



Food First

Nutrition During Treatment and Survivorship

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Outline

- Nutrition goals during active treatment
 - Maintain lean body mass
 - Manage nutrition related side effects
- Nutrition goals during survivorship
 - American Institute of Cancer Research (AICR) recommendations
- Meeting in the middle

Nutrition goals during active treatment

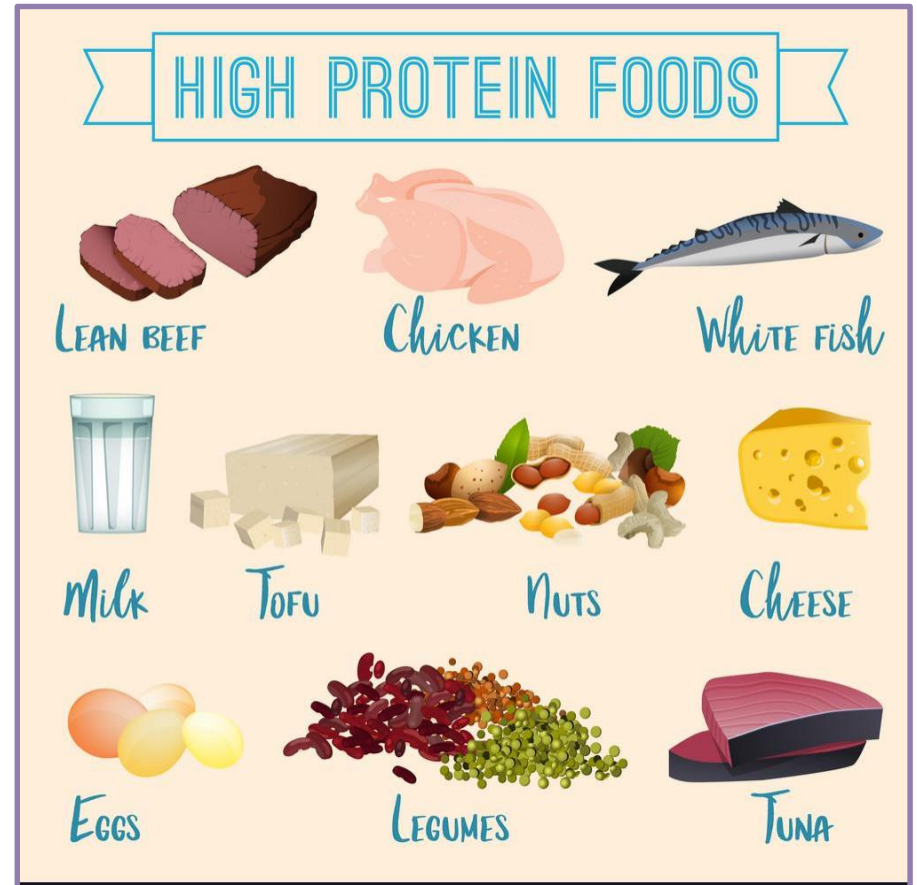
Maintain Your Weight and Lean Body mass

- Weight loss
 - Hypermetabolism, treatment
- Loss of fat mass vs lean body mass
- Decreased quality of life and performance status
- Decreased ability to participate in full treatment
- Adequate calorie and protein intake
 - Needs vary based on body size and treatment type
 - Contact your Registered Dietitian for individualized recommendations

Nutrition goals during active treatment

Consume Adequate Protein

- Incorporate protein at each meal
- Include high protein snacks
 - Nuts or trailmix
 - Cheese and crackers
 - Cottage cheese and fruit
 - Hard boiled eggs



Nutrition goals during active treatment

Manage Nutrition Related Side Effects with Food Choices

- Everyone is different!
 - RD can provide individualized recommendations
- Taste Changes
 - Identify foods/flavors that still taste right
 - Use tangy/vinegar based sauces or marinades
 - If metallic taste, use plastic/bamboo silverware
 - Use sugar free candy or gum to refresh the mouth
 - Adjust seasoning (salt/sugar) by taste
 - Keep an open mind

