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Extraordinary Caring. Every Person. Every Time.

Nutrition During Cancer Treatment



Indigenous Land Acknowledgment

At Niagara Health, we remain committed to highlighting inclusion as a key driver for providing Extraordinary Caring.

As part of our continued commitment to diversity, equity and inclusion, we would like to share our organizational Indigenous Land Acknowledgment that was developed in partnership with local Indigenous partners:

“We acknowledge the land on which we gather is the traditional territory of the Haudenosaunee and Anishnabeg peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous peoples.”



Dietitians at Walker Family Cancer Centre



Pam Szabo-Kode, RD



Savannah Buccella, RD



Agenda

- The role of nutrition during cancer treatment
- Types of nutrients
- Balanced eating and tips to implement
- Eating during cancer treatment
- Strategies for a decreased appetite
- What an oncology dietitian can help you with



Why does nutrition matter?

- Maintain strength and energy
- Maintain weight, muscle mass, and your body's store of nutrients
- Heal and recover faster from treatment
- Lower your risk of infection
- Better tolerance to treatment-related side effects



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Nutrients





Carbohydrates

- Major source of energy / “fuel” for the body
- Provides fibre, vitamins and minerals, phytonutrients

Types of carbohydrates:

- Breads
- Cereals
- Pasta
- Rice
- Quinoa
- Spelt
- Barley



Starchy vegetables like potatoes and corn, fruit and dairy products also contain some carbohydrates!



- Non-digestible carbohydrate that has many health benefits
- Two types - Soluble and insoluble
- Found in foods derived from plants – grain products, vegetables, fruits, legumes, nuts, and seeds

- Digestive health
- Cholesterol management
- Blood sugar control
- Promoting satiety
- Controlling hunger
- Cancer prevention

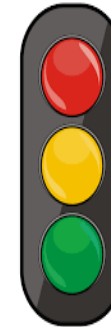


Fats

- Rich source of energy
- Insulates body tissues
- Transports some types of vitamins



- Types of fat
 - Monounsaturated fats – olive, canola and peanut oil, nuts, seeds, avocado
 - Polyunsaturated – safflower, sunflower, corn, flaxseed, walnuts, some seafood and fish
 - Saturated – animal sources and coconut and palm kernel oil
 - Trans fats – vegetable shortening, processed foods





Protein

- Maintain healthy immune system and prevent infection
- Recover from illness
- Healing
- Strength / muscle mass
- Sources:
 - Fish / shellfish
 - Poultry
 - Red meat
 - Eggs
 - Cheese, yogurt, cottage cheese, milk
 - Nuts and nut butter
 - Beans, peas and lentils
 - Soy foods





Balanced Plate Model

- Tool used to help guide healthy food decisions and as a goal for the proportions of certain foods on your meal plate

Aim for:

- Half of your plate vegetables and fruits
- A quarter of your plate protein foods (animal and plant-based)
- A quarter of your plate whole grains





Tips for Healthy Eating

- Include a wide variety of vegetables and fruits
- Try having at least one green vegetable daily
- Choose lean protein sources more often such as fish, seafood, and poultry, as well as plant-based proteins such as beans, peas, lentils, nuts, seeds and soy products
- Try choosing red meat no more than 2-3 times a week
- Make water your main drinks of choice, rather than sugary drinks like sodas, juices, iced tea, lemonade
- Enjoy your food! This includes removing distractions at mealtimes, eating slowly, and chewing your food well.





Eating during cancer treatment

- Nutritional needs can be higher during treatment!
- You will need a good supply of nutrients and protein
 - Include protein at every meal and eat regularly throughout the day
- Fuel up at regular intervals
- Stay hydrated
- Keep it simple
- Make it easy

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Meal / Snack Ideas





Breakfast Ideas

- Oatmeal made with milk/plant-based milk, fruit and nuts/seeds or nut butter with chopped banana or apple



- Eggs with whole grain toast and a piece of fruit
- Greek yogurt with granola, fruit or nuts





Lunch Ideas

Tuna, chicken or egg salad sandwich or wrap



- Soups containing beans, peas, lentils, chickens, or cream-based



- Salad with protein (chicken, tuna, egg, beans, seeds) add fat (avocado, olive oil, salad dressing)



Dinner Ideas

- Pasta dish with ground chicken, meat or lentils in tomato sauce



- Fish / rice / vegetables



- Chicken / potatoes / vegetables



- Shepherd's pie





Snack Ideas

- Cheese, hummus or yogurt dip with crackers
- Apple or banana and peanut butter
- Cottage cheese with berries
- Popcorn
- Guacamole with tortilla chips (baked tortilla wraps make a lighter substitute for store bought)
- Protein or granola bar (ideally 5 grams or less of added sugar)



Fluids

- Help to transport nutrients into the blood
- Detoxify your body by eliminating waste products.
- Protect the bladder and kidneys from damage from chemotherapy agents.

