

Fueling Resistance: Nourishing Your Body Through Cancer Treatment

presented by:

Taylor Aarns, MS, RD, LD

Rachel Kleinman, MS, RD, LD, CDCES



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Nutrition Recommendations before, during and after cancer treatment.

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Before Diagnosis

The focus is on prevention.

- Eating a variety of foods including fruits & vegetables that are paired with lean sources of protein, a grain and healthy fat.
- Drinking water, regular movement, and stress reduction are all part of keeping the body in optimal health.

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Diagnosis and Pre-Treatment

- Upon diagnosis, we want to optimize nutrient stores.
- We focus on preventing malnutrition and preserving your muscle strength.

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During Treatment

- The focus shifts to helping you eat enough calories and protein, despite side effects, to keep the body fueled for treatment.

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Survivorship

Return to the recommendations associated with prevention.

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Proper nutrition during cancer treatment is **vital**.

- When cancer develops, these cells do everything they can to survive. Cancer cells use up vitamins, minerals, carbohydrates and proteins for energy, and even make their own blood vessels to support continued nutrition.
- Treatment works to harm these cells.
- Our food intake gives our body the energy it needs to fight the cancer.

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The Big Picture During Treatment

While you're in treatment, it's important to:

- **Eat enough** to maintain your weight, specifically taking in enough nourishment so your muscles, immune system and body are strong enough to tolerate treatment
- **Prevent malnutrition**
 - This leads to a slew of additional problems like delayed treatment, hospitalizations, stronger side effects or unwanted side effects, and even increased mortality

This is not the time to decide to pursue weight loss.

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What should I eat during cancer treatment?

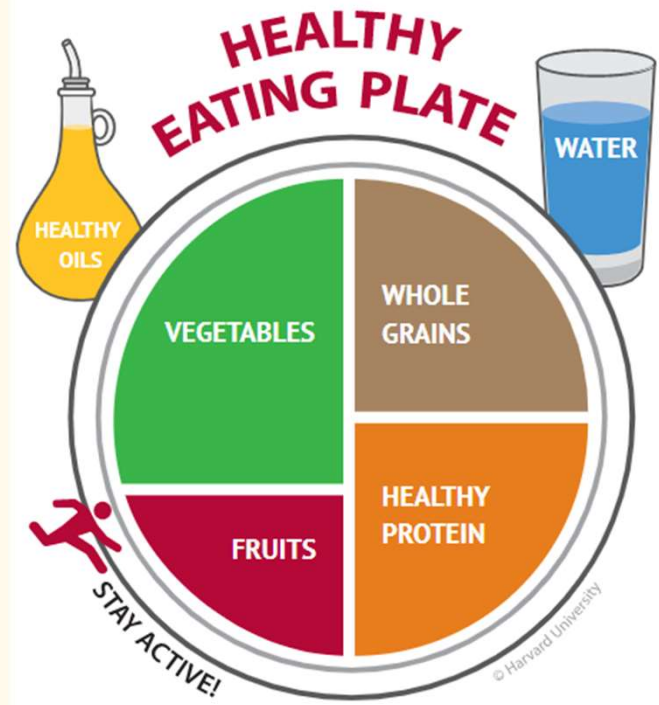
Aim to eat a regular and consistent variety of fruits, vegetables, protein, and grains.

It's the **pattern** that matters most, not necessarily one particular food or supplement.

Pair low calorie foods like fruits and vegetables with protein.

Include whole grains like oatmeal, popcorn, whole grain breads and pastas for added fiber, healthy fats, and energy-sustaining carbs.

Stay well hydrated.



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Simple, yet powerful...

Make your meals as colorful as possible to fill your diet with antioxidants.



Lutein and zeaxanthin, found in green and yellow vegetables, can help protect our eyes from cataracts and age-related damage.

Flavonoids, are the largest group of phytonutrients, including polyphenols, which may help fight obesity and the risk of diabetes.

Allicin, found in garlic and onions, may help fight cancer and control cholesterol.

Carotenoids, such as beta carotene, are vital for vision, growth and development. Some have anti-inflammatory and immune system benefits.

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Managing Common Side Effects is Different for Everyone

Try these tips to see if they help you!

