

# Moving on After Cancer: Nutrition

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# Today's Plan



- Managing long term side effects
- Food to avoid
- Diet to reduce risk of recurrence

# Managing Nutrition Impact Symptoms



- What if I don't feel like eating
  - Loss of appetite will usually resolve after cancer treatments end.
  - Focus on eating small frequent meals/snacks
  - Snacks that include a good source of protein is important like chicken/turkey, mild cheese, eggs, nut butter, trailmix, nuts, beans, bean soups, lentils, avocado toast or chips and quac; also include whole grains like oatmeal, whole wheat crackers, quinoa, brown rice, sweet potatoes, whole grain wraps; fruit

# Managing Nutrition Impact Symptoms



- Focus on the most calorie and nutrient rich foods at a meal; minimize drinks to sips while eating. (Drink hour after a meal)
  - For example if you go out to eat and drink glass of water or soda then have some bread, that may fill you up for the meal and you've missed the entrée
- Build in more calories and protein into a small meal; add extra healthy fats and protein into a meal

# Digestive Aids



- Cancer treatments can have impact on our digestive tract including nausea, gas, bloating, change in bowels
- Foods/Spices that have digestive aid properties may help to soothe this discomfort while the body heals from treatment

# Digestive Aides



- All spice
- Anise
- Banana- for potassium and fiber
- Basil- taste, sore throat
- Bay leaf
- Black pepper also helps absorption of nutrients
- Blueberries
- Buckwheat
- Cardamom-constipation gas, stomach aches
- Cilantro-nausea
- Cinnamon-stomach aches
- Cloves
- Cumin
- Fennel
- Ginger-nausea
- Mint-stomach and taste
- Nutmeg
- Peppermint
- Yogurt
- Fermented foods to support good gut bacteria

# Regulate blood sugars



- Some survivors on treatment or coming off treatment may be having elevated blood sugars from steroids or other conditions
- Foods to help regulate blood sugars are high in fiber and protein
- Almonds, barley, beans and lentils, cinnamon, Dates (Beta-glucan slows digestion), chickpeas
- Balance plate with  $\frac{1}{2}$  vegetables,  $\frac{1}{4}$  whole grain or starch and  $\frac{1}{4}$  plate with lean protein, sprinkle with healthy fats from olives, avocado, nuts, seeds, plant oils other than soybean oil.

# Are there foods I shouldn't eat?



- According to AICR recommendations best to
  - limit or avoid sugar-sweetened beverages
  - processed foods
  - foods with added sugar and fats.
  - Corn syrup/HFCS, table sugar, fructose are processed sugars low in nutritional value.
- Processed meats =nitrates, phosphates, salt, and carcinogens from smoking or high heat cooking
- Meat cooked at high temperatures =carcinogens that increase risk of cancer
- Limit Alcohol



# Cooking Animal Protein Concerns



- When meats from beef, pork, fowl, and fish are cooked at high temperatures form Heterocyclic amines; burning creates other carcinogens
- Temperature is critical factor: frying, grilling, and barbecuing produce most; using lower temperature reduces these concerns
- Marinating helps as well

