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CANADA

EXPERT SPEAKERS HOPE
**NATIONAL NETWORKING
AID CONFERENCE FORUM
ON LYMPHOMA SUPPORT
CAREGIVERS EDUCATION**
SEPTEMBER 29 - 30, 2017
SURVIVORS TORONTO, ON
THERAPIES SIDE EFFECTS

Managing Nutrition & GI Health

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Cancer & Nutrition

- Good nutrition is important for cancer patients before, during, and after cancer treatment.
 - Maintains and repairs healthy tissues and cells.
 - Boosts immune response and helps fight infections.
- Healthy diet and lifestyle habits can improve the quality of life for cancer survivors.
- Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger.

A balanced diet provides...

Proteins

- Needed for growth, repairing body tissue, keeping immune system healthy.

Fats

- Source of energy for the body. Choose monosaturated and polyunsaturated more than trans fats or saturated fats.

Carbohydrates

- Major source of energy for the body.

A balanced diet provides...

Water

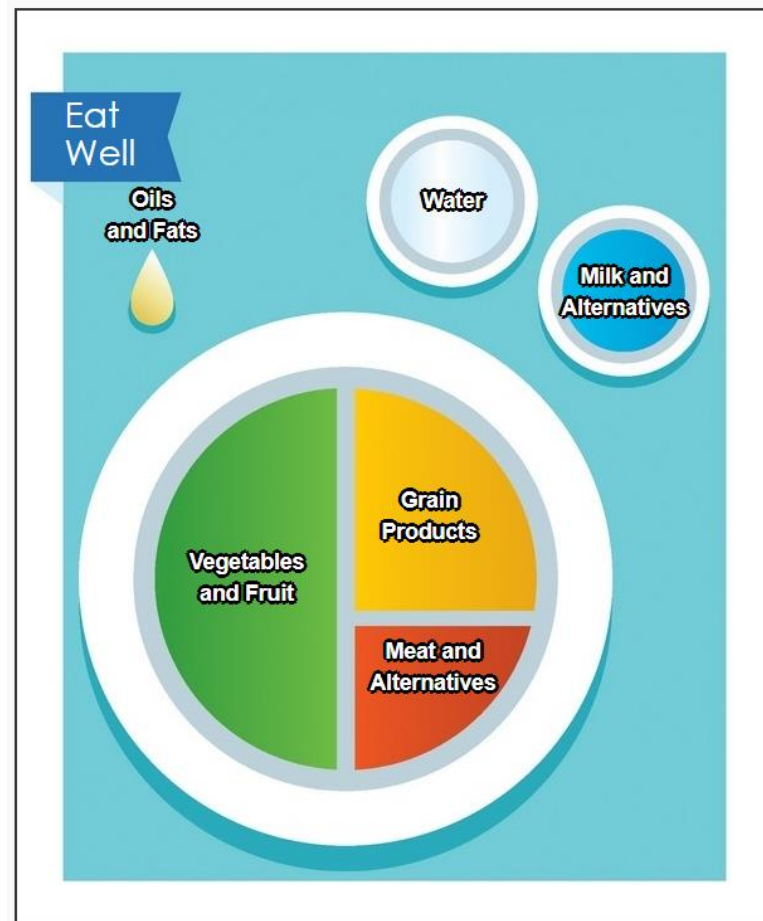
- Vital to health as all cells need water to function.

Vitamins, Minerals, and Phytochemicals

- Small amounts of vitamins and minerals are needed to help the body function properly.
- Food – not supplements – are the best source of vitamins and minerals.
- Phytochemicals may protect the body from diseases.
 - Present in almost all vegetables, fruits, legumes and whole grains – provides colour, odour and flavour.
 - Most concentrated in brightly coloured plant foods.

