TODAY’S OUTLINE

- Eating Healthfully During Cancer Treatment
  - The Nourishing Plate
  - Supplement use considerations during active treatment
- Staying Hydrated During Cancer Treatment
- Food Safety During Cancer Treatment
- Managing Treatment Related Side Effects
- Managing Your Weight During Treatment
- Where to Look for Further Nutrition Resources
- When to Get Help with Your Nutrition
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 “fast foods” and other processed foods high in fat, starches or sugars**
- Limiting these foods helps control calorie intake and maintain a healthy weight.

**For mothers: Breastfeed your baby, if you can**
- Breastfeeding is good for both mother and baby.

**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.

**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.

**Limit consumption of sugar-sweetened drinks**
- Drink mostly water and unsweetened drinks.

**After a cancer diagnosis: Follow our recommendations, if you can**
- Check with your health professional about what is right for you.

**For mothers: Breastfeed your baby, if you can**
- Breastfeeding is good for both mother and baby.
Leading the Charge in Cancer Prevention and Survivorship

OUR IMPACT
NOURISH YOUR BODY

Nutrition is the most important medicine that you can take everyday of your life!
You can fuel your body with regular nutrition but it will truly thrive on premium nutrition.

The best premium nutrition choices include:
- Leaner Proteins
- Healthy Fats
- Complex Carbohydrates
- Vibrant Vegetables and Fruits
THE NOURISHING PLATE

The New American Plate

- 2/3 (or more) vegetables, fruits, whole grains and beans
- 1/3 (or less) animal protein
SUPPLEMENTS: VITAMIN/MINERAL/HERBAL/BOTANICALS

“Should I be taking supplements during treatment?”
SUPPLEMENTS: VITAMIN/MINERAL/HERBAL/BOTANICALS

Should I be taking supplements during treatment?

NO:

- May interfere with treatment mechanism of action
  - Antioxidants and radiation, certain chemotherapies
- May interfere with liver enzyme functions needed to properly metabolize chemotherapy and side effect drugs
  - St John’s Wart, aloe, milk thistle
- May interfere with body’s ability to form blood clots
  - Milk thistle, turmeric (curcumin), willow bark
- Certain vitamins in large concentrated doses can interfere with lab results
  - Ex: Biotin

➤ Only take supplements that have been prescribed or recommended by your treatment team
About Herbs, Botanicals & Other Products

The majority of cancer patients use complementary therapies such as herbs and dietary supplements. Although figures differ, surveys indicate that as many as 60 percent of people with cancer take two or more dietary supplements daily.

STAY WELL HYDRATED

Water is our most essential nutrient.

Hydration is vitally important for the function of our entire bodies; during treatment it is especially important for our liver and kidneys.

Dehydration may worsen your fatigue, constipation, nausea and contribute to organ injury during treatment.
Most people need between 6-10 cups or 48-80 ounces of fluid per day.

**HYDRATION OPTIONS**

The best choices for staying well hydrated are:

- Water—Still or Sparkling
- Water Flavored with Fruits or Vegetables
- Herbal and Green Teas
- Broths and Soups
- Oral Rehydration Solutions
- Decaffeinated Coffee and Tea

Limit or avoid these less hydrating beverages:

- Sodas
- Undiluted Juices
- Sugar Sweetened Beverages
- Caffeinated Coffee and Black Tea
- Alcohol
STAYING FOOD SAFE

Your cancer and the type of treatment you receive may weaken your immune system. Choosing and preparing safe foods can help protect you from foodborne illness.
WASH HANDS AND SURFACES OFTEN

Wash your hands with warm soapy water for 20 seconds before and after handling food.

Wash your hands after using the restroom, touching pets, and handling garbage.

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, countertops and food—change sponges and dishtowels often.

Thoroughly rinse all fresh fruits and vegetables under running water while scrubbing or brushing to remove excess dirt.
DON’T CROSS CONTAMINATE

When handling raw meat, poultry, seafood and eggs, keep these foods away from ready-to-eat foods to stop bacteria from spreading.

Use separate cutting boards for raw meat, poultry and fish.

Never reuse a dish that has held raw meat or fish without properly cleaning with soap and warm water.
COOK FOOD TO THE PROPER TEMPERATURE

Use a food thermometer, inserted into the center of the food, to check when foods are safely cooked.

- Chicken Breast – 165°
- Leftovers and Casseroles – 165°
- Egg Dishes – 160°
- Pork – 160°
- Fish – 145°
- Steaks and Roasts – 145°
- Ground Beef – 160°
- Whole Poultry – 165°
REFRIGERATE FOODS PROMPTLY

Refrigerate or freeze leftover foods within 1 hour to slow the growth of harmful bacteria (use several shallow containers for large volumes).

Leftovers can be kept and consumed within 48-72 hours (2-3 days).

Read food product expiration dates and look for signs of spoilage—when in doubt, throw it out!

