

A decorative graphic on the left side of the slide consisting of several hexagons. Some are solid colors (light blue, grey, yellow) and others are outlines. They are arranged in a cluster, with a vertical line extending upwards from the top of the cluster.

Lymphoma and Nutrition

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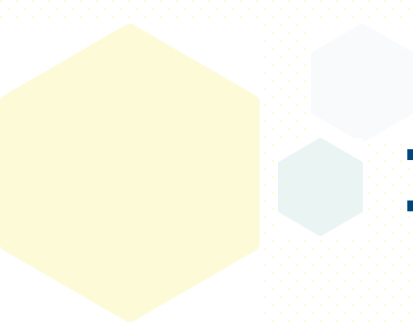
I hear and read all kinds of information about
food and cancer:

I don't know what to eat anymore...



Presentation content

- Eating well during treatments!
- Toxicity symptoms (resources)
 - Weight management
 - Fatigue
- Preventing food-borne infections
- Nutrition post-treatment



Importance of eating well

- 
- Maintaining energy levels and leading a more active life

- 
- Better tolerating treatments

- 
- Reinforcing the immune system and reducing the risk of infection

A decorative graphic in the top-left corner consisting of a cluster of hexagons. Some hexagons are solid light blue, one is solid yellow, and others are outlined in light blue. A thin vertical line extends upwards from the cluster.

**What type of food is suggested for
during treatments?**

A balanced and varied diet



Légumes frais, surgelés ou en conserve
125 mL (½ tasse)



Légumes feuillus
Cuits : 125 mL (½ tasse)
Crus : 250 mL (1 tasse)



Fruits frais, surgelés ou en conserve
1 fruit ou 125 mL (½ tasse)



Jus 100 % purs
125 mL (½ tasse)



Pain
1 tranche (35 g)



Bagel
½ bagel (45 g)



Pains plats
½ pita ou ½ tortilla (35 g)



Riz, boulgour ou quinoa, cuit
125 mL (½ tasse)



Céréales
Froides : 30 g
Chaudes : 175 mL (½ tasse)



Pâtes alimentaires ou couscous, cuits
125 mL (½ tasse)



Lait ou lait en poudre (reconstitué)
250 mL (1 tasse)



Lait en conserve (évaporé)
125 mL (½ tasse)



Boisson de soya enrichie
250 mL (1 tasse)



Yogourt
175 g (½ tasse)



Kéfir
175 g (½ tasse)



Fromage
50 g (1 ½ oz)



Poissons, fruits de mer, volailles et viandes maigres, cuits
75 g (2 ½ oz)/125 mL (½ tasse)



Légumineuses cuites
175 mL (½ tasse)



Tofu
150 g ou 175 mL (½ tasse)



Oeufs
2 oeufs



Beurre d'arachide ou de noix
30 mL (2 c. à table)



Noix et graines écalées
60 mL (½ tasse)

Vitamin content

PRINCIPAUX ÉLÉMENTS NUTRITIFS FOURNIS PAR LES GROUPES ALIMENTAIRES				
Principaux éléments nutritifs	Légumes et fruits	Produits céréaliers	Lait et substituts	Vian­des et substituts
Protéines			✓	✓
Lipides			✓	✓
Glucides	✓	✓	✓	
Fibres	✓	✓		
Thiamine		✓		✓
Riboflavine		✓	✓	✓
Niacine		✓		✓
Folate	✓	✓		
Vitamine B6	✓			✓
Vitamine B12			✓	✓
Vitamine C	✓			
Vitamine A	✓		✓	
Vitamine D			✓	
Calcium			✓	
Fer		✓		✓
Zinc		✓	✓	✓
Magnésium	✓	✓	✓	✓
Potassium	✓	✓	✓	✓

Vitamin, mineral and anti-oxidant supplements

- Satisfy nutritional needs **through a varied and balanced diet**

EXCEPT:

- In cases of **deficiencies** and under a physician's control
- In cases where a professional has identified that the **dietary intake is inadequate over a long period of time**
- **Vitamin D** (Canadian Cancer Society recommends 1000 IU daily)

Balanced meal



Are there anti-cancer foods?