Nutrition goals during active treatment

Manage Nutrition Related Side Effects with Food Choices

- Poor Appetite
 - Make each bite count
 - Eat small, frequent meals
 - Eat by the clock, rather than waiting for appetite cues
 - Be flexible- breakfast for dinner, etc
 - Drink your calories (smoothies, shakes, Ensure/Boost)
- Diarrhea
 - Avoid large portions of high fiber fruits, vegetables, and whole grains
 - Limit spicy foods, high fat/fried foods, caffeine, and concentrated sweets
 - Incorporate sources of soluble fiber (BRAT diet)
 - Utilize electrolyte replacement beverages

Nutrition goals during survivorship



Nutrition goals during survivorship

Maintain a Healthy Weight

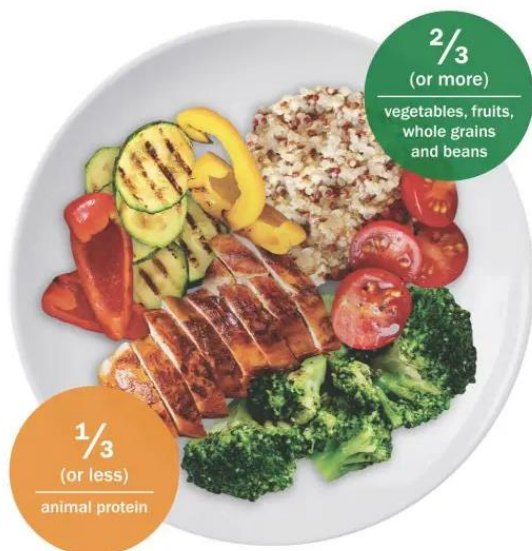
- Obesity
 - Risk factor for ovarian and endometrial cancers
 - Insulin, leptin, estrogen
 - Chronic inflammation
 - Reduced risk of endometrial cancer with intentional loss of 5% of weight
- Reach out to your dietitian!

Voss & Williams, 2021
Luo et al., 2017

Nutrition goals during survivorship

Increase Plant Based Foods

- Eat a diet rich in fruits, vegetables, whole grains, and plant based protein sources
- Phytochemicals
- Aim to fill 2/3 of your plate with plants



	RED	ANTHOCYANINS, VITAMIN A, VITAMIN C, POTASSIUM
	ORANGE	CAROTENOIDS, FOLATE, POTASSIUM, VITAMIN C
	YELLOW	CAROTENOIDS, FOLATE, POTASSIUM, VITAMIN C
	GREEN	LUTEIN, ISOTHIOCYANATE, VITAMIN K, FOLATE
	BLUE	RESVERATROL, ANTHOCYANINS, VITAMIN C
	PURPLE	RESVERATROL, ANTHOCYANINS, VITAMIN C
	WHITE	ALLICIN, NIACIN (VITAMIN B3), RIBOFLAVIN (VITAMIN B2)

Nutrition goals during survivorship

Include Plant Based Proteins



SEITAN
(COOKED)

40g (for 3oz)



CANNELLINI BEANS
(COOKED)

17.4g (for 1 cup)



TEMPEH
(COOKED)

16.9g (for 3oz)



SPELT
(COOKED)

10.7g (for 1 cup)



EDAMAME
(COOKED)

10g (for 3oz)



TEFF
(COOKED)

9.8g (for 1 cup)



LENTILS
(COOKED)

16.2g (for 1 cup)



TOFU
(COOKED)

16g (for 3oz)



BLACK BEANS
(COOKED)

15.2g (for 1 cup)



HEMP SEEDS
(RAW)

9.5g (for 30g)



AMARANTH
(COOKED)

9.3g (for 1 cup)



PUMPKIN SEEDS
(RAW)

9g (for 30g)



KIDNEY BEANS
(COOKED)

14.4g (for 1 cup)



CHICKPEAS
(COOKED)

13.7g (for 1 cup)



