

MODULE 4

HEALTHY EATING 101




Now that you have taken time to dream big and set some **SMART** goals, let's take the next step toward greater health!

What is the role of nutrition in cancer recovery?

Watch the lecture detailing the numerous benefits of proper nutrition during cancer recovery.

The Role of Nutrition in Cancer Recovery


Maple Tree Cancer Alliance



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Issues in Cancer Survivorship



- Lifestyle Factors
- Side Effects of Cancer Treatment



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Lifestyle Factors

Causes of Cancer





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Lifestyle Factors

- Lifestyle factors leading to cancer:
 - Cigarette smoking
 - Diet
 - Alcohol
 - Sun exposure
 - Infections
 - Stress
 - Obesity
 - Physical Inactivity

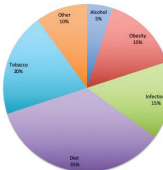

Ansari, P., Kimmisakorn, A.B., Soudarshan, C., Kachovell, R.H., Tharakan, S.T., Lai, O.S., Song, B., & Aggarwal, B.B. (2008). Cancer is a Preventable Disease that Requires Major Lifestyle Changes. *Phyto Res.* 24(12): 2200.



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Lifestyle Factors Related to Cancer


Lifestyle Causes of Cancer

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Dietary Links to Cancer



- Carcinogens are found in certain foods, food additives, or from particular ways of cooking.
- Red meat consumption is a risk factor for several cancers.
- Bisphenol from plastic food containers can migrate into food and may increase the risk of breast and prostate cancers.
- Saturated fatty acids, trans fatty acids, and refined sugars and flour present in most foods have also been associated with various cancers.
- Several food carcinogens have been shown to activate inflammatory pathways.



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Cancer Treatments


- Surgery
- Chemotherapy
- **Biotherapy**
- **Immunotherapy**
- Radiation

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Cancer Treatment-Related Side Effects

- Treatments can cause physiological changes to normal tissue and body function.
- Toxicities are dependent on choice of therapy, cumulative dose, and patients tolerance.



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Nutrition and Cancer Recovery

- Cancer treatments typically result in side effects that lead to eating problems.

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Nutrition and Cancer Recovery

- Nutritional interventions have been shown to contribute to:
 - shorter hospital stays;
 - decreased health care costs;
 - faster healing;
 - increased tolerance to treatment; and
 - higher treatment dosages

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Nutrition Program Objectives

- Improve quality of life
- Maintain a healthy weight
- Improve treatment tolerance
- Manage treatment-related side effects
- Improve eating habits

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Goals of Nutrition Programming

- Optimize nutritional status before, during, and after cancer treatment.



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Benefits of Nutrition Programming

- Shorter hospital stays
- Decreased healthcare costs
- Faster healing



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Benefits of Nutrition Programming

- Increased tolerance to treatment
- Decreased complications during cancer treatment
- Better quality and quantity of life
- Decreased risk of subsequent disease



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Cancer Fighting Eating Guidelines

- Eat 3 oz. fatty fish (salmon, tuna, sardines) twice a week.
- Eat 7 servings of whole grains daily.
- Eat 5-9 servings of fruits and vegetables daily. Choose a variety of dark colored produce –



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Cancer Fighting Eating Guidelines

- Snack on nuts
- Flavor foods with phytochemical-rich herbs and spices
- Sip on green or black tea daily.
- Reduce total dietary fat by limiting animal fats
- opt for healthier monounsaturated and omega-3 fats.
- Avoid polyunsaturated vegetable oils, such as corn oil and hydrogenated vegetable oils.



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Resources

- American Cancer Society
- American Institute of Cancer Research
- National Cancer Institute
- USDA
- Academy of Nutrition and Dietetics Oncology Practice Group
- Eating Well Through Cancer by Holly Clegg and Gerald Miletello
- Cancer Fighting Eating Plan by Rebecca Katz and Mat Edelson



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The next modules will help you put healthy eating into practice.

Cancer Fighting Eating Plan

Below are some basic, evidence-based guidelines you can follow when deciding what to eat. If this list seems overwhelming to you, select 1 or 2 to implement and once those become a habit, add another. Soon you will have tackled this *whole* list.

- Eat a plant-based diet centered on whole grains, legumes, fruits, and vegetables.
- Achieve and maintain a healthy weight. (For help, check out our Survivor Strong Program)
- Eat 3-4 oz fatty fish (salmon, tuna, sardines) twice/week.
- Omit processed meats, like bacon, sausage, hot dogs, and lunch meat.
- Limit red meat.
- Choose poultry, fish, or beans.
- Eat whole grains daily. Try new grains such as quinoa, bulgur, brown rice, and oats.
- Eat 5-9 servings of fruits and vegetables daily. Choose a variety of dark colored produce – orange, green, and red. Be sure to include cruciferous vegetables, such as broccoli, kale, and cabbage, as well as tomato products.
- Snack on nuts and seeds, but limit portions to ¼-1/3 cup.
- Flavor foods with phytochemical-rich herbs and spices such as oregano, rosemary, garlic, and turmeric.
- Sip on green or black tea daily.
- Drink lots of water.
- Limit or omit alcohol consumption.
- Reduce total dietary fat by limiting saturated animal fats and opt for healthier monounsaturated fat (olive oil, canola oil, and avocados) and omega-3 fats (salmon, flaxseeds, and walnuts).
- Limit polyunsaturated vegetable oils and avoid partially hydrogenated vegetable oils.
- Choose low fat dairy products or dairy alternatives like low fat milk and yogurt.

