



Fueling Wellness During Treatment & Survivorship

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Agenda

1. Nutrition goals during active treatment
2. Nutrition goals during survivorship
3. Meeting in the middle

Nutrition Goals During Active Treatment

- Side effects of cancer and/or its treatment can result in changes in your eating habits. Eating the right foods before, during, and after treatment may help with some of these side effects.

Common Nutrition Related Side Effects During Treatment:

- Decreased appetite
- Weight loss
- Weight gain, fluid retention
- Nausea/vomiting
- Diarrhea/constipation
- Feeling full quickly
- Food Aversions/taste changes
- Sore mouth, tongue and throat, dry mouth
- Fatigue

Nutrition Goals During Active Treatment

1. Maintain Lean Body Mass

- Hypermetabolism, treatment
- Loss of fat mass vs lean body mass
- Decreased ability to participate in full treatment
- Adequate calorie and protein intakes

2. Consume Adequate Protein

- Incorporate protein at each meal and snack
- Essential nutrient for healing, tissue maintenance, and growth
- Your body requires protein to maintain muscle mass

3. Manage Nutrition Related Side Effects with Food Choices

- Everyone is different
- Talk to your registered dietitian, they can provide individualized interventions for specific side effects you may be experiencing

Survivorship Overview



American Institute for Cancer Research (AICR)

- AICR was founded in 1982 under the simple idea that at least *some* cancers might be preventable
 - Research has now shown up to 40% of cancers are preventable
- AICR completes research investigating diet/lifestyle factors and cancer incidence
 - Works together with the World Cancer Research Fund to address worldwide cancer rates
- Establishes guidelines based on research to reduce cancer risk



Survivorship Overview



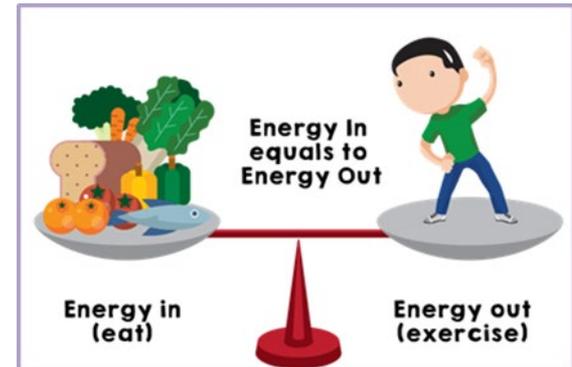
- Often asked, “What can I do to prevent this from coming back?”
- Surrounded by nutrition messages/information
 - Often conflicting
 - Potentially dangerous
- No matter where you are on your journey, what is one thing you can start doing today?

What Can I do to Decrease My Risk?



Maintain a Healthy Weight

- Obesity
 - Risk factor for ovarian and endometrial cancers
 - Excess body fat can result in inflammation/chronic inflammation
 - Reduced risk of endometrial cancer with intentional loss of 5% of weight
- Reach out to your dietitian!



Voss & Williams, 2021
Luo et al., 2017

Nutrition goals during survivorship

Move More

- Regular exercise can help you maintain or move toward a healthy weight
- **During treatment:**
 - Cancer-related energy levels, quality of life, lean body mass, and nutrition related side effects
- **After treatment:**
 - Cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness, and several quality of life factors in cancer survivors

American Institute for Cancer Research

PHYSICAL ACTIVITY AND CANCER: REDUCING YOUR RISK

GETTING REGULAR PHYSICAL ACTIVITY **EVERY DAY IN ANY WAY** LOWERS RISK FOR CANCER

WALK MORE AND SIT LESS

AIM TO GET AT LEAST **150 MINUTES A WEEK**

FOR MORE PROTECTION, BE ACTIVE FOR **45 - 60 MINUTES EVERY DAY**

BEING PHYSICALLY ACTIVE REDUCES RISK OF BREAST, COLON AND ENDOMETRIAL CANCERS

PHYSICAL ACTIVITY MAY DECREASE RISK OF LIVER AND ESOPHAGEAL CANCERS AND IMPROVE SURVIVAL AFTER BREAST CANCER

ACTIVITY CAN HELP WITH WEIGHT CONTROL AND IMPROVE QUALITY OF LIFE

American Institute for Cancer Research

www.aicr.org

aicr blog @aicrtweets facebook

GOAL: 150 MINUTES MODERATE INTENSITY EVERY WEEK. Talk with your doctor!

What is “Moderate Physical Activity”?

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking



gardening



hiking



dancing



cycling



active recreation



swimming

What Can I do to Decrease My Risk?



