

Eating Well Before, During and After Cancer



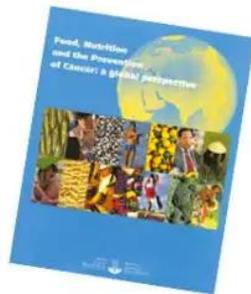
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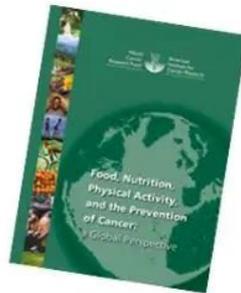
Overview

- Diet and cancer prevention
- Eating well during cancer treatment
- Coping with treatment side effects
- Common myths and misconceptions
- Nutrition after cancer treatment
- Sign-posting to dietetic services

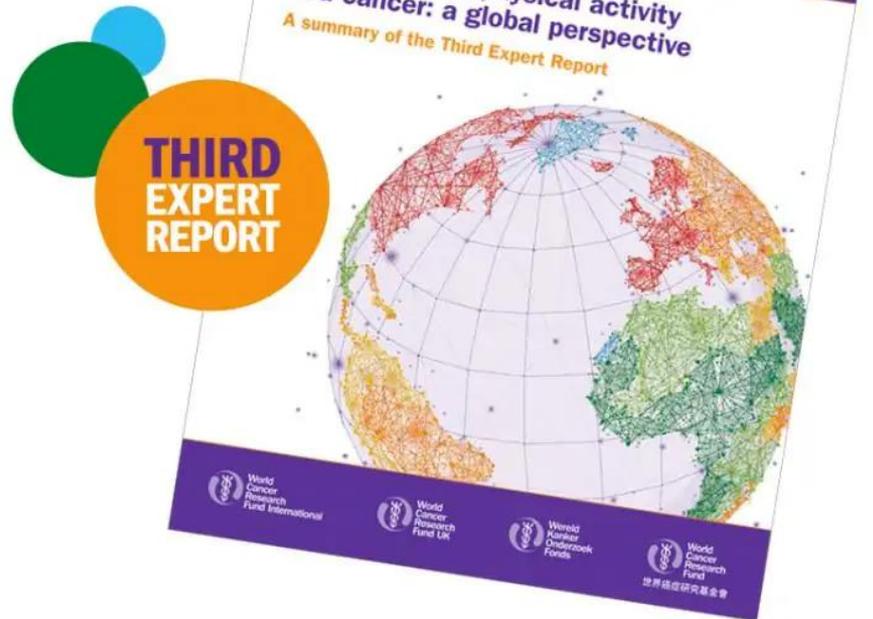
Diet and Cancer Prevention



1997



2007



World Cancer Research Fund Report

- Endorsed by the World Health Organisation
- Continuous Update Project – an ongoing programme to analyse global research on how diet, nutrition and physical activity affect cancer risk and survival
- Conclusions from an independent panel of experts
- 8 cancer prevention recommendations on healthy lifestyle choices