Poor Appetite or Fatigue

- Eat smaller meals, more often
- Bulk up your bites!
 - Ask yourself, "What can I add to this?"
- Set up a reminder system
- Leave your favorite snacks out where you can see them

Taste or Smell Changes

- Add club soda to your beverages to remove some of the strange tastes
- Experiment with different herbs, spices, sauces or condiments
- Try extra mouth care! 1 teaspoon baking soda mixed into 1 quart room-temp water
- Add acidic flavors
 - Think hot sauce, lemon juice, lime juice, or vinegar

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Other Common Side Effects

Try these tips to see if they help you!

Dehydration

- Flavor your water with a pinch of salt and your favorite fruit or fresh herb
- Try an electrolyte drink
- Replace caffeinated drinks with milk or fruit juice

Diarrhea

- Eat small amounts of low fiber foods.
 - Think bland, soft, minimal ingredient foods like rice, soup, applesauce, yogurt, mashed potato, or plain toast or crackers.
- Limit or avoid greasy and fatty foods, high fiber foods, and acidic drinks

Constipation

- Focus on your 4 Fs
 - Fiber, Fluids, Physical Activity and Flora
 - Greek yogurt, kimchi, miso, kefir, kombucha, and sauerkraut help support gut flora

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Other Common Side Effects

Try these tips to see if they help you!

Nausea

- Stick to bland foods, eating often
- Try room temp or cold foods to lessen foodie smells
- Use your meds + ginger ale or tea
- Suck on peppermint candies

Feeling full quickly

- Eat snack-like meals, several times per day
- Separate liquids from meals/snacks
- Limit or avoid gas producing foods: apples, avocado, beans, peas, cabbage, fizzy drinks

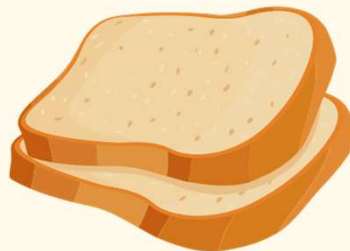
Difficulty Chewing or Swallowing

- Change the consistency of your food to chopped, ground, or pureed
- Choose soft, bland, smooth foods
 - Cream based soups, smoothies, ice cream, yogurt, smoupies
- Start a supplement like Ensure or Boost
- Ask your doctor for a referral to a speech therapist if swallowing becomes difficult

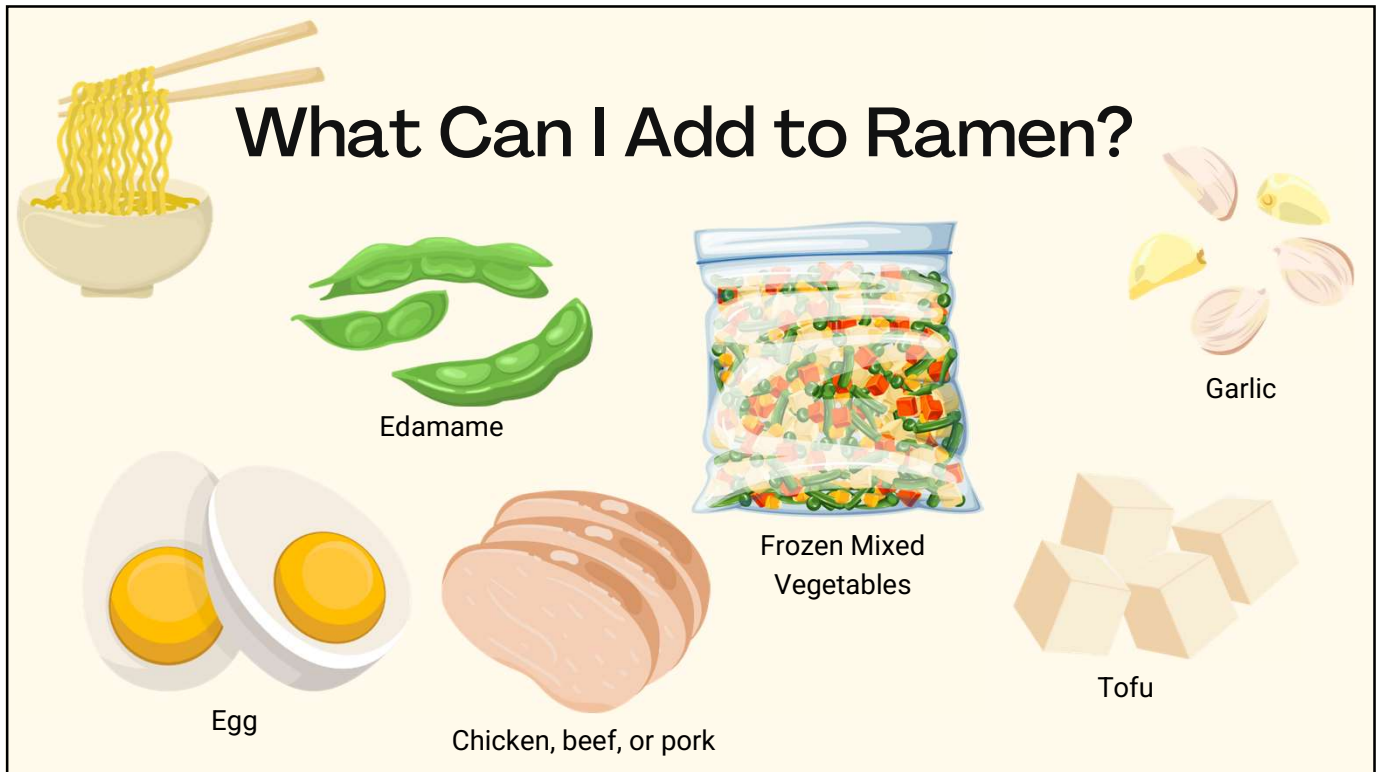
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We recommend nutrition by addition.