Best Diet for Patients

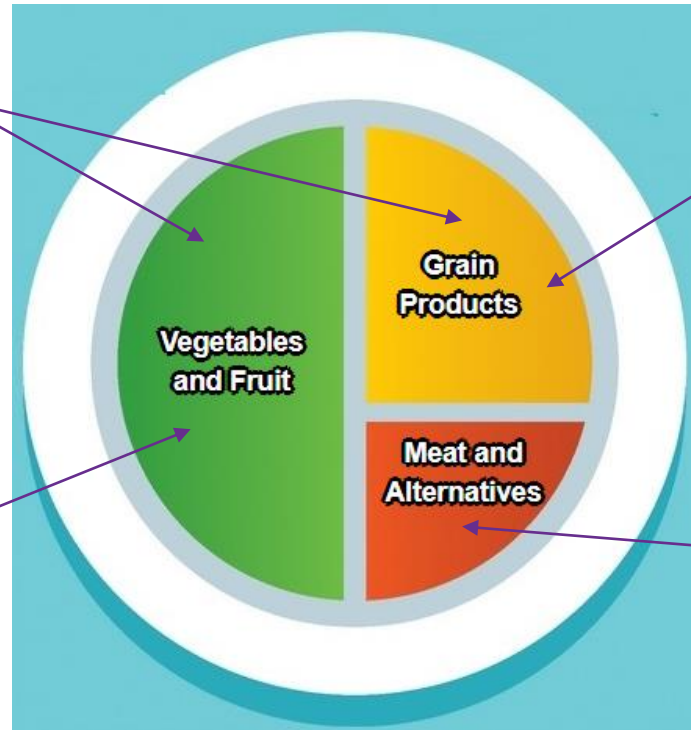
- Research has shown...
 - ✓ eating more vegetables, fruit, legumes and whole grains
 - ✓ cutting back on red meat and processed food
- ...is good for your GI system, boosts immunity and improves overall health.



Best Diet for Patients

Consume
more plant-
based foods

Eat more
fruits &
vegetables
7-10 servings



Make whole grains
your preferred
carbohydrate
6-8 servings

Include protein in
every meal; leaner
meats & low milk fat
dairy products
2-3 servings



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Best Diet for Patients

Drink plenty of fluids

6-8 cups

Try to drink at least 1.5 L of water each day.

Limit alcohol



Low milk fat dairy products

2-3 servings

Choose healthier fats

Serving Sizes

Whole Grains

- 1 slice of bread
- ½ bagel or pita
- ½ cup pasta or rice
- 30 g cold cereal

Fruits & Vegetables

- 1 medium fresh fruit
- ½ cup chopped fruit or vegetables
- 1 cup leafy vegetables
- ½ cup juice

Milk Products

- 1 cup low fat milk or soy beverage
- ¾ cup yogurt
- 50 g cheese

Meat & Alternatives

- ½ cup cooked meat
- 2 eggs
- 2 tbsp. peanut butter
- ¾ cup legumes
- ¼ cup nuts or seeds



Best Diet for Patients

Take charge of your health, focus on wellness.

- ✓ Eat a variety of wholesome foods.
- ✓ Limit high-calorie, high-fat snacks.
- ✓ Limit processed foods.
- ✓ Follow the healthy eating guidelines!



Nutritional needs may be different during cancer treatment.

Eat as well as you can



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But I'm Tired...

- On good days, make extra meals and freeze them
- Prepare food while sitting
- Use machines to help (i.e. food processor rather than chopping with a knife)
- Make one-pot meals
- Buy pre-made meals
- Consider fresh, frozen or canned foods
- Ask for and accept help



But I'm Tired...

- Stay hydrated & nap when needed.
- Keep meals simple.
- Grocery shop during the day when stores are not as busy to avoid line-ups or shop online and arrange for home delivery.
- Organize your grocery list to avoid excess walking back and forth through the store.
- If you walk to the store, buy only what you can comfortably carry home.

Weight Changes

Cancer or its treatment can cause changes in your body weight.

- Both weight loss and weight gain may happen.
- Discuss your concerns with your medical team.
- Keep track of your weight so that meaningful loss or gain can be caught early and a plan put in place.
- Eat healthy & be as active as you can!