Aim for a minimum of 8 cups (250 mls/ 8 oz) per day of decaffeinated beverages



Sources of fluids

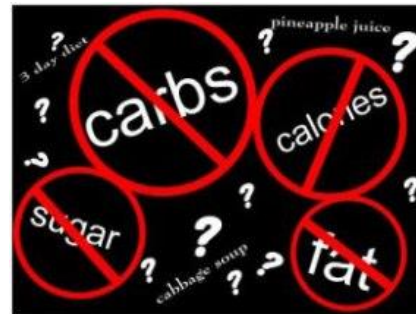
- Water
- Fruit juices or fruit nectars
- Shakes, smoothies
- Milk, milk alternatives
- Sports drinks
- Broth
- Tea, herbal tea, coffee *
- Popsicles, sherbet, ice cream



Should I follow a special diet



Keto ? Gluten free ? Macrobiotic ? Alkaline ? Plant based ?



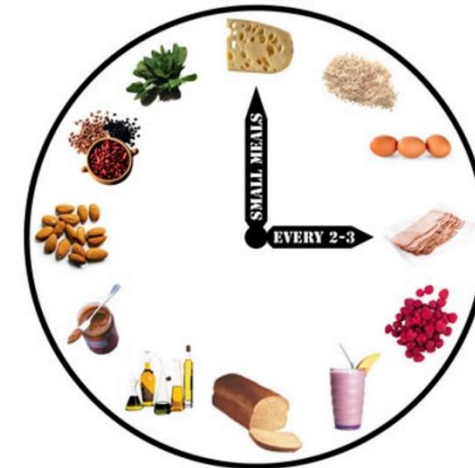
What do we know ?

- Maintaining lean muscle mass with regular consumption of protein and physical activity during treatment provides best outcomes



Decreased Appetite

- Small, frequent meals and snacks spread throughout the day
- Try to have something every 2-3 hours
- Choose nutrient dense foods that are high in calories and protein
 - Examples include Greek yogurt or cottage cheese, regular cheese, nuts or nut butter, eggs, canned fish or chicken, etc.
- Eat more at the time of day when your appetite is best
- Try not to skip meals
- If intake of solid food meals has declined, you may benefit from having nourishing liquids





Nourishing Liquids

- Oral nutrition supplements such as Ensure, Boost, TwoCal HN, Resource 2.0, Carnation Instant Breakfast, Premiere Protein
- Homemade smoothie/shake with your fluid of choice, a protein source such as yogurt, seeds, nut butter, or protein powder, and fruit and or vegetable of choice





When to see an oncology dietitian

- Unintentional weight loss concerns
- Issues with bowels and digestion
 - diarrhea, constipation, excessive gas
- Swallowing or chewing difficulties
 - Texture modified diets
- Taste changes
- Mouth soreness or dry mouth
- Dietary strategies for ostomy management
- Managing high or low blood sugars with diet



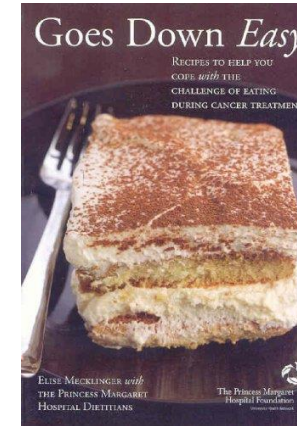
Discuss a referral to a Walker Family Cancer Centre dietitian with your oncologist if you are experiencing one of the above symptoms that will impact your nutrition!





Resources

- Nourish → nourishonline.ca
- ELLICSR Kitchen → ellicsr.ca/en
- Canada's Food Guide → food-guide.canada.ca/en/
- Goes Down Easy cookbook → available at Chapters/Indigo and Amazon.ca
- Wellspring online nutrition sessions → wellspring.ca
- Eating well when you have cancer (found in patient education area)
- Patient binder for management of side effects



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Thank you! Questions?