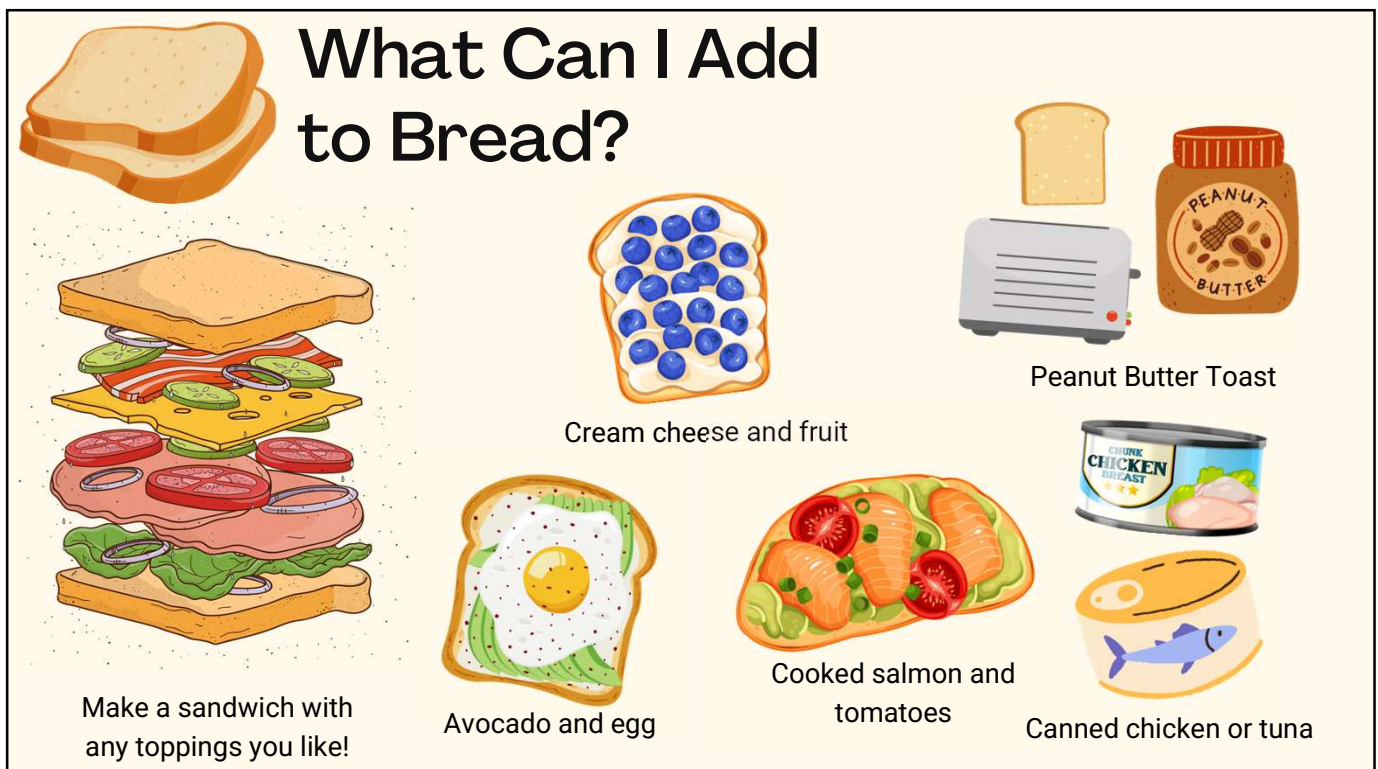
A concept where you ADD in the nutritious foods to whatever it is you are able to tolerate the most during this time. Let's go through some examples.