Thaw frozen meat and poultry in the refrigerator, microwave or cold water, not by leaving it out on the kitchen counter.
DECREASED APPETITE

Nausea, vomiting, or changes in food's taste or smell all may contribute to a person losing his/her appetite.

Sometimes, the cancer treatment itself will make you feel like not eating.

Your emotional state and how you cope with your cancer may also cause a loss of appetite.

Talk to your physician about these things, because in addition to the following eating and nutrition tips there may be medications or other suggestions that will help you.
DECREASED APPETITE

If you cannot eat very much at one time, eat throughout the day.

Use the clock to tell you when to eat—try to have something to eat every 3 hours or so.

Frequent meals or high-protein, high-calorie snacks, even if they are small, make up for larger meals.

Keep easy to prepare and nutritious foods within reach so you can have something whenever you feel like it.

Do not forget to take a snack with you whenever you go out.

If you feel you cannot eat regular food for any meal, try liquid meal replacements.
DECREASED APPETITE —
TIPS FOR INCREASING YOUR NUTRITION

Add extra olive or canola oil when cooking lean meats, vegetables, stir-fry or soups.

Have 1/4 to 1/2 cup of nuts everyday.

Use natural peanut butter (or other nut/seed butter) on sandwiches, with fruit, or on crackers.

Put hummus on pita bread or crackers.

Add guacamole to your Mexican food or sandwich.

Add avocado slices to your sandwich or salad.

Add olives to pasta, pizza and salad, or just eat them plain.

Use olive oil-based vinaigrette dressings on salads, vegetables and pasta.

Dip bread in olive oil and vinegar.

Sprinkle nuts or seeds into yogurt, cereal, oatmeal and stir fry.

Use nuts or nut butters in muffin and bread recipes.

Add nonfat powdered milk to mashed potatoes, macaroni and cheese, and casseroles.
DECREASED APPETITE —

TIPS FOR INCREASING YOUR NUTRITION

Add cheddar cheese to vegetarian chili.

Make an omelet using olive oil, lots of veggies and cheese.

Add ripe avocado or coconut oil or ice cream to a fruit smoothie.

Make trail mix with whole wheat cereal, nuts, raisins and other dried fruit.

Use milk instead of water to make oatmeal or cream of wheat.

Add nonfat powdered milk to a glass of fluid milk.

Sprinkle any kind of nut or seed on ice cream.

Toss pasta with olive oil before adding sauce.

Use liberal amounts of butter or trans-fat free margarine.

Drizzle olive oil onto freshly popped popcorn.

Limit low-calorie beverages, such as diet drinks, and replace with milk, smoothies or juice.
NAUSEA

Eat small amounts, often and slowly.
Choose foods that sound appealing to you in that moment.
Do not force yourself to eat foods you normally like to eat because it may cause you to dislike them later when you feel better.
Eat in a place that is comfortable, avoiding stuffy places that are too warm or have cooking odors.
Drink liquids half hour before or after meals but not with your meals.
Drink slowly or sip liquids throughout the day. Use a straw if necessary.
Eat your food at room temperature or cooler, rather than hot.
NAUSEA

Rest after you eat.

Stay upright after eating for about 1 hour.

For morning nausea, try eating crackers or toast before you get up.

Wear loose fitting clothes.

If you feel nauseated during treatment, wait a couple of hours before eating.

Keep a diary of when you feel nauseated, how long it lasted, what you ate, and where you were. Your physician or nurse may need the information to help you better manage your symptoms.
NAUSEA —
WELL TOLERATED FOODS

• Ice Chips, Water, Popsicles, Tea
• Bouillon, Broth, Broth-Based Soups
• Apple/Cranberry/Grape Juice
• Gingerale, Lemon-Lime Soda, Sparkling Water
• Toast, Crackers, Pretzels
• Cream of Wheat, Rice, Oatmeal, or Grits

• Yogurt, Cottage Cheese
• Sherbet
• Boiled Potatoes, Rice, or Noodles
• Boneless, Skinless Baked or Broiled Chicken
• Canned Fruits or Other Soft, Bland Fruits and Vegetables
DIARRHEA

Diarrhea may cause dehydration – a lack of water in your system. Thus, it is very important to drink a lot of room temperature liquids.

If you have a sudden, short-term attack of diarrhea, take mainly clear liquids for the next 12 to 14 hours or until it resolves.

Clear Liquids include:
- Water
- Broth or Bouillon
- Fruit juices diluted with water
- Oral Rehydration Solutions like DripDrop, Pedialyte, or Ceralyte
- Gatorade or Powerade
DIARRHEA

Try to avoid the following:

Fatty or fried foods
Very spicy or acidic foods
Fruit seeds, skins, and stringy fibers
Raw vegetables
Vegetables with a lot of fiber such as broccoli, corn, dried beans, cabbage, peas, and cauliflower

Well Tolerated Foods:

Yogurt and cottage cheese
Rice, noodles, and potatoes
White bread, crackers, English muffin
Farina, cream of wheat, instant oatmeal
Eggs
Smooth peanut butter
Ripe bananas, canned or peeled fruits
Soft-cooked vegetables
Baked or broiled skinless chicken or turkey, lean beef, and fish
Soups made with well tolerated foods
Some anticancer therapies, pain medications, and other medications cause constipation, a condition in which the stool becomes hard and dry, making it difficult to pass.

