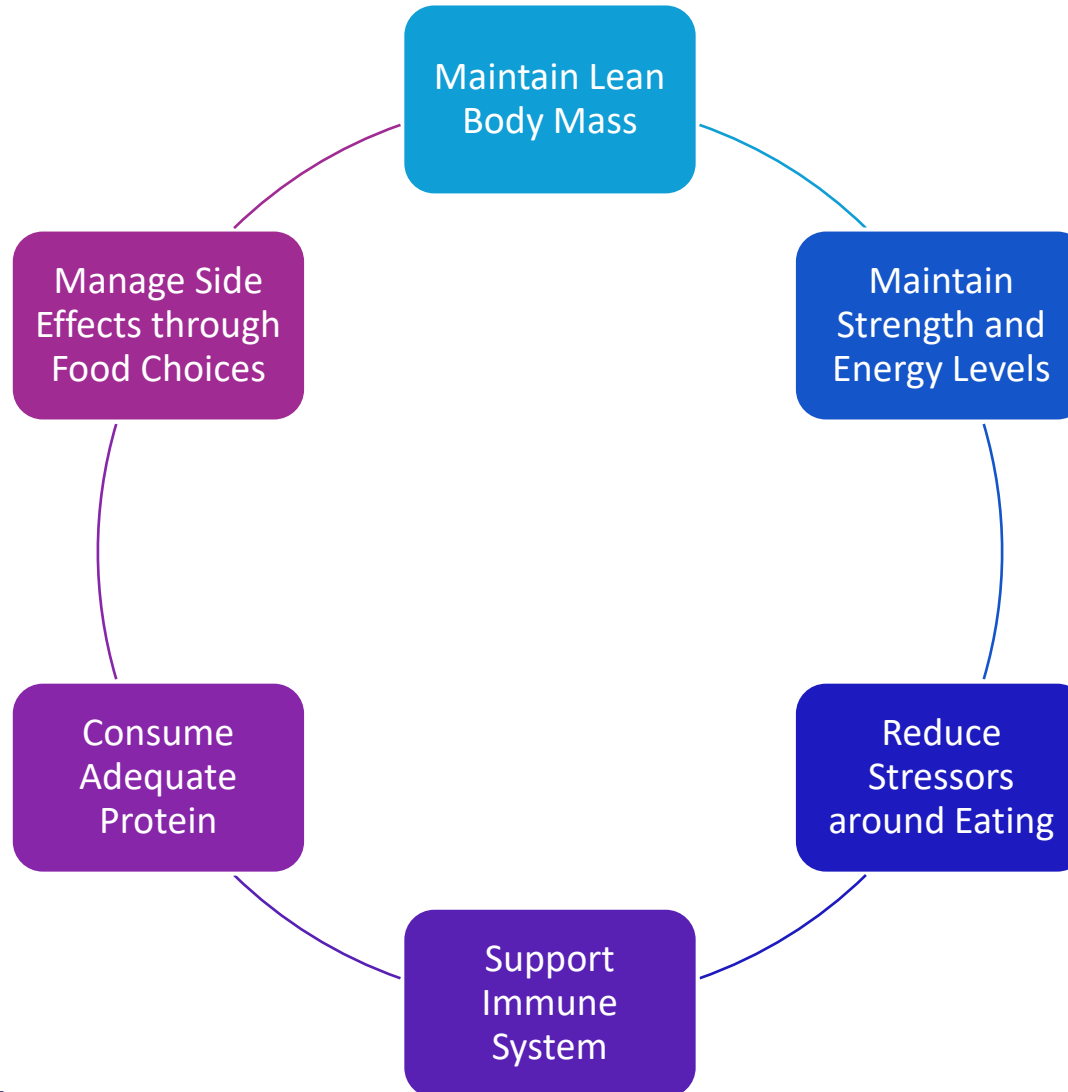
Commonly Asked Questions: Debunking Cancer Myths

Nutrition Goals During Active Treatment

- Side effects of chemotherapy can result in changes to your eating habits and differences in the way your body uses nutrients.
- Nutritional needs and eating habits are affected differently depending on the type of cancer and its treatment.



Nutrition Goals During Active Treatment



Nutrition Goals During Survivorship

AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks



LIMIT CONSUMPTION OF "FAST FOODS" AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone



FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby



AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional about what is right for you



BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in adult life



BE PHYSICALLY ACTIVE

Be physically active as part of everyday life – walk more and sit less



Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

Follow a Plant *Forward* Diet

GOAL: AIM FOR $\frac{2}{3}$ OF YOUR PLATE TO BE VEGETABLES, FRUITS, WHOLE GRAINS & BEANS/LEGUMES

What is a plant-forward diet?