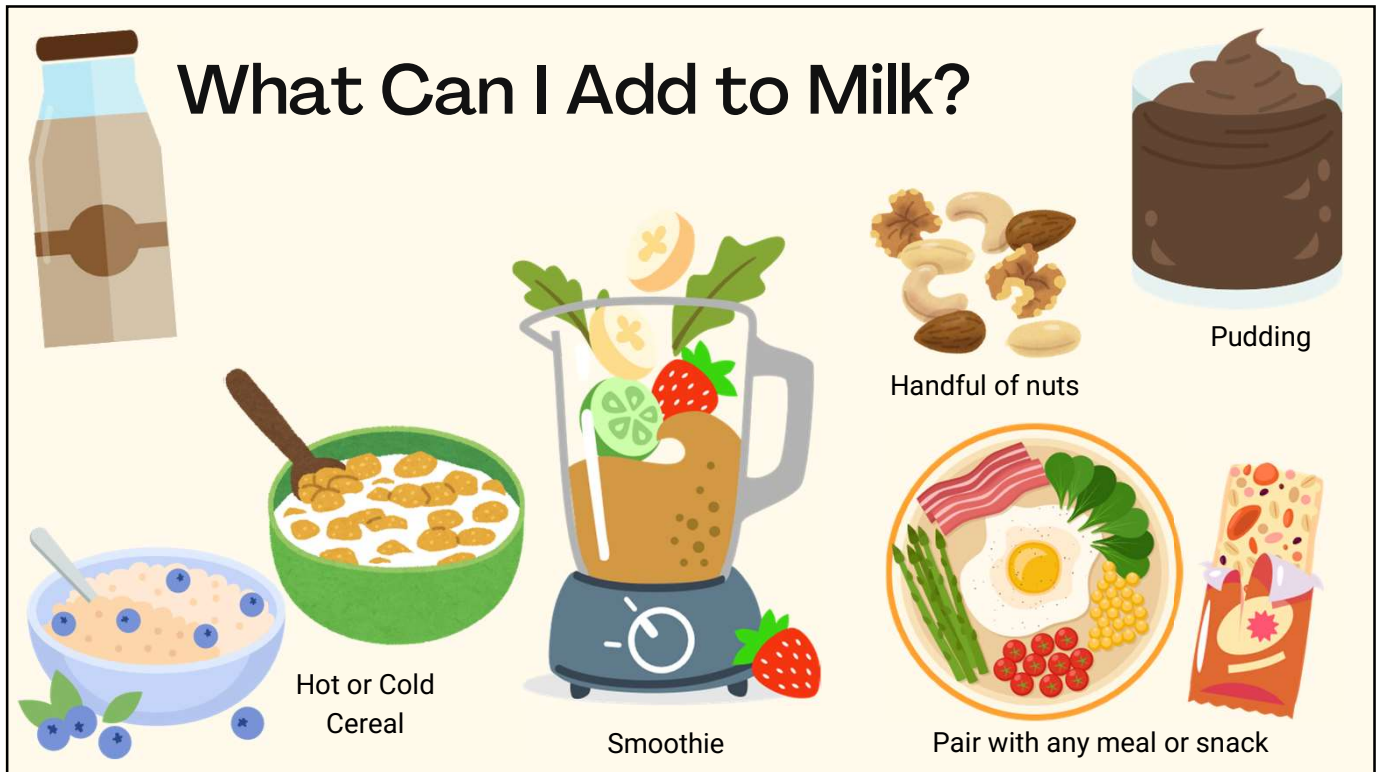
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