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Weight Changes – Weight Loss

Severe weight loss:

5% of body weight within 1 month
10% of body weight within 6 months

- Rapid weight loss can weaken the immune system, impact your ability to perform daily activities and slow healing.
- Muscle loss can lead to increased fatigue, as well as decreased strength.



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Tips to Deal with Weight Loss

- Eat small meals or snacks throughout the day, every 2-3 hours.
 - Protein-rich, high calorie snacks are a good choice.
- Drink between meals.
 - If you drink during a meal the fluid can make you feel full faster.
- Keep your favourite foods on hand, no matter the time of day.
- If you do feel hungry, eat.
- Ask a dietitian about nutritional supplements.
- Once your issues subside, return to a healthier diet.
- Exercise regularly.



Weight Changes – Weight Gain



- Overweight and obesity may:
 - Impact quality of life.
 - Increase risk of cancer recurrence.
 - Reduce survival.
- Speak with your dietitian if you are concerned about weight gain.
- Speak with your healthcare team if lifestyle changes and weight loss is okay during treatment or best after treatment.



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Tips to Deal with Weight Gain



- Portion control.
- Choose low fat meats and dairy products.
- Eat whole grains/high fibre.
- Broil, grill or steam your food. Don't add extra oil or fat.
- Limit foods high in added sugar.
- Eat only if you are hungry – be mindful when eating (not out of boredom, anxiety, stress or activity based).
- Exercise – aim for 30 minutes per day.



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Symptom Management - Nausea

- Eat when you feel your best and eat whatever food you tolerate best.
- Eat small meals or snacks throughout the day.
- Avoid foods and smells that bother you.
- Avoid foods that are overly sweet, greasy or spicy.
- Take your time eating.
- Stay upright an hour after eating.
- Peppermint, ginger or lemon (candy or cookie or tea) may help get rid of the bad taste.
- Try to drink 1.5 – 2 L of fluid each day.
- If you can't keep pills or liquids down, talk to your medical team.

Symptom Management - Diarrhea

- Treatment may cause changes to bowel habits, cramping and/or gas.
- Diarrhea is three or more loose or watery stools a day.
- Talk to your medical team if you have a fever (over 38°C), intense abdominal pain, blood in your stools or diarrhea more than 3 times a day.

Symptom Management - Diarrhea

- Eat small meals or snacks throughout the day.
- Avoid fried, greasy and spicy foods.
- Eat low fibre foods and reduced lactose foods.
- Avoid gassy foods and carbonated drinks.
- Reduce caffeine; avoid alcohol.
- Remember to drink at least 1.5 L each day.
- Replenish electrolytes.



Sore Mouth or Throat

- Hydrate. Sucking on ice chips, frozen fruit or popsicles may help.
- Choose soft foods and liquids and limit hard, rough-textured or crusty foods.
- Chew food well; cut/mash food into smaller pieces.
- Avoid spicy, acidic, pickled and vinegary food.
- Avoid alcohol, caffeine and tobacco.
- Using a straw may help.
- Talk with your medical team about proper mouth care.

Food Safety

- People who are undergoing treatment can have weakened immune during and after treatment.
- A weakened immune system increases risk for illness caused by food.
- If you have low neutrophils (neutropenia), your body may not be able to fight infections from food borne illness.
- Be careful about what you eat, how you store, prepare and cook your food.

Food Safety

- Wash your hands with warm, soapy water before & after preparing food.
- Wash fruits and vegetables thoroughly before peeling, cutting or eating (including those that say 'pre-washed').
- Wash the top of canned lids before opening.
- Thaw meat and fish in the fridge or microwave.
- Use a different knife to cut different types of food.
- Cook meats until well done; cook eggs well.
- Throw out the entire package or container of food that has mold on it.



Food Safety

If you are undergoing treatment:

- Avoid unwashed raw and frozen fruits & vegetables.
- Avoid raw sprouts.
- Meat should be well-done; cook eggs well (no runny yolks or whites).
- Avoid salad bars, buffets and deli counters. Buy pre-packaged instead.
- Avoid blue-veined cheeses and uncooked soft cheeses.
- Avoid luncheon/deli meats unless heated until steaming.
- Avoid unpasteurized dairy products, honey, commercial juices.
- Avoid well water.