- No food **by itself** can keep a cancer from developing
- Instead, we should speak of **foods with anti-cancer properties**
- The foods with anti-cancer properties can be part of a **balanced** and **varied diet**



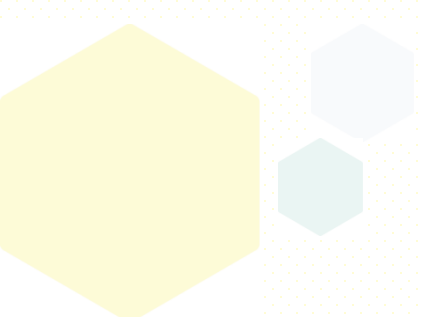
Symptoms of toxicity

Canadian Cancer Society



Québec Cancer Foundation





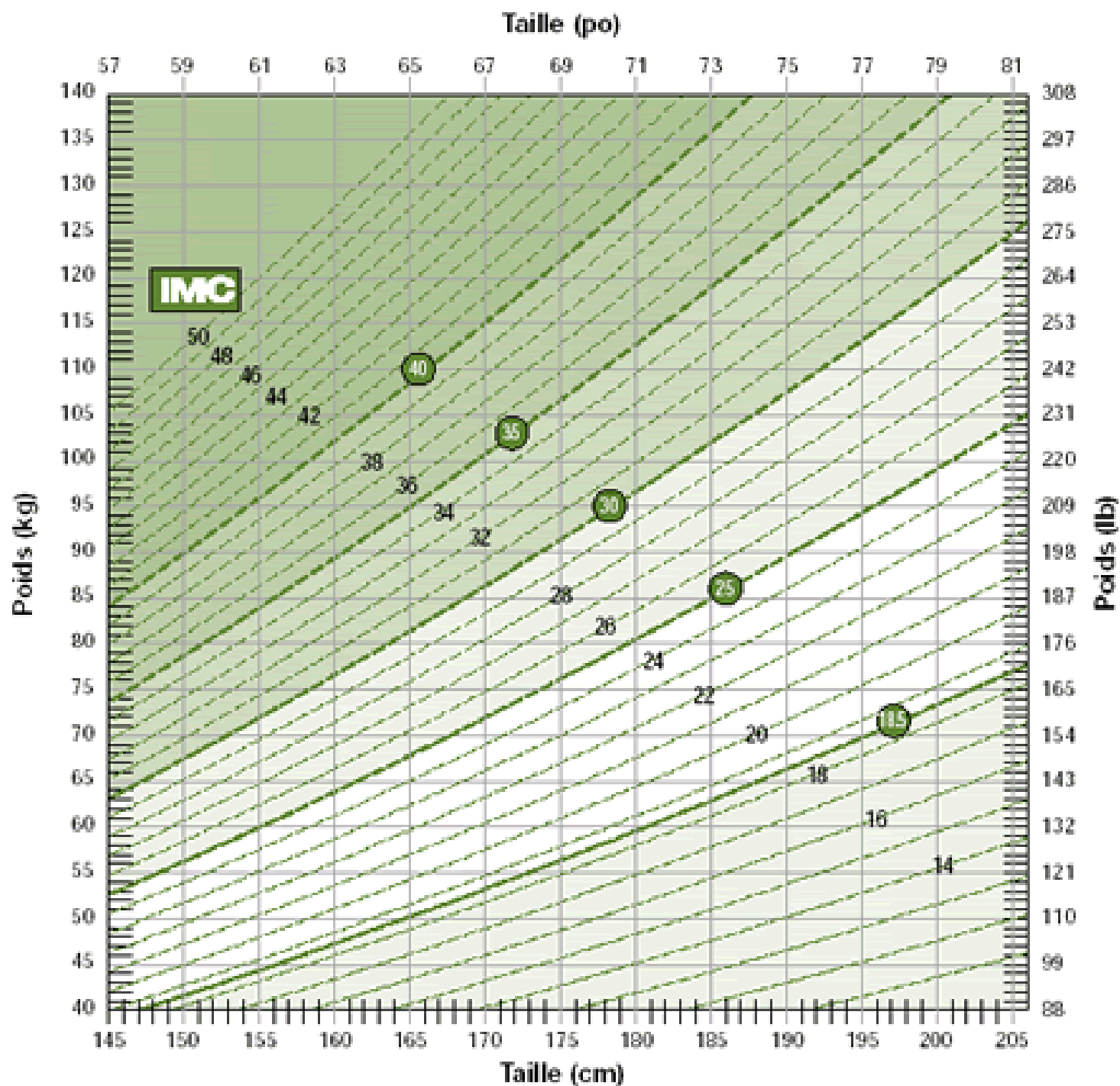
Weight management

When to worry:

- When you lose weight

Weight loss in %	Time period
5%	1 month
10%	6 months

- When you gain weight
 - If you exceed your healthy BMI (BMI:18.5 – 25)