#1: Eat More Plants

- Why?
 - Plants contain fiber and other nutrients (phytochemicals) which help reduce cancer risk
 - Plants can be filling but also low in calories which can help us move toward or maintain a healthy weight
- Try using the “New American Plate” model to eat more plant-based
 - Goals:**
 - First step: At each meal I’ll eat at least one portion of colorful vegetables or fruit
 - Challenges:**
 - My goal: I will fill ___ (1/3 or 1/2) of my plate with vegetables or fruit at lunch and dinner
 - My goal: I will add extra veggies to soups, stews, salads, and casseroles



GOAL: AIM FOR 2/3 OF YOUR PLATE TO BE VEGETABLES, FRUITS, & WHOLE GRAINS

#2: Make Your Grains Whole

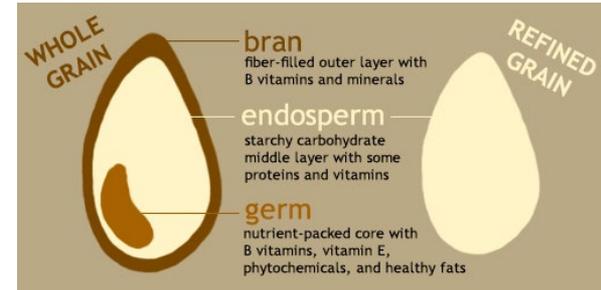
- In whole grains, bran and germ haven't been removed which means:
 - More fiber
 - B vitamins
 - Phytochemicals
- Eat more whole grains by:
 - Trying whole wheat pasta or bread
 - Swapping brown or wild rice for white rice
 - Snack on popcorn
 - Eat oatmeal for breakfast

Goals:

- First step: I will eat at least one serving of whole grains daily

Challenges:

- My goal: I will include one serving of whole grains on my plate at lunch and dinner
- My goal: I will add whole grains into my snacks



GOAL: AIM FOR 2/3 OF YOUR PLATE TO BE VEGETABLES, FRUITS, & WHOLE GRAINS

#3: Incorporate Lean Protein Sources

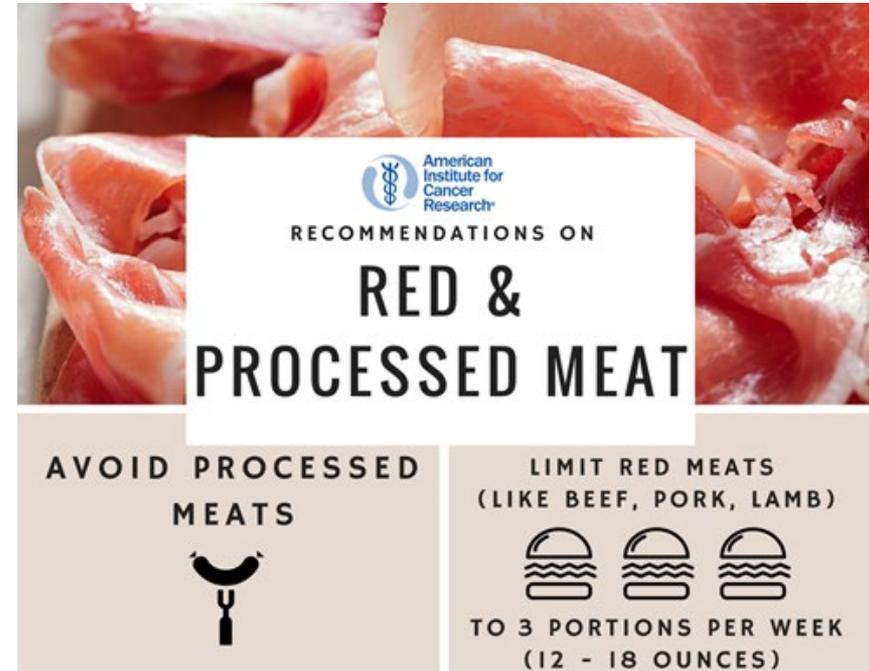
- Modest serving of meat (3 oz)
- Protein is an essential nutrient in food that helps maintain lean body mass and supports your body's recovery during and after cancer treatment
 - Focus on lean proteins such as turkey, chicken, & seafood
 - Limit red meats to < 18 oz per week
 - Limit processed meats
- Do you like more protein? Plant based proteins can count towards the 2/3 plant-based foods
 - Beans or lentils: add to soups or chili, use beans instead of ground meat in tacos
 - Nuts or seeds: blend in smoothies, pair with fruits, spread on whole grain toast or crackers
 - Tofu: add to stir fry, blend into smoothies, add to marinades/dressings
 - Hummus/chickpeas: swap for cheese on a sandwich, use as dip for veggies, sprinkle chickpeas on your salad