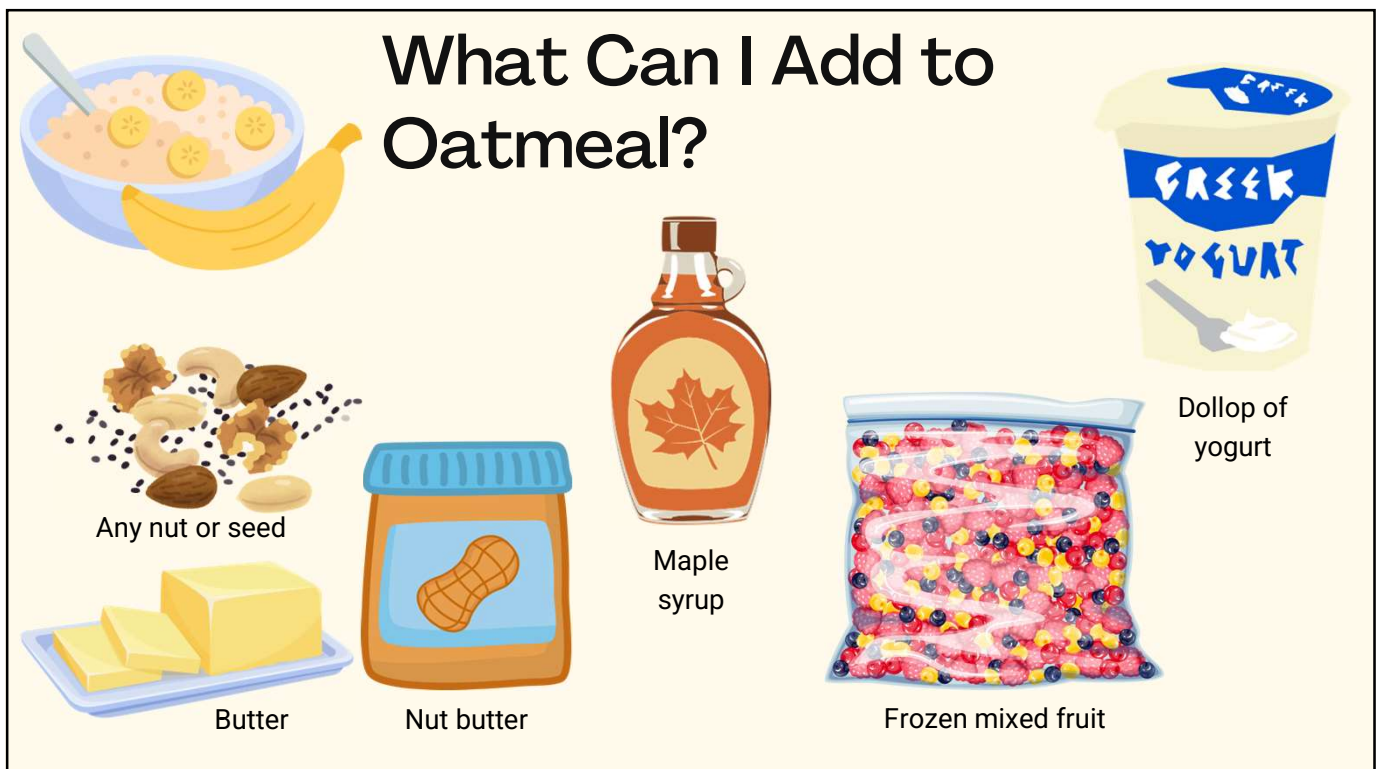
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Common Thoughts Clients have Shared