Nourish – Issue 1



Nourish - Number 2

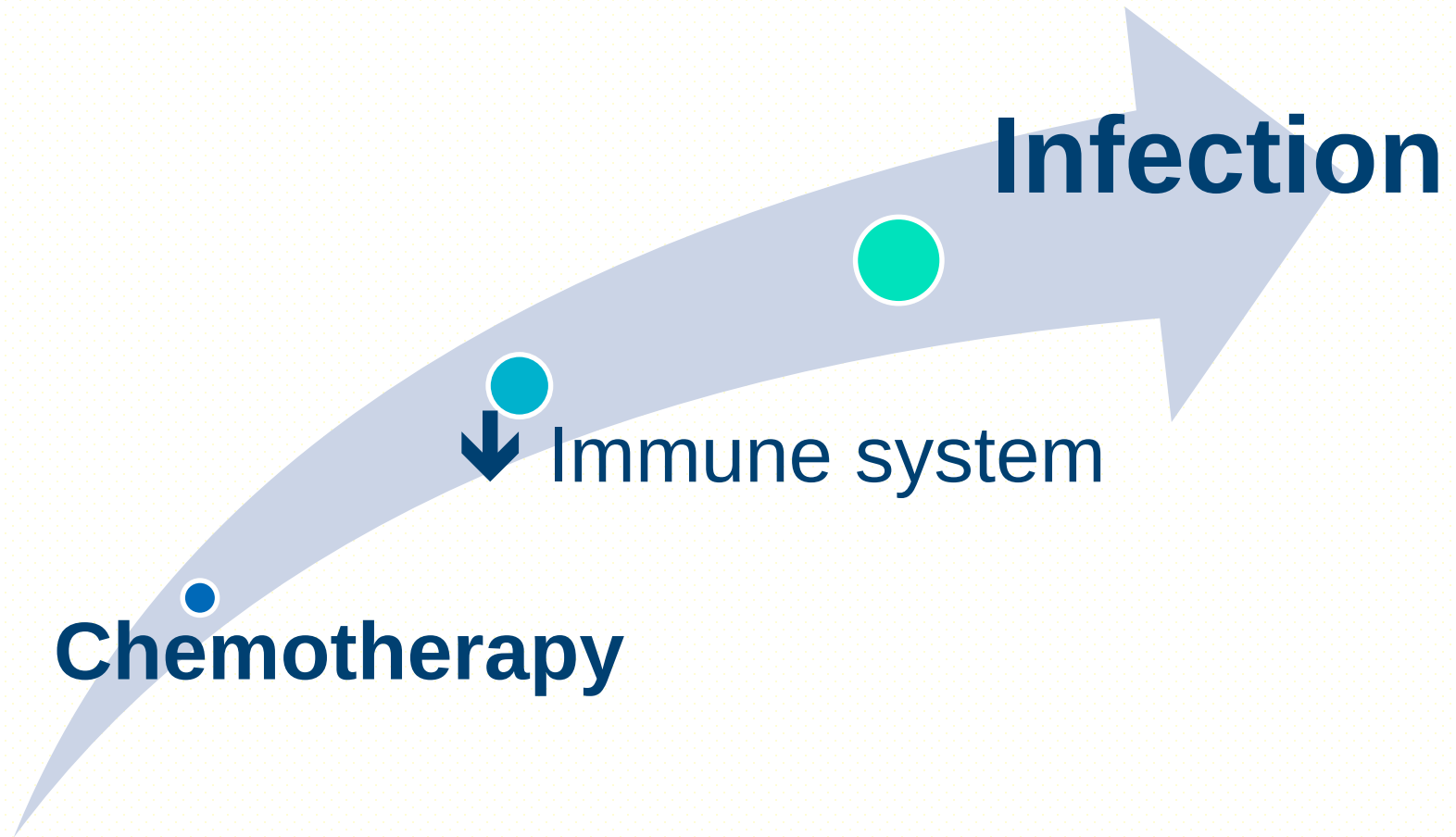


Nutritional supplements

- Commercial
- Home-made

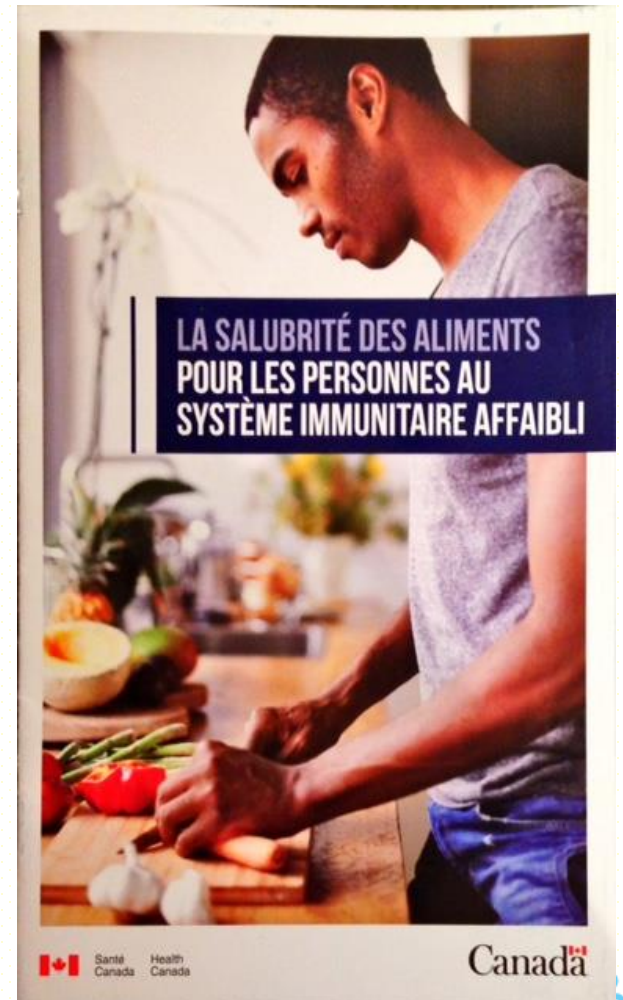


Food toxi-infections



Prevention of food-borne infections

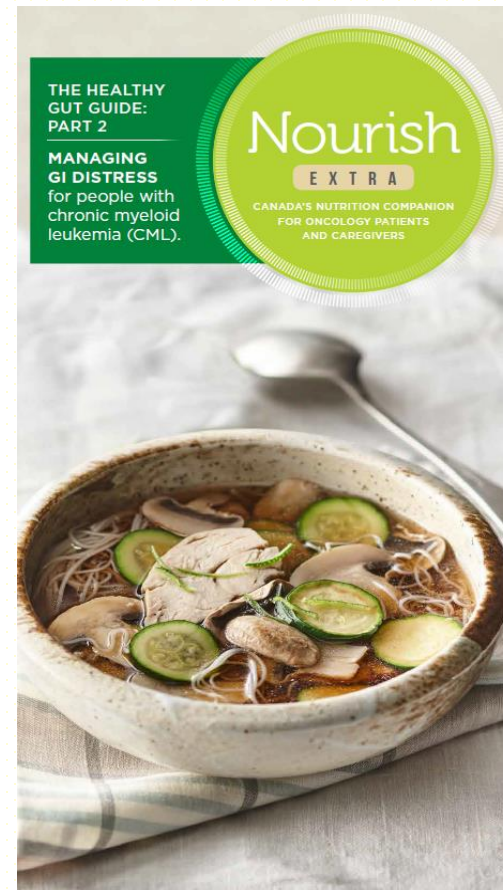
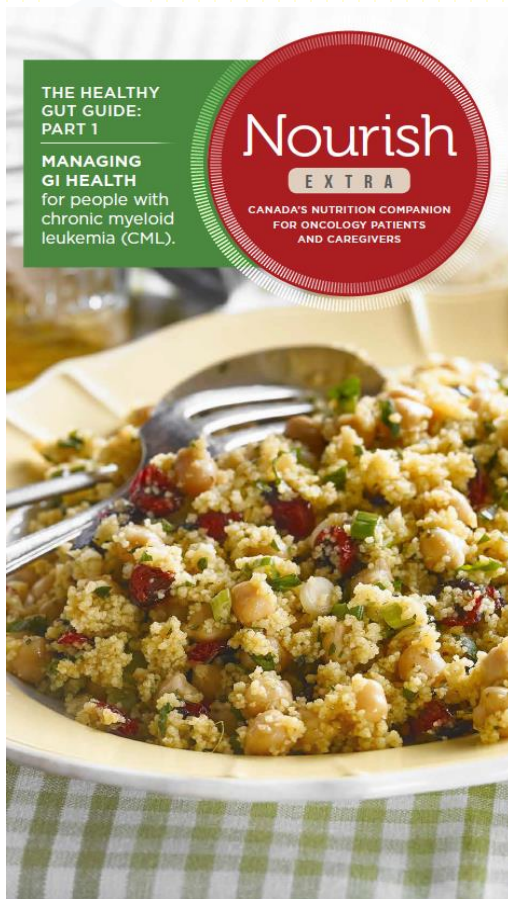
- Health and hygiene rules
 - Health Canada
 - Canada.ca
 - Food safety
 - For vulnerable populations
 - Weakened immunity



Foods most at risk

- Raw milk
- Raw milk cheese
- Brie, blue, camembert cheese
- Raw or insufficiently cooked eggs
- Sushi
- Steak tartare
- Raw oysters, clams, mussels
- Smoked salmon
- Pâtés and meat spreads
- Cold cuts: bologna, turkey breast, etc.
- Raw hotdogs
- Alfalfa sprouts, bean sprouts
- Unpasteurized fruit juice

See the guide for safer foods



- Order info

- Healthcare professionals (multiple copies): fill order form www.nourishonline.ca
- Patients: email to info@cmlnetwork.ca

The Gut Microbiome

- Genetic material of the microorganisms that colonize the digestive tract (Bacteria, Viruses...)
- Relatively young science.
- **Prebiotics** – food for the bacteria.