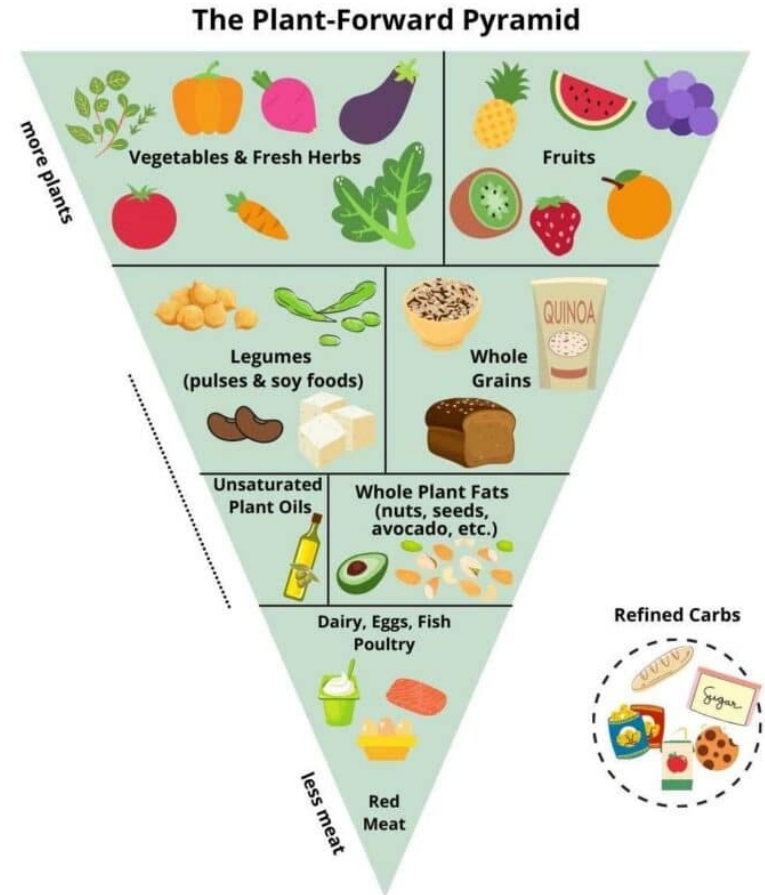
- Emphasizes minimally processed plant-based foods

Why?

- Plant-based foods are high in the types of fiber, nutrients, and phytochemicals (natural substances) that may help protect our cells from damage that may lead to cancer

How?

- Animal proteins are used as an “enhancer”, taking up $\sim\frac{1}{3}$ of your plate
- $\frac{2}{3}$ of your plate should consist of vegetables, fruits, whole grains, and beans/legumes