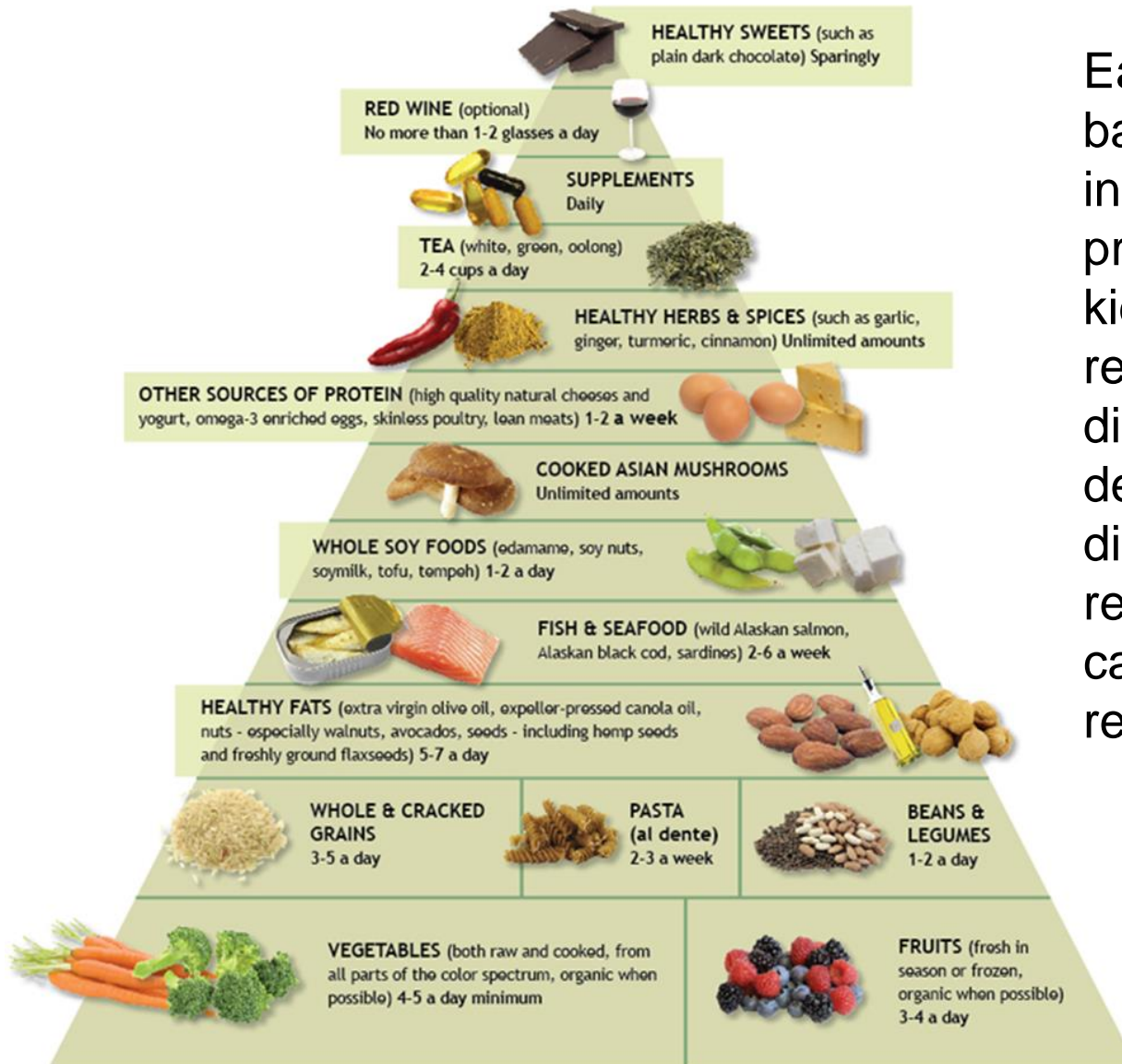
# What foods should I eat?



- Evidence points strongly to a plant-based diet like Mediterranean diet to reduce the risk of recurrence and support overall best health
- What about sugar? -There is a difference between added sugars and naturally sweet foods. Fruit, vegetables (even carrots), honey, whole grains, beans, lentils we know provide important nutrients to fight cancer.



# Mediterranean Diet



Eating plant-based diet rich in antioxidants protects kidneys, reduces rate of diabetes, dementia, heart disease and reduce risk of cancer recurrence

# Foods to Eat



- Apples
- Apricots
- Asparagus
- Avocados
- Barley
- Beans
- Broccoli, cauliflower
- Cabbage
- Kale/Bok choy
- Winter Squash
- Carrots, sweet potatoes
- Tomatoes
- Bell peppers
- Beans
- Brussel Sprouts
- Cherries
- Eggs
- Flaxseeds, Sesame
- Mushrooms
- Pineapple
- Pomegranate
- Fatty Fish
- Green tea
- Blueberries, strawberries
- Red grapes
- Walnuts, Brazil nuts
- whole grains like oats and quinoa
- Garlic
- Honey

# My Healthy Plate



# Make Smart Choices



**A**

*VIDUAL GOURMET  
ETARIAN PIZZA  
e with whole wheat flour*

## Nutrition Facts

Serving Size: 1 pizza (170 g)  
Servings Per Container: 1

Amount Per Serving  
Calories 329    Calories from Fat 81

	% Daily Value*
Total Fat 9 g	14%
Saturated Fat 3 g	16%
Cholesterol 15 mg	5%
Sodium 360 mg	15%
Total Carbohydrate 47 g	16%
Dietary Fiber 6 g	24%
Sugars 4 g	
Protein 15 g	

Vitamin A 8%    Vitamin C 10%  
Calcium 15%    Iron 8%

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your individual needs.