Probiotics

- This is a **living organism** that can have a beneficial effect on the body of the host when consumed in **sufficient quantity**



> 1 billion



> 1 billion



10 billion



1 billion

Probiotics

- C'est un organisme vivant qui est consommé en **quantité** et est bénéfique sur la santé d

To be avoided
during treatments



> 1 milliard



> 1 milliard



10
milliards



1 milliard

Regular yogurt



- The bacterial cultures:
 - Streptococcus thermophilus
 - Lactobacillus bulgaricus
- Do NOT survive their passage through the stomach



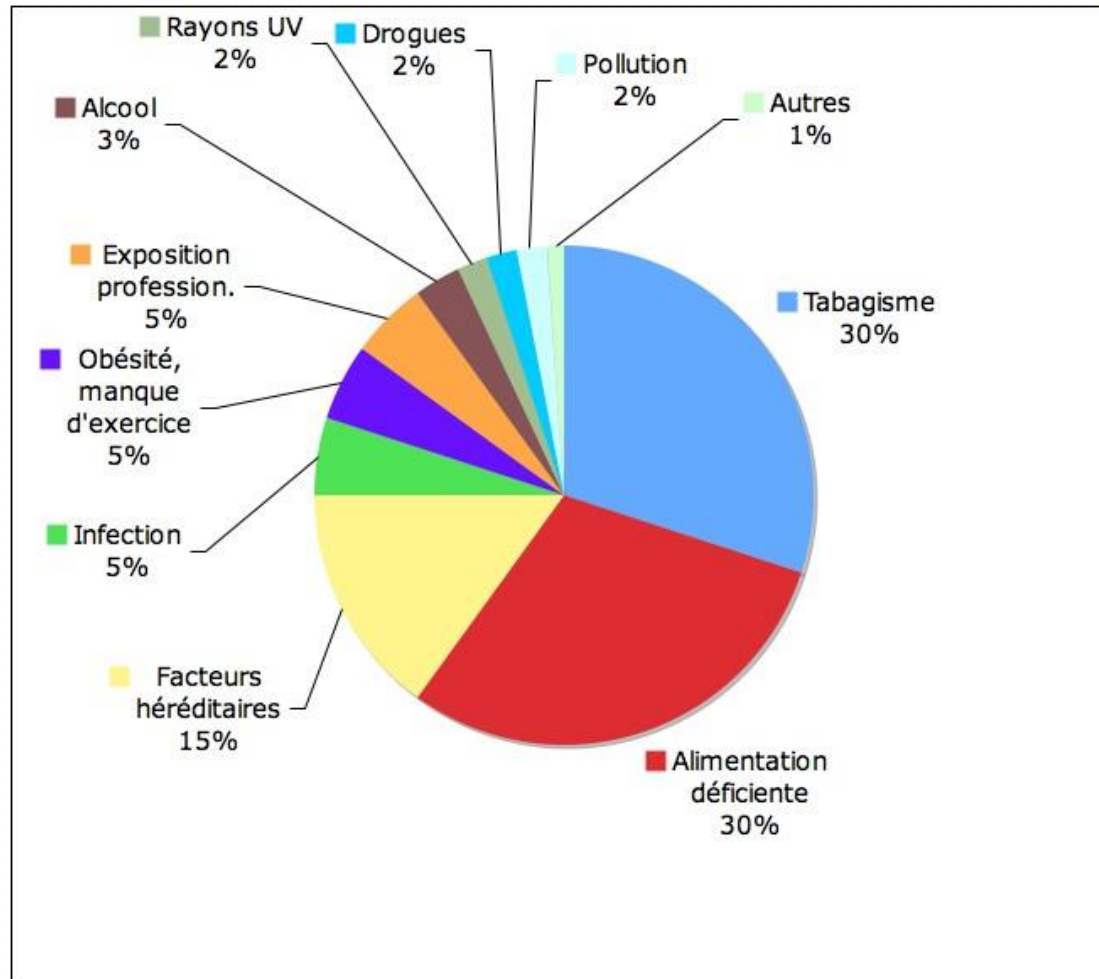
Safe to eat during chemotherapy

Digestive upset from treatment

- **Diarrhea**
- Low fibre
- Avoid spicy, greasy, & fried.
- Replace fluids
- Replace electrolytes as needed
- **Nausea and/or Vomiting**
- Medication as prescribed
- Little and often
- Bland foods as tolerated