Eat More Plants: Choose Plant Based Proteins



Add beans or lentils to soups or chili

Sub lentils for meat in pasta

Use black beans instead of meat in tacos



Snack on trail mix

Add nuts to yogurt for protein boost

Add chia or flax to oatmeal or smoothies

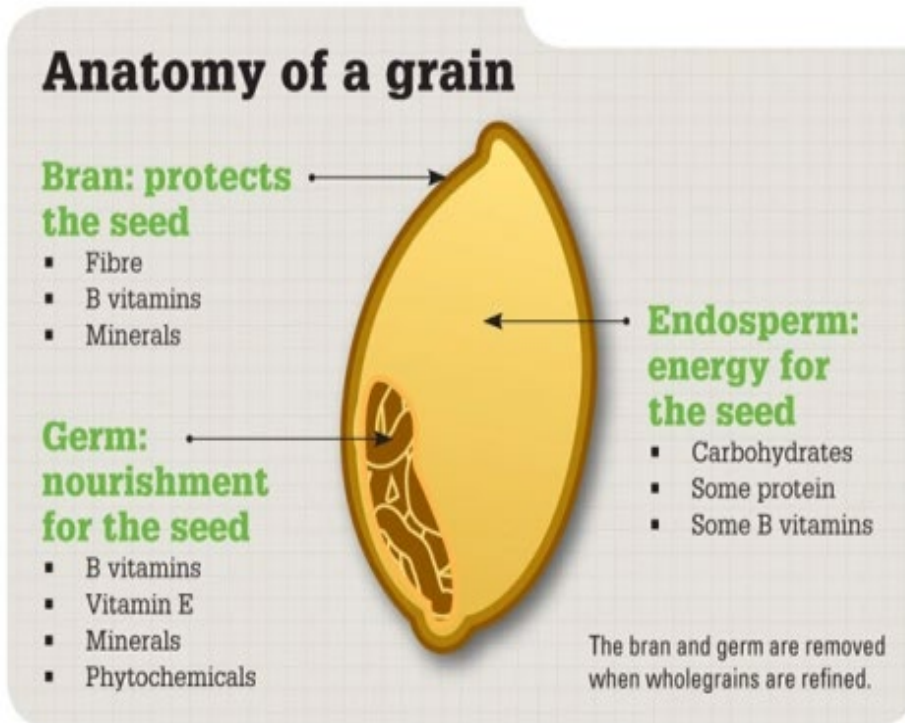


Tofu can add creamy protein boost to smoothies

Add to soups or stir fry

Sub for ricotta in recipes

Eat More Plants: Make Your Grains Whole



- Eat more whole grains by:
 - Swapping whole wheat pasta for white pasta
 - Swapping brown or wild rice for white rice
 - Snacking on popcorn
 - Adding barley to soups or salads
 - Eating oatmeal for breakfast

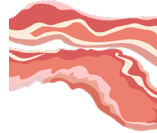
Eat More Plants: Limit Red & Processed Meats



Red meat

Includes beef, lamb, pork
Consuming more than 18 ounces of red meat per week increases risk of colorectal cancer

Moderate amounts of red meat can provide a good source of protein, iron, zinc, and vitamin B12



Processed meats

Preserved by smoking, salting, curing or adding other preservatives

Processed meat contains high amounts of saturated fat, salt, and chemical additives and can put you at increased risk for colorectal cancer

Includes ham, hot dogs, deli cuts, bacon, and sausages (including sausage and bacon made from chicken and turkey)







Limit Alcohol Consumption

- Alcohol increases the risk of several cancers, including cancers of the mouth, pharynx, larynx, esophagus, liver, breast, stomach and colorectum
- Limit alcohol consumption
 - Women- 1 drink/day
 - Men- 2 drinks/day
- Alcohol is also a source of calories, if combined with sugary mixers, even more
- Additional stressor on our systems

**For cancer prevention,
AICR recommends
not drinking alcohol.**

If you do drink alcohol, limit to 2 standard drinks for men, and 1 for women.

12 fl oz of regular beer	=	8-9 fl oz of malt liquor (shown in a 12 oz glass)	=	5 fl oz of table wine	=	1.5 fl oz shot of 80-proof spirits ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)
						
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 40% alcohol

Source: National Institute on Alcohol Abuse and Alcoholism

GOAL: 2 DRINKS OR LESS/DAY FOR MEN, 1 DRINK OR LESS/DAY FOR WOMEN



Debunking Cancer Myths

Q: What supplements should I take during and after cancer treatments?

Research has not shown one specific supplement or nutrient to lower cancer risk

Focus on obtaining vitamins from whole food sources

Understand medication interactions



Q: I've heard juicing is helpful for a cancer fighting diet. How often should I be juicing?

- Juicing can be a great way to ADD more servings of vegetables and fruit to an *already* healthy diet
- Juicing should not be used to meet basic nutrition needs
- 5-a-day rule
- **Important tips to get the most out of your juice!**
 - **Go Pro(tein)**
 - Have your juice with a serving of protein, and a little bit of fat
 - Protein balances out the carbohydrates and fat helps your body absorb fat-soluble nutrients from the juice
 - Enjoy with Greek yogurt + some nuts, eggs + avocado, or add your fat and protein into the blender
 - **Embrace Variety**
 - You absorb different nutrients from the same food when it is prepared differently (ex: blended spinach vs cooked spinach)

Q: Does sugar fuel cancer growth?

- Sugar comes from nutrient dense carbohydrate containing foods (vegetables, fruit, whole grains, and low-fat dairy foods)
- Also comes from processed foods (soda, cookies, candies)
- All cells in our body (including cancer cells) use sugar or glucose from our bloodstream for fuel
- Connection between sugar & cancer risk is more indirect and complex than we realize



Q: Does sugar fuel cancer growth?

- Important to focus on BIG picture of diet and eating habits:
 - Maintain a healthy weight
 - Include daily physical activity
 - Choose less processed foods
 - Avoid “naked carbohydrates”

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Credible Nutrition Resources/References

- Oncology Nutrition Dietetic Practice Group- <http://www.oncologynutrition.org/>
- American Institute for Cancer Research (AICR)- <http://www.aicr.org/>
- MSKCC About Herbs- <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>
- Cook For Your Life- <https://www.cookforyourlife.org/>