Constipation is uncomfortable and may lead to decreased appetite.

In addition to eating certain foods, you can also try these tips:
• Increase fluid/liquid intake
• Be physically active
• Try not to resist the urge to have a bowel movement
• Take stool softeners and laxatives, as recommended by your healthcare team
CONSTIPATION
—
RECOMMENDED FOODS

Whole-grain breads and cereals
All Bran Cereal
Wheat bran
Wheat germ
Oats
Barley
Brown rice
Whole grain pastas

Ground Flaxseeds
Nuts and Seeds
Dried fruits
Prunes/Prune Juice
Unpeeled fresh fruits and vegetables
Beans, lentils, legumes, split peas
TASTE CHANGES

Sometimes, cancer treatment causes temporary changes in the way foods taste.

Foods may taste metallic, bitter, too sweet, unpleasant, or you may lose your sense of taste all together.

Taste changes can affect your appetite and desire for food.

Optimal oral hygiene will help reduce taste changes.

Be sure your mouth is healthy and clean by:
• Brushing your teeth at least twice per day with a soft-bristle brush
• Rinsing your mouth with water or baking soda and salt rinse after eating
TASTE CHANGES
REBECCA KATZ’S TIPS FOR TASTY MEALTIMES

**Things have a metallic taste.** Add a little sweetener, like maple syrup or agave nectar, and a squeeze of lemon. You could also try adding fat, such as a nut cream or butter.

**Things taste too sweet.** Start by adding 6 drops of lemon or lime juice. Keep adding it in small increments until the sweet taste becomes muted.

**Things taste too salty.** Add 1/4 teaspoon of lemon juice. It erases the taste of salt.

**Things taste too bitter.** Add a little sweetener, like maple syrup or agave nectar.

**Everything tastes like cardboard.** Add more sea salt until the flavor of the dish moves toward the front of the mouth. A spritz of fresh lemon juice also helps.
TRY THE FASS STRATEGY

Taste, Taste, Taste! Is it too....? Then, play with a pinch or drop of...

- Splash of Olive Oil
- Squeeze of Lemon
- Pinch of Salt
- Dash of Pure Maple Syrup
AVOIDING WEIGHT LOSS

Maintaining “lean body mass” will reduce your risk for complications during treatment and help you to maintain your overall health, functional status, and well being.

Avoiding malnutrition and loss of lean body mass will even improve your response to treatment!

Lean body mass is your muscles, organs, bones, cells, your immune system, blood; basically everything in your body except the fat.

Weight loss is a sign that you may be losing lean body mass.
TIPS FOR AVOIDING EXCESS WEIGHT LOSS

1. Eat at least 3 meals each day

1. Choose well-balanced meals that include:
   - Leaner Proteins
   - Vegetables and Fruits
   - Healthy Fats
   - Complex Carbohydrates

3. Include high calorie beverages
   - Milkshakes
   - Smoothies
   - Nutrition Drinks like Orgain, Ensure, Boost, Enu

4. Stimulate your muscles by using them
   - Walking, jogging, playing tennis, jumping rope, jumping jacks
   - Lifting weights, doing squats & lunges, pushups, planks, yoga, pilates, barre
   - Doing housework like sweeping, vacuuming, gardening
Some anti-cancer therapies stimulate your appetite and/or cause weight gain. You may have taste changes that result in less healthful food choices and resulting weight gain. Excessive weight gain during and after treatment will increase your risk for recurrence.
TIPS FOR AVOIDING EXCESS WEIGHT GAIN

- Eat a greater proportion of plant-based foods, which are low in energy density
- Be physically active for more than 30 minutes each day
- Reduce your portion and plate size
- Write down all the foods that you eat each day or track your intake in an app

Take the New American Plate Challenge from the AICR!
USEFUL RESOURCES

Websites:
- stanfordhealthcare.org/cancernutrition
- aicr.org
- oncologynutrition.org
- cancer.gov – Nutrition in Cancer Care
- Stanford’s YouTube.com Channel

Books:
- The Cancer Fighting Kitchen by Katz
- The Essential Cancer Treatment Nutrition Guide and Cookbook by LaMantia

Stanford Health Library
SIGNS THAT YOU MAY NEED A DIETITIAN CONSULT

- If you can’t stop losing weight
- If your food intake is significantly decreased
- If you observe physical changes in your body, especially loss of your muscles and bulk
- If your urine is very dark and your lips/mouth are very dry
- If your energy level decreases significantly
- If you’re having severe treatment related side effects that are affecting your nutrition
- If you’re feeling confused about which, if any, dietary supplements you should or shouldn’t be taking
AND NOW FOR QUESTIONS