Nutrition post-therapy

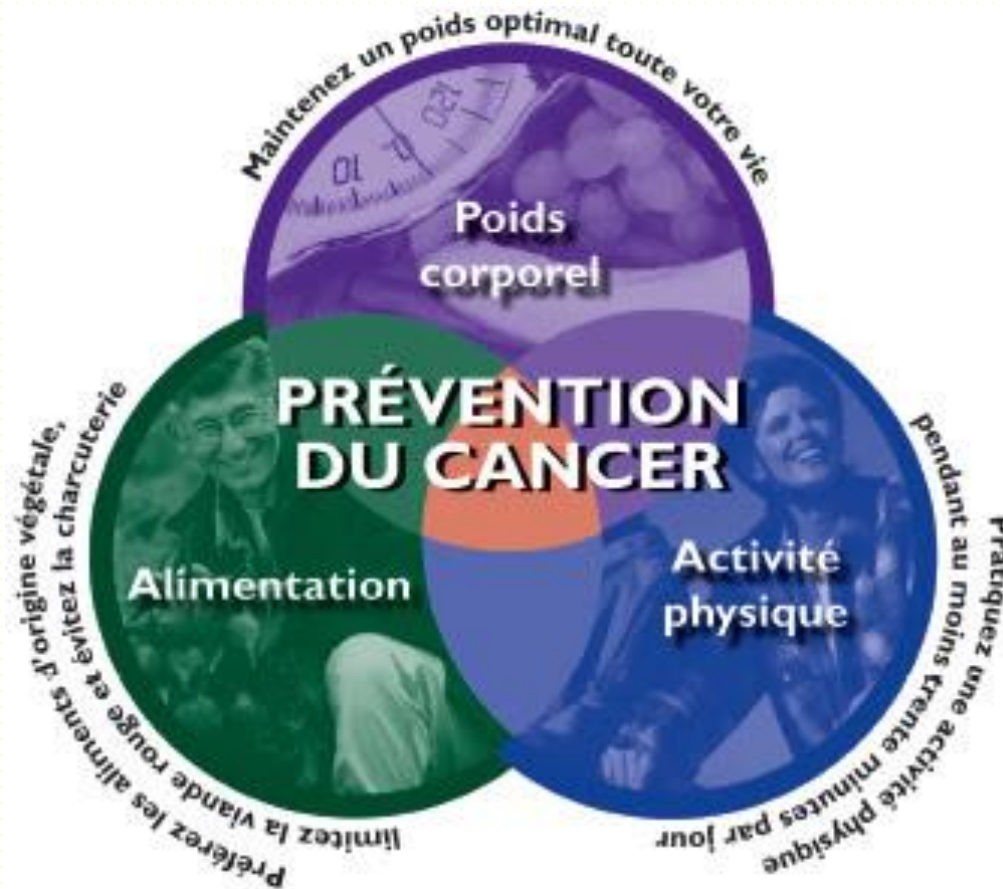
- Cancer is not attributable to a single cause



Recommendation

World Cancer Research Fund / American Institute for Cancer Research 2007

- Cancer survivors must follow the same recommendations as **cancer prevention**:



Recommendation 1

World Cancer Research Fund / American Institute for Cancer Research 2007

- Be as thin as possible without being underweight:
 - Maintain a healthy weight (BMI 18.5 to 25)
- Throughout life:
 - Avoid weight gain
 - Avoid increasing your waistline



< 80 cm (31.5 in)



< 94 cm (37 in)



Weight management

Rock 2012z

Recommendations:

1) During treatment

- **Avoid gaining weight** for people with normal weight, slightly overweight or obese
- No contra-indication for **intentional weight loss** for those obese / slightly overweight
 - Modest loss: 2 lbs / week

2) After recovery

- **Intentional weight loss** for those obese / slightly overweight
 - Loss of 5-10% is beneficial

Recommendation 2

World Cancer Research Fund / American Institute for Cancer Research 2007

- Limit consumption of high caloric density foods.
 - Food that provides 225-275 calories / 100g
- Avoid drinks with added sugar



Avoid as much as possible:

-Fast food, highly processed foods



Fat content of 2 meals

Healthy dinner	Fat content (g)	Less healthy dinner	Fat content (g)
Salmon sandwich: Whole wheat bagel with lettuce, tomato, cucumber and mayonnaise	14 g	Cheeseburger	24 g
Orange	0 g	French fries	17 g
Carton of 2% milk	4 g	Vanilla milkshake	12 g
Total quantity of fat (mainly good fats)	18 g	Total quantity of fat (mainly bad fats)	53 g

Recommendation 3

World Cancer Research Fund / American Institute for Cancer Research 2007

- Limiter consumption of alcoholic beverages



Scientific evidence related to cancer justify
abstaining from alcohol.

