

# The Truth about Cancer Patients and Nutrition: I Can Cope Program



# PREVENTION:

- **30% to 40% of all cancers may be prevented by changes in diet and physical activity**



**American  
Cancer  
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## Role of Weight:

- Yo-yo dieting has been shown to decrease immunity and may increase susceptibility to cancer
- Being overweight increases the chance of getting several types of cancers, including breast and prostate

# Maintain a Healthy Weight and be Physically Active



- A body mass index (BMI) of 18.5 – 25 is recommended
- Healthy weight results from a balance of calories (energy) in and energy expended.

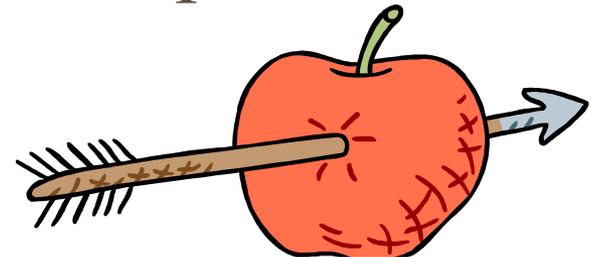
# ACS Guidelines: Choose a diet rich in plant-based foods.

- Using the “plate method” think of  $\frac{3}{4}$  of your dinner plate contents as being of plant origin and  $\frac{1}{4}$  animal or other protein source, especially limiting red meats.



# Eat Plenty of Vegetables, Fruits, Grains and Legumes

- Eat 5 - 9 servings daily
- Eat a variety of fruits and veggies; choose 100% juices.
- Include dark green and orange vegetables, as well as dry beans and peas each week.
- Enjoy whole grains, beans and peas with each meal



# Limit High Fat Foods from Animal Sources

- Choose fish, poultry, or beans as an alternative to beef, pork, and lamb
- When you eat meat, select lean cuts and smaller portions



# Prepare and Store Foods Safely



- Use safe storage methods and promptly chill or freeze leftovers.
- Avoid burning of meat juices.
- Consume only occasionally meat and fish grilled in direct flame, and cured or smoked meats.



# Alcohol and Cancer Risk

- **Increases risk of:**
  - **Mouth and esophageal cancers**
  - **Pharynx and larynx cancers**
  - **Liver cancer**
  - **Breast cancer in women**
  
- **Combined use of alcohol and tobacco greatly increases risk compared to drinking or smoking alone**

**\*\*Drink alcohol in moderation, if at all.\*\***



# What about Sugar?

- You CAN eat sugar: sugar does not “feed” cancer cells BUT
  - Stick with mostly naturally occurring sugars such as in fruit and dairy foods
  - Avoid foods and beverages high in processed sugars but low in other nutrients e.g.: soda and sweets
  - Choose whole grains over refined versions



# Cancer Treatment Side-effects:

- Appetite changes
- Weight loss → muscle loss, weakness, decreased immune strength
- Nausea and vomiting
- Diarrhea or constipation
- Dry mouth and mouth sores
- Difficulty swallowing



# Nutrition Education:

- Studies show cancer patients who receive nutrition counseling lose less weight, experience fewer side-effects and have overall better Quality-of-Life during treatment than those who do not.



# What about supplements?

- High-calorie drinks and bars
  - Canned or powdered types
  - Homemade creations
  - Specialized formulas
- Vitamins and Minerals
- Herbs and other dietary supplements



Questions???