**B**

*LARGE MEAT LOVERS  
SUPREME DEEP DISH PIZZA*

## Nutrition Facts

Serving Size: 1/4 pizza, 2 slices (170 g)  
Servings Per Container: 4

Amount Per Serving  
Calories 510    Calories from Fat 207

	% Daily Value*
Total Fat 26 g	52%
Saturated Fat 12 g	24%
Cholesterol 55 mg	11%
Sodium 890 mg	18%
Total Carbohydrate 43 g	9%
Dietary Fiber 3 g	6%
Sugars 6 g	12%
Protein 26 g	52%

Vitamin A 0%    Vitamin C 0%  
Calcium 4%    Iron 0%

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your individual needs.

- You don't have to give up favorites like pizza
- Make smart choices: here choosing vegetables pizza made with whole wheat crust reduces fat from 26g-9g, sodium, adds fiber, and more nutrients-vitamin A and C

# Lifestyle of Health



- Eat plenty of fruits and vegetables.
  - Leafy greens, bok choy, celery, beets, broccoli, blueberries, pineapple, sweet potato, pumpkin, carrot, apricot, cherries, kale
- Minimize saturated and trans fats. Choose monounsaturated (olives, avocados, nuts)
- Eat a good source of omega-3 fatty acids, such as fish or fish oil supplements and walnuts or flaxseeds

# Plant-based diet eating pattern



- Minimize intake of refined carbohydrates such as white breads, pasta, and white rice
- Eat plenty of whole grains such as brown rice, quinoa, barley and bulgur wheat.
- Eat lean protein sources such as chicken and fish; cut back on red meat and full-fat dairy foods. **Avoid processed meats**
- Include Asian mushrooms in recipes



# Spice it Up!



- Anise
- Basil
- Black pepper
- Caraway
- Cardamom
- Cilantro and Coriander
- Cinnamon
- Cloves
- Cumin
- Fennel
- Ginger
- Mint
- Nutmeg
- Oregano
- Parsley
- Rosemary
- Saffron
- Turmeric

# Fight Back with Food



Meals	1	2	3	4	5	6
Breakfast	Black Bean Breakfast burrito	Swiss berry muesli with 6 ounces greek yogurt	Flaxseed and blueberry pancakes top with pecans and maple syrup	Grape, orange, and kiwi parfait	Bulgar with apples, cranberries, and pecans	Honey Quinoa with Strawberries, Blueberries, and Almonds
Lunch	Penne with Braised Squash & Greens; 3 ounce baked chicken breast; 1 cup strawberries	Kale Salad with Apple, Cranberries and Pecans serve with baked chicken strips	2 Veggie Pita Pizza; salad with oil/vinegar	Seasoned Haddock with Rice Salad with Mango and Black Beans	10-15 cooked srimp with cocktail sauce and Caribbean Raspberry Avocado Salad	1.5 cups split pea soup with Roasted Butternut Squash Salad With Tangerine-Rosemary Vinaigrette
Dinner	Teriyaki Soy Rice Bowl	2 Butternut Squash Enchiladas with Salsa	Baked Haddock with Spinach and Tomatoes serve with 2/3 cup brown rice; 1 cup pineapple cubes	BBQ chicken with Spinach Artichoke Pasta Salad; mojita fruit salad	4 ounce Pork chop, grilled with Chard with Bacon and Apple; baked sweet potato	4 ounce Salmon filet with roasted brussel sprouts and 2/3 cup wild rice
Snack	apple with peanut butter	Larabar	baked tortilla chips with quacamole	pineapple and sliced cheese	brussel sprout slaw	kind bar

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As a survivor  
eat to nourish  
move to help you thrive  
and enjoy Life. Reclaimed!

Thank you!