Recommendation 3

World Cancer Research Fund / American Institute for Cancer Research 2007

- In case of alcohol consumption, no more than:



≤ 1 drink/day



≤ 2 drinks/day

**1 consommation
ou
verre standard**



=



=



=



=



Un verre de bière
340 ml / 12 oz
5% alcool

Un verre de vin
140 ml / 5 oz
12% alcool

**Un verre de
vin fortifié**
85 ml / 3 oz
20% alcool

**Un verre de
spiritueux**
45 ml / 1,5 oz
40% alcool

**Deux verres
de cidre**
140 ml / 5 oz
6% alcool

Recommendation 4

World Cancer Research Fund / American Institute for Cancer Research 2007

- Limit consumption of red meat

- Beef, pork, lamb, goat
- < 500 g per week



- Avoid processed meats

- Smoked, salted, dried meats, meats with added conservation agents: ham, pepperoni, salami, bacon, pastrami, sausages



Recommendation 4

World Cancer Research Fund / American Institute for Cancer Research 2007

- Replace red meats more often by other products, like:

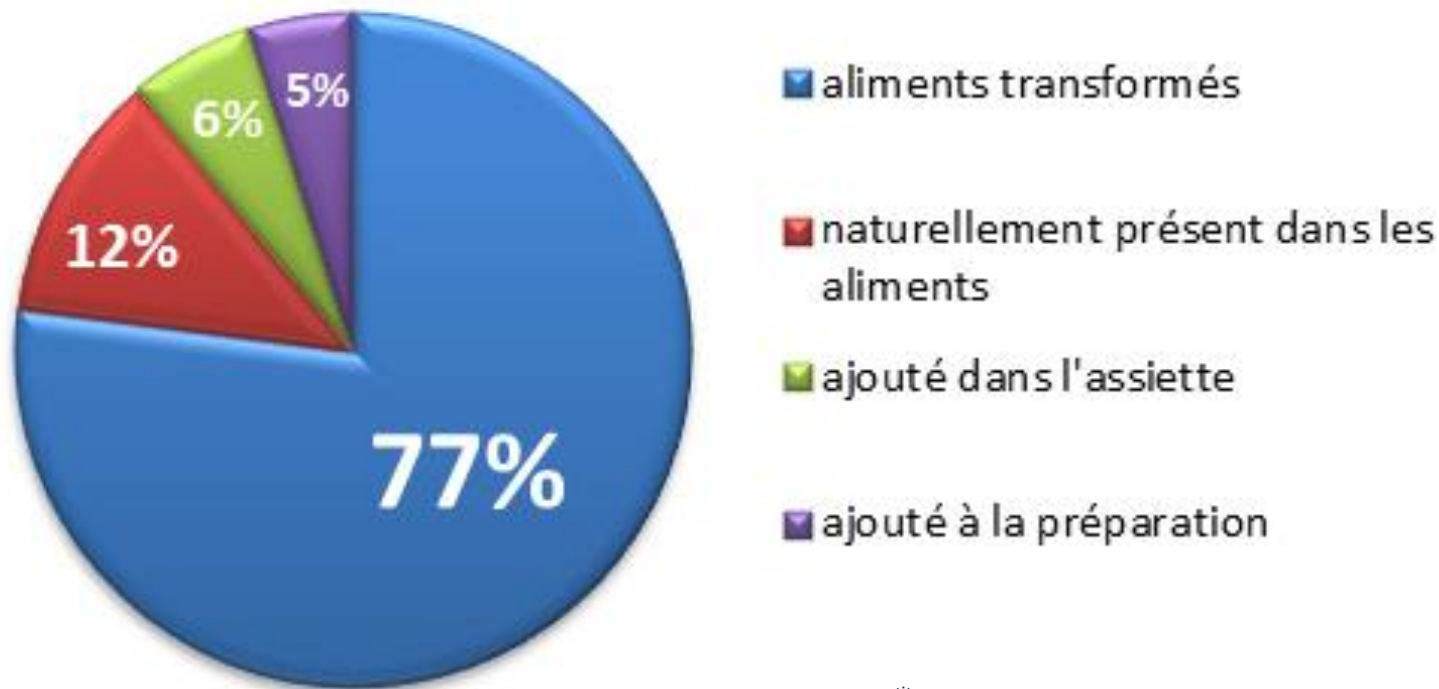


Recommendation 5

World Cancer Research Fund / American Institute for Cancer Research 2007

- Limit salt consumption (< 6g per day)