Dietary Supplements

- Eating a varied diet is the best way to get all the nutrients you need.
- Supplements can be an easy concentrated source of vitamins and minerals *but...*
 - Can act differently in the body versus when consumed in a whole food.
 - Can interfere with the effectiveness of some types of chemotherapy or with radiation therapy.
- If diet is limited, consider a daily multivitamin containing approximately 100% of the Recommended Dietary Allowance (RDA) for essential vitamins and minerals.
- Caution with supplements containing amounts exceeding the RDAs and with unusual ingredients.
- Speak with your dietitian, doctor, or pharmacist if you want to take a natural health product or supplement & ask them for reliable information.

Dietary Supplements

Vitamin D

- Vitamin D may influence treatment and survival.
- Important for bone health, especially with certain types of treatment.
- Health Canada recommends a daily supplement of 400 IU per day for all adults over 50.
- Upper limit from food and supplements in adults is 4000 IU per day.

Calcium

- Important for bone health, especially with long-term corticosteroid treatment.
- If unable to get enough calcium from the diet, may need a supplement.

Speak with your healthcare team about whether you should take a vitamin D or calcium supplement.



Organic Foods

- Organic = non-modified foods grown without man-made pesticides, fertilizers or comes from animals that are not given growth hormones or antibiotics.
- Organic does not necessarily mean the food is healthy.
- Mixed research results: some studies show organic is better and other research shows it has the same benefit as 'regular' food
- Focus on eating healthy - benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure



Does Sugar Feed Cancer?

- All cells (including cancer cells) use sugar (glucose) as energy/fuel.
- Sources of glucose: carbohydrate-containing foods
 - Healthy choices: Fruits, vegetables, whole grains, dairy products
 - Other sources: Sugary drinks, candies, cookies, cakes
- Indirect connection between sugar and cancer
 - High-sugar foods can lead to excess weight/body fat
 - High-sugar foods are low in fibre and other nutrients and may displace more healthful choices containing nutrients that have a protective effect on cancers

Navigating Nutrition Information

- Many sources of nutrition information: experts, friends and family, government agencies, interest groups, internet
- Read information carefully
 - Red flags: “miracle”, “breakthrough”, anecdotal evidence, testimonials, hefty claims
 - Progression of nutritional science is slow: relies on more than one study showing similar results rather than the results of a single study
- Evaluate the source of information
 - Are they selling a product?
 - Who is writing the information, what are their credentials, is the information reviewed by experts?
 - Is the information up to date?
- Discuss with your healthcare team



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Advice from registered dietitians
and recipes from our wellness chef

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Welcome to "Nourish"



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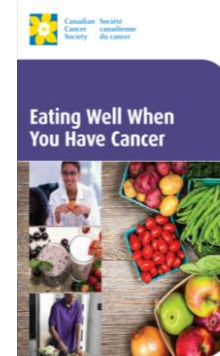
Resources



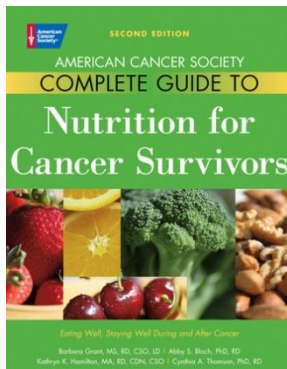
<https://www.eatrightontario.ca>



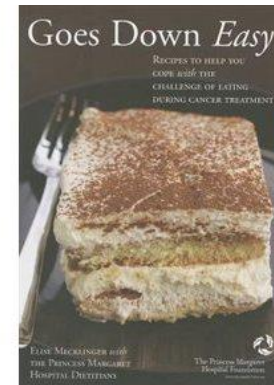
<http://www.dietitians.ca/>



<http://www.cancer.ca>



<http://www.aicr.org/patients-survivors/>





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