Cancer Prevention

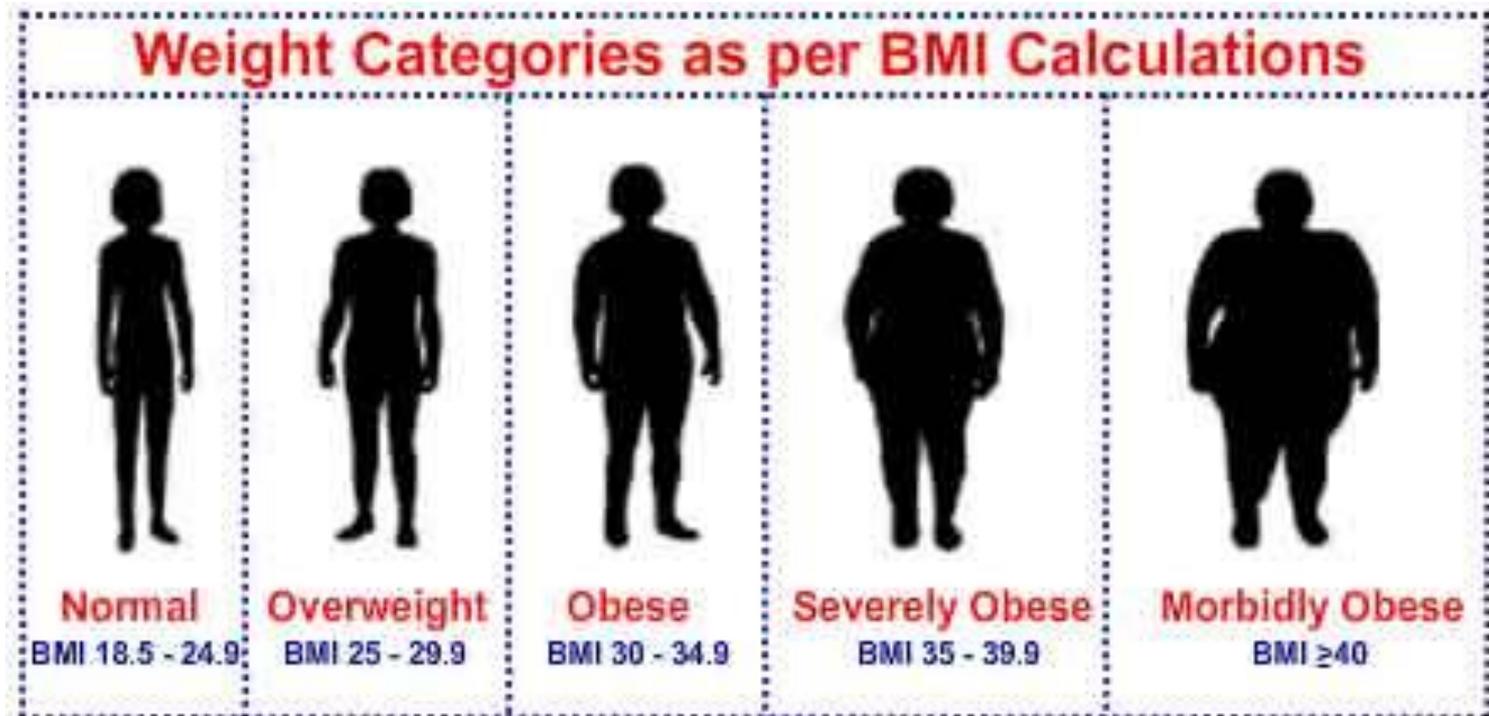


1. Be a healthy weight
2. Be physically active
3. Eat wholegrains, vegetables, fruit and beans
4. Limit “fast foods” and other processed foods high in fat, starches and sugars
5. Limit red meat and eat little, if any, processed meat
6. Limit sugar sweetened drinks
7. Limit alcohol consumption
8. Do not use supplements for cancer prevention - aim to meet needs through diet alone

Be a healthy weight

Keep your weight within the healthy range and avoid weight gain

$$\text{BMI} = \text{Weight (kg)} / \text{Height (M)}^2$$



Be physically active for at least 30 minutes every day

- Moderate activity such as brisk walking, for at least 30 minutes every day
- As fitness improves, aim for 60 minutes or more of moderate, or for 30 minutes or more of vigorous, physical activity everyday
- Limit sedentary habits such as watching television



Eat a diet rich in wholegrain, vegetables, fruit and beans



- At least 5 portions of fruit and vegetables every day
 - 1 medium sized fruit
 - 2 small fruits
 - ½ cup cooked vegetables
 - Bowl of salad
 - Bowl of homemade vegetable soup
 - 3-4 heaped tablespoons of cooked or canned pulses



- Wholegrain cereals
 - Porridge
 - Unsweetened muesli
- Wholegrain breads
- Brown rice/pasta
- Couscous, quinoa

Limit “fast foods” and other processed foods high in fat, starches and sugars

Energy density = amount of energy (calories) in 100g of food

High Energy Density	Medium Energy Density	Low Energy Density
Over 225 calories (kcal)	125 - 225 calories (kcal)	< 125 calories (kcal)
Fast foods, cakes, biscuits, crisps, confectionery	Bread, cooked brown pasta, cooked brown rice, lean meat, poultry, fish	Most vegetables, fruits and pulses

Limit consumption of red meat and processed meat

Red Meat

- Beef, pork, lamb
- Less than 500g or 18oz cooked red meat a week
 - Pork/lamb chop 75g
 - Roast meat 90g
 - Medium steak 145g

Processed Meat

- Red meats that have been smoked, cured or had salt or other chemical preservatives added
- Ham, bacon, some sausages, salami, chorizo, pepperoni and frankfurters

Limit consumption sugar sweetened drinks

- Sugar sweetened drinks have been linked with weight gain, overweight and obesity
- Sugary drinks are drinks with added sugars: sucrose, glucose, fructose, syrup, sugar, lactose, dextrose, honey, treacle, molasses, corn syrup or fruit juice concentrates
- Sugar content per 100g:

High Sugar Content	Medium Sugar Content	Low Sugar Content
Over 15 g	5 - 15 g	Less than 5 g

Limit alcohol

- Men – no more than 17 standard drinks a week
- Women – no more than 11 standard drinks a week



Aim to meet nutritional needs through diet alone

- Dietary supplements are not recommended for cancer prevention
- Certain supplements may be prescribed by your doctor for a period of time if required
- Avoid high doses – maximum 100% Recommended Daily Allowance



Eating Well During Cancer Treatment



The goal of nutrition in cancer is not to treat the cancer, but to maintain the person to withstand their cancer treatments

1. Maintain body mass especially muscle during treatment



2. Help to manage symptoms or side effects of treatment

Aim to keep your weight steady during chemotherapy or radiotherapy

Weight Gain

- Common with hormone therapy or steroids
- Healthy diet and exercise



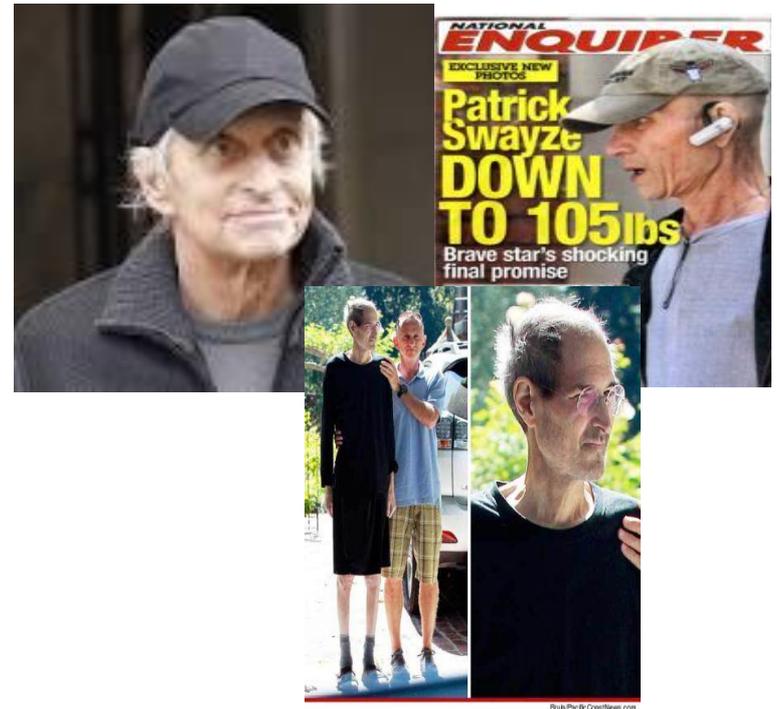
Weight Loss

- Common side effect of cancer
- Muscle loss
- High protein high energy diet

Malnutrition in Cancer

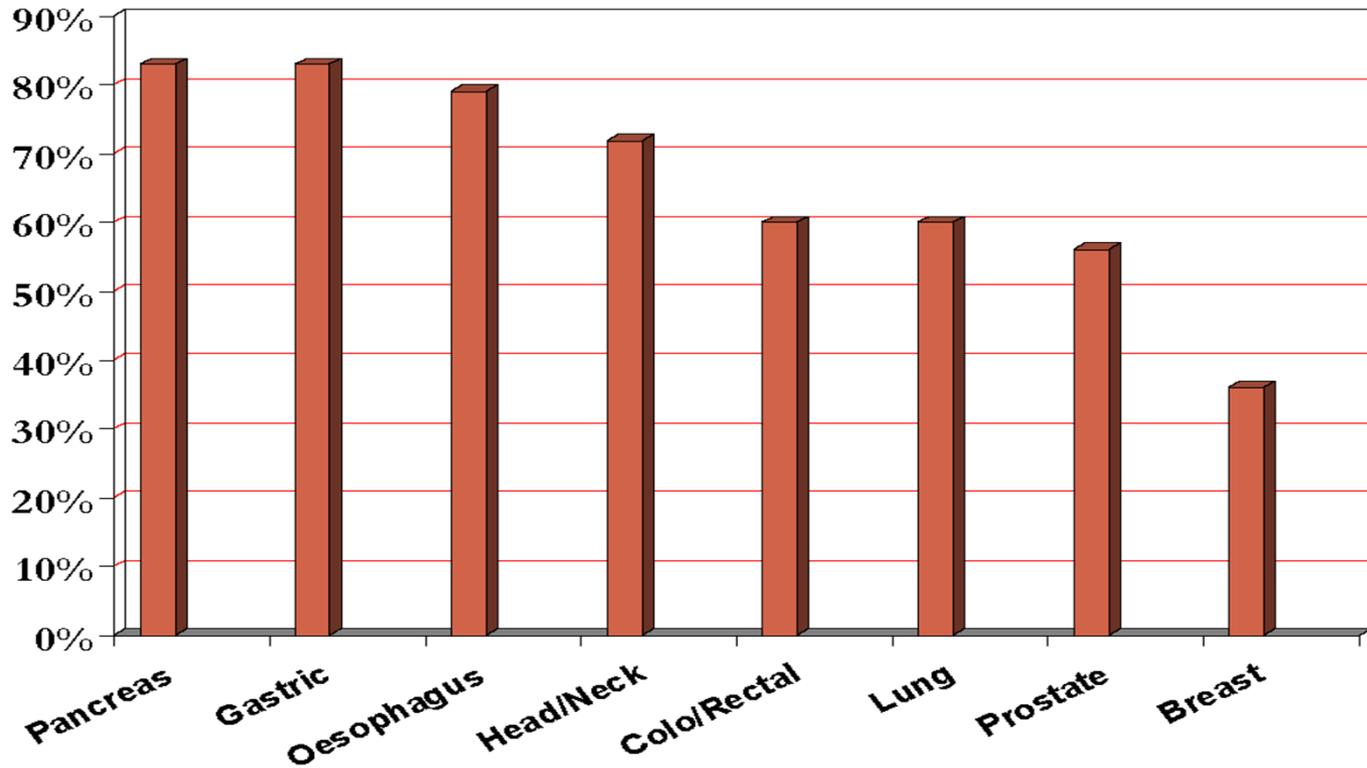


- A common but often under recognised problem
- Rates of 8-84% depending on tumour site¹
- Unintentional weight loss –loss of muscle & strength



Incidence of Cancer Cachexia

Incidence of Cancer Cachexia (Tinsdale 1999, Gibney 2005)



Consequences of malnutrition