Sources de sel



www.nospetitsmangeurs.org

Sodium content of 2 meals

Meal high in sodium	Sodium content (mg)	Meal low in sodium	Sodium content (mg)
Multigrain bread (2 slices)	300	Multigrain bread (2 slices)	300
Cold cuts (2 ounces)	765	Roast beef (2 ounces)	37
Cheddar cheese (1 ounce)	176	Lettuce and Cucumber	0
Mustard (1 tsp)	56	Mustard (1 tsp)	56
Dill pickle	385	Carrot sticks	60
Total	1,682		453

Recommendation 6

World Cancer Research Fund / American Institute for Cancer Research 2007

Prefer foods of plant origin

- Consume at least 5 portions/day of varied and coloured fruits and non-starchy vegetables

Starchy vegetables: potatoes, corn, peas, cassava, yams



- Have whole grains and legumes at every meal



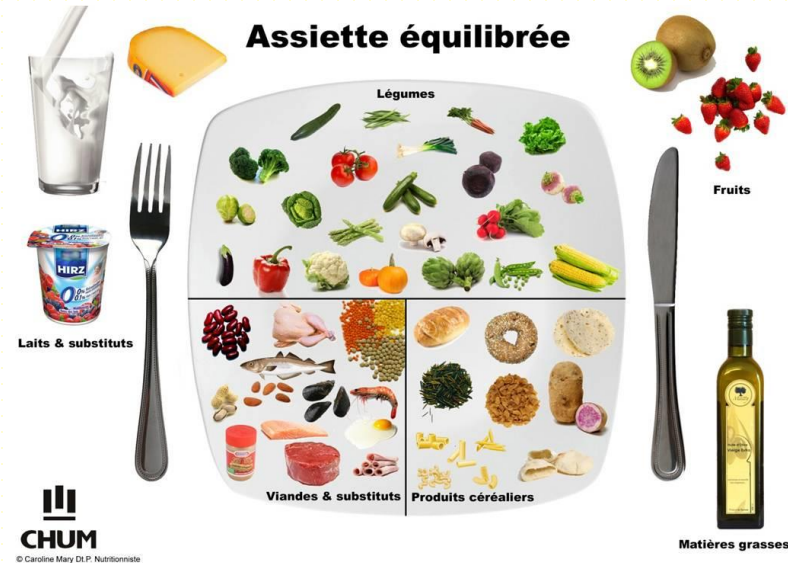
Phytochemical compounds

- Natural compound in plants, legumes, grains
 - Lycopene: tomatoes
 - Lutein: kale, spinach, broccoli
 - Flavonoids: blueberries, raspberries, red beans, hazelnuts
 - Indole: broccoli, cabbage
 - Isoflavones: soy

Recommendation 7

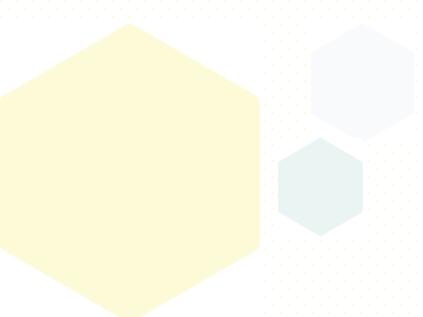
World Cancer Research Fund / American Institute for Cancer Research 2007

- Try to satisfy nutritional needs only from your diet.



- Food supplements are not recommended for cancer prevention.





Risk factors

- **POSSIBLE** risk factors for NHL:
 - Obesity
 - High meat diet
 - High saturated fat diet
 - High intake of dairy products
 - Low intake of fruits and vegetables
- No food factor identified for Hodgkin's lymphoma

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Thank you for your attention

Questions

References

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It seems that...



- *Whey proteins improve the function of the immune system*





It seems that...



- ***Dairy products cause cancer***

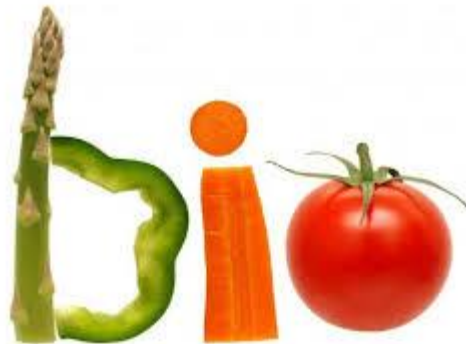




It seems that...



- ***Organic fruits and vegetables** prevent cancer and are better for our health*





It seems that...



- ***Turmeric, green tea and dark chocolate fight cancer***



Warning: interaction!

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Grapefruit

Grapefruit juice

Seville oranges

Tangelo

Ask your doctor or pharmacist