GOAL: AIM FOR 1/3 OF YOUR PLATE TO BE PROTEIN

Eat Well: Limit Red & Processed Meat

- Red meat
 - Includes beef, lamb, pork
 - Consuming more than 18 ounces of red meat per week increases risk of colorectal cancer
 - Moderate amounts provide a good source of protein, iron, zinc, and vitamin B12
- Processed meats
 - Includes ham, hot dogs, deli cuts, bacon, and sausages (including sausage and bacon made from chicken and turkey)
 - 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



Eat More Plants: Making it Work for You

- **On a budget?**
 - Less meat can decrease grocery cost
 - Beans, brown rice, peanut butter are affordable and nutritious
- **In a hurry or hate to cook?**
 - Frozen brown rice or quinoa options are available
 - Look for frozen veggies or canned beans
- **Don't like vegetables?**
 - Try adding veggies to soups or sauces rather than eating them on their own
 - Experiment with cooking vegetables in new ways
 - "Sneak" your veggies in: blend spinach/kale/zucchini in smoothies, blend spinach into tomato-based pasta sauce



Limit Fast Foods and Sugar Sweetened Beverages

- “Fast Foods” can be high in calories and low in nutrients
- Avoid sugar sweetened beverages such as regular sodas, juice
 - Try unsweetened tea, waters flavored with fruit/herbs, sparkling water
- Consider preparing meals in advance
 - When you are cooking, double the recipe and freeze half for later
 - Prepare more time consuming foods (meats, grains) on the weekend to have available throughout the week
 - Use different herb blends or sauces to transform leftovers
 - Try different cooking tools: meals can often go from frozen to done in 30 minutes or less



What Can I do to Decrease My Risk?



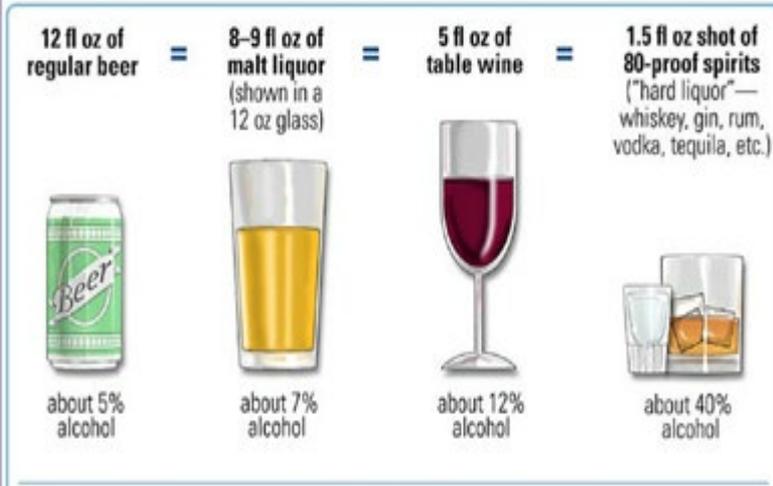
Cut Down on Alcohol

- 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 mixed with sugary mixers, even more

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.)



Source: National Institute on Alcohol Abuse and Alcoholism

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

Don't Rely on Supplements for Cancer Prevention

- Research has not shown one supplement or nutrient to lower cancer risk
- Focus on obtaining nutrients from food sources
 - Nutrients may be better absorbed in whole food form versus a pill
- Medication interactions
 - Always check with your physician and dietitian before starting a new supplement



Meeting in the Middle

- Take advantage of a good appetite
 - Incorporate fruits, vegetables, and whole grains when possible
- Try adding fruits and vegetables to each meal
 - Omelets with sauteed peppers and mushrooms
 - Yogurt with berries
 - Add vegetables to soups and chilis
- Choose nutrient dense beverages
 - Smoothies can include protein, fruits, and vegetables as a low volume snack
- Increase plant based foods on a low fiber diet
 - Use smooth nut butters or tofu in smoothies
 - Puree fruits/vegetables into soups or smoothies

Summary

1. Nutrition goals during active treatment
2. Nutrition goals during survivorship
3. Meeting in the middle
4. Questions?

Credible Nutrition Resources

- 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/>

References

- AICR Cancer Prevention Recommendations. Retrieved from <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>
- Luo, J., Chlebowski, R. T., Hendryx, M., Rohan, T., Wactawski-Wende, J., Thomson, C. A., Felix, A. S., Chen, C., Barrington, W., Coday, M., Stefanick, M., LeBlanc, E., & Margolis, K. L. (2017). Intentional weight loss and endometrial cancer risk. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*, 35(11), 1189–1193.
- Voss, A. C., & Williams, V. (2021). *Oncology nutrition for clinical practice* (2nd ed.). American Dietetic Association.