

# Nutrition and Cancer Survivorship

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# Cancer Survivorship

Survivorship includes from the time of diagnosis, and continues after treatment

Treatment and Recovery

Stable Disease & Disease Free



# Treatment and Recovery

## Goals:

- Prevent deficiencies
- Maintain/achieve a healthy weight
- Minimize side effects
- Maintain hydration
- Help to maintain strength

## Strategies:

- Eating smaller, more frequent meals
- Using oral nutrition supplements
- Medication use
- Focusing on calorie and protein dense foods



# Stable Disease & Disease Free Goals

- Achieve and maintain a healthy weight
- Follow healthy diet patterns
- Physical activity



# Benefits of A Healthy Eating Pattern and Achieving A Healthy Body Weight

- Help to prevent recurrence
- Helps to decrease risk of other types of cancer
- Reduce risk of other conditions such as heart disease and diabetes



# Healthy Diet Pattern

- Be mindful of portion sizes
  - Eat more low calorie foods and limit high calorie foods
- Eating a variety of foods
- Limit processed meat and red meats as protein sources
  - Choose fish, poultry, eggs, beans/legumes and low-fat dairy products
- Choose whole grain and fiber containing foods
  - Vegetables, fruits, whole grain pasta, whole grain breads, etc.



# Healthy Diet Pattern

- Limit overall fat and choose healthier fats when possible
  - Liquid oils (olive oil, canola oil, etc.)
  - Focus on lean meats and low-fat dairy products
- Limit added sugar and fat in your diet
- If any alcohol is consumed, it should be limited to:
  - 1 drink per day for women
  - 2 drinks per day for men



# What is a Healthy Body Weight?

- Varies based on height and muscle mass
- Body Mass Index (BMI) is most used screening tool
- Healthy weight is considered a BMI between 18.5 to 24.9
  - Overweight is 25 to 29.9
  - Obese is 30 or over



# Strategies for Diet and Weight

- Choose lean protein sources and whole grains
- Limit intake of foods and beverages high in added sugar
  - Common sources of added sugar: honey, raw sugar, brown sugar, high-fructose corn syrup, molasses, soft drinks, fruit flavored drinks
- Include low calorie foods
  - Water- and fiber-rich vegetables and fruits



# Vegetables and Fruits

- Considered healthy carbohydrate sources
- Rich in essential vitamins & minerals, phytochemicals, and fiber
- Should provide majority of carbohydrate in the diet



# Benefits of Vegetables and Fruits

- Associated with increased overall survival following cancer diagnosis and treatment
- Diet pattern typically includes:
  - More fish and poultry rather than red meat and processed meat
  - Low fat rather than full fat dairy products
  - Whole grains rather than white or refined grains
  - Tree nuts and olive oil rather than other fat sources



# Selecting/Preparing Vegetables and Fruits

- Choose a variety of colorful vegetables and fruits
- Fresh, frozen, canned, raw, cooked and dried all contribute nutrients
- No evidence proves that organic is better. Overall, eating a variety of vegetables and fruits every day is BEST
- Microwaving, steaming, roasting can preserve nutrient quality



# Adults should eat

At least 2-3  
cups vegetables

At least 1.5-2 cups  
fruit



# What is a serving?

## Vegetables

- 1 cup of raw and leafy vegetables
- ½ cup fresh, frozen or canned vegetables
- ½ cup vegetable juice

## Fruits

- One medium fruit - "about the size of your fist"
- ½ cup fresh, frozen or canned fruits
- ¼ cup dried fruit or fruit juice



# Recipe Tips

- Double the vegetables (soups, casseroles, salad toppings, tacos, sandwiches, stir-fry, omelets, pasta)
- Add side dishes of vegetables and fruits (raw, steamed, salads, condiments)
- Swap for your usual 'base' ingredient (zucchini noodles, cauliflower crust, bean patties)
- Use vegetables and fruits as snacks (whole fruit, lettuce wraps, vegetables with low fat dip/hummus/nut butters)



# Sugar in Vegetables and Fruits

- Naturally occurring, whole fruits and vegetables should not be avoided due to sugar content
- Sugar intake has not been proven to increase cancer risk or progression
- Diets high in added sugar can promote weight gain, which can impact cancer outcomes



# Other Common Questions

- Juicing – good or bad?
  - Can add variety, good option if have difficulty chewing or swallowing
  - Choose 100% fruit juice options
- Vegetarian diets – should I follow?
  - No studies have shown any additional benefit over general, healthful diet
  - Tend to be low in saturated fat and high in fiber, vitamins and minerals and phytochemicals



# Summary

## Aim to:

- Maintain a healthy weight
- Follow a healthy eating pattern that includes fruits, vegetables, lean meats, and whole grains
- Be physically active throughout the week
- Maintain variety in your diet while limiting added sugar and fat



To talk with a dietitian about more individualized recommendations ask your doctor or nurse case manager for a referral to nutrition!



# References

Rock, C., Demark-Wahnefried, W., Meyerhardt, J., Coumeya, K.m Schwartz, A., Bandera, E., Hamilton, K., Grant, B., McCullough, M., Byers, T., & Gansler, T. (2012). Nutrition and Physical Activity Guidelines for Cancer Survivors. *CA: A Cancer Journal for Clinicians*.

The America Cancer Society. (2017, April). *ACS Guidelines for Nutrition and Physical Activity*. Retrieved from <https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/guidelines.html>.



# Recipes



# Mediterranean Quinoa Salad

Serves 6 (each serving is 2/3 cup)

Tools Needed: Pot with lid, can opener, knife, measuring cups

## Ingredients:

- 2 cups cooked quinoa (see instructions for cooking)
- ½ cup roasted red peppers
- 1 ½ Tablespoons vinaigrette dressing
- ½ red onion, finely chopped
- 1 can white beans, rinsed and drained
- 1 cup fresh spinach leaves
- 1/3 cup golden raisins
- 2 oranges, peeled and cut into pieces
- 1 small container of feta cheese

## Instructions:

- Cook quinoa in 4 cups of vegetable or chicken broth bring to boil, cover, reduce heat and simmer until all water is absorbed. Cool in refrigerator, use within 2 days of cooking.
- Mix all ingredients in a large bowl and serve cold or hot.
- Keep refrigerated. Use within 2 days.

## Nutrition per serving:

Calories: 320    Total Fat: 9g

Total Carbohydrate: 30g    Fiber: 2g

Protein: 12g



# Turmeric Ginger Punch

Serves 1 (can double to make more)

Tools Needed: Blender

## Ingredients:

- 8 ounces orange juice
- 4 ounces carrot juice
- 1 scoop whey protein powder
- ½ teaspoon turmeric
- 1 teaspoon grated ginger
- 1 cup ice

## Instructions:

- Add all ingredients into a blender. Blend until smooth or desired consistency.

## Nutrition per serving:

Calories: 264    Total Fat: 0.9g

Total Carbohydrate: 35g

Fiber: 1.5g    Protein: 28g\*

\*Protein content can vary based on protein powder used