I'm trying to cut back on sugar, because it feeds cancer. But, what about fruit?

I'm interested in dietary supplements. Which ones should I be taking during treatment?

I was told I should eat whatever I want, so that's what I am doing.

Can you relate? Let's walk through each of these.

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What you should know.

Sugar does **not** feed cancer.

This is an example of misinformation where the message has become over simplified.

Here's what we know:

- Our body prefers to run on glucose, a sugar that our body gets from carbohydrates (grains, fruits, cakes etc). This means all cells and tissues need glucose to function well.
- Cancer cells also require a lot of energy and tend to steal the nutrients from all the food you eat, not just sugar.
- Unfortunately, cutting out sugar won't "starve" the cancer cells, it's just going to make you miserable.
- **It's important to make sure you're eating enough to fuel your body.** If sugary foods are all that sounds good to you right now, that's ok!

There is no evidence that a sugar-free diet will improve your cancer outcomes. All foods fit!

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What you should know.

Dietary supplements may interfere with cancer treatments.

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This question is best answered by your medical doctor. Why?

- Because, before starting any dietary supplement, your blood should be evaluated. Labs help us determine where the body needs more support.
 - Generally a one-a-day multivitamin is OK, but depending on your doctor, they may want you to stop taking it for a period of time.
- **Herbal teas, protein powders, fruit and veggie powders all should be shared with your care team for approval prior to use.**

This is a safety concern. Not all supplements are made with integrity. Ask your oncologist.

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What you should know.

Eating what you want doesn't mean avoid making healthy choices.

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- It is an understatement to say cancer treatment affects the way you eat.
- Many people lose their appetite or experience a number of side effects that make eating less desirable or enjoyable. This sucks!
- So, when you hear "eat whatever you want," what we really mean is:
 - **You're a human going through a difficult time.**
 - **Eat foods that you can tolerate so the body has enough calories and protein to get through treatment and heal.**

Use the Healthy Eating Plate to guide your choices when you can. When you can't, it's ok.

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Support Groups for Common Cancers

Navigating life with cancer is no small feat. Anyone would need support, and thankfully there are many options!

Cancer Support Group of St. Louis

No cost support groups for anyone affected by cancer.
<http://www.cancersupportstl.org/>

Misc

Virtual Support Group -

https://www.cancercare.org/support_groups

National LGBT Cancer Network - <https://cancer-network.org/programs/support-groups-for-survivors/>

Bladder Cancer

Bladder Cancer Advocacy Network -
<https://bcan.org/bladder-cancer-support-groups/#MO>

Breast Cancer

Gateway to Hope - <https://gthstl.org/>

Faith Through Fire - <https://faiththroughfire.org/>

Pink Ribbon Good - <https://www.pinkribbongood.org/>

Cervical Cancer

Gyn Onc Together - <https://www.sloca.org/resources/>

Colorectal Cancer

Colorectal Cancer Alliance -
<https://colorectalcaner.org/resources-support>

Head and Neck Cancer

The Head and Neck Cancer Alliance -
<https://www.headandneck.org/support-community/>

Lung Cancer

Siteman Cancer Center -
<https://siteman.wustl.edu/visiting/patient-and-family-services/lungcancersupportgroup/>

Leukemia & Lymphoma Society

<https://www.lls.org/support-resources>

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Where to Find Recipes

Googling "Cancer Friendly Recipes" can bring up a lot of misinformation. Here are some trustworthy sources that we like!



<https://www.aicr.org/cancer-prevention/recipes/>



<https://www.cookforyourlife.org/recipes/>



<https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes.html>



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Stay tuned for more webinars!

August 16

Vitality Beyond HIV: Empowering Nutrition and Wellness Tips

September 13

Pressure Points: Managing High Blood Pressure with Food, Nutrition, and Movement

October 11

Harvest Health: Embracing Fall's Bounty in Your Kitchen

Fridays at 2 PM

**Come
Join
us!**

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Thanks for being here.

Please let us know what questions we can help
answer!

314-710-5530

taylor@foodoutreach.org

314-710-5545

rachel@foodoutreach.org



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