LIMA BEANS
(COOKED)

13g (for 1 cup)



GREEN PEAS
(COOKED)

8.6g (for 1 cup)



QUINOA
(COOKED)

8.1g (for 1 cup)



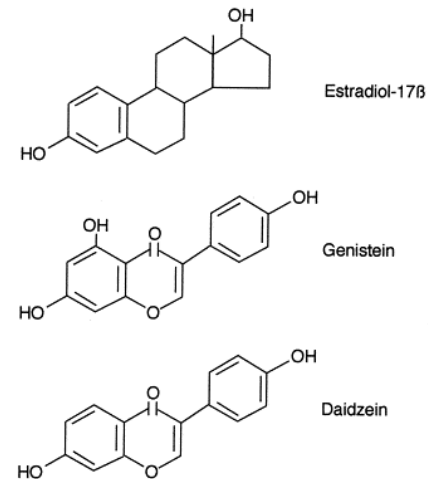
SOY MILK
(RAW)

6.3g (for 1 cup)

Nutrition goals during survivorship

Include Plant Based Proteins- Soy

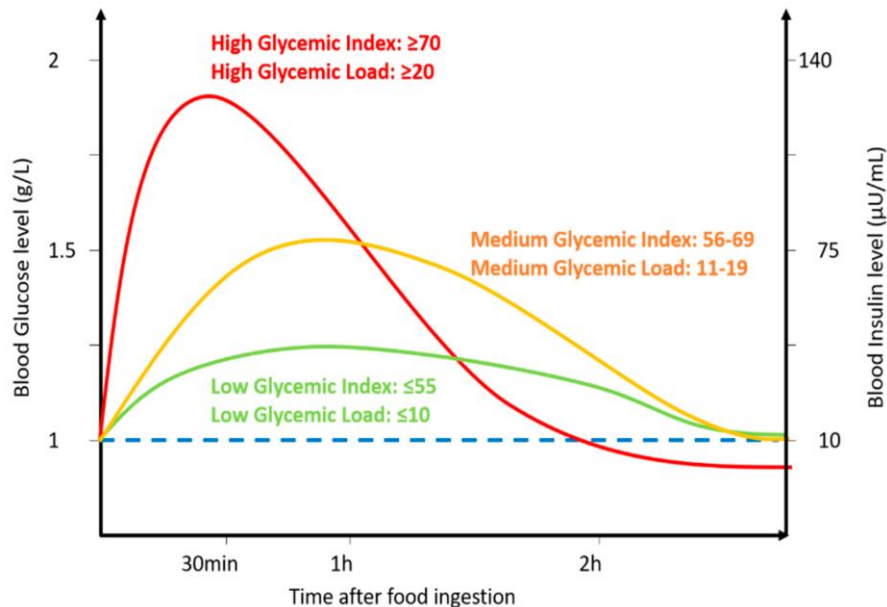
- Soy contains isoflavones (phytoestrogens)
 - Genistein, Daidzein
- Population studies
 - Reduced risk of breast, endometrial, ovarian cancer
- Focus on whole food forms
 - Tofu, tempeh, edamame, soy milk, etc
- Avoid concentrated soy protein isolate capsules/supplements



Nutrition goals during survivorship

Be Mindful About Added Sugars

- Glycemic Load (GL)
 - Measure of carbohydrate content and effect on 2 hour post prandial glucose response
- High GL diet promotes cell growth, reduces cell death, and stimulates cell division
- Increased risk of endometrial cancer with high GL diet vs low GL diet



Nutrition goals during survivorship

Be Mindful About Added Sugars

- Limit portion sizes of refined carbohydrates
- Include protein, fiber, and fat to slow digestion and absorption



Nutrition goals during survivorship

Focus on Foods, Not Supplements

- Supplements are not recommended for cancer prevention
- Not regulated by FDA
 - Choose brands with USP or NSF certifications
- May interact with medications
 - Can change absorption and effectiveness



Incorporating survivorship recommendations during treatment

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

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/>

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Questions?