- Reduced quality of life
- Increased risk of infection
- Increased treatment toxicity
- Reduced tumour response to treatment
- Reduced survival



Boosting energy and protein

- Breakfast cereals or desserts - add nuts or seeds, dried fruit, yoghurt, full fat milk
- Salads - add avocado slices, nuts, seeds, oily fish, hard boiled eggs, hummus
- Sandwiches, toast or crackers - add thick layer of butter, cream cheese, hummus, nut butter
- Soups or casseroles - add lentils, beans, greek yoghurt or creme fraiche
- Mashed potato - add full fat milk, cheese, butter or oil-based spread

Sore mouth or throat



- Keep your mouth fresh and clean
- Choose softer foods- Avoid rough textures
- Chop/mince/mash or liquidise foods
- Add extra butter, milk, sauces
- Drink plenty of nourishing fluids
- Take care with foods that are very hot, salty, spicy or acidic

Dry mouth



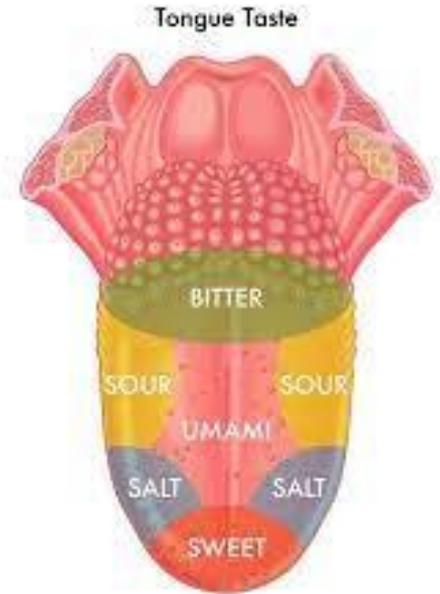
- Artificial saliva preparations
- Drink often, regular sips throughout day and with meals
- Choose soft moist foods- Avoid dry, flaky foods
- Ice cubes/Ice-pops

Swallowing difficulties

- Let your doctor know if you have difficulty swallowing food or notice coughing after eating or drinking
- Speech and Language Therapist – swallow assessment
- Altered textured diet or fluids
- Chop/mince/mash or liquidise foods

Taste changes

- Try new foods...and re-try
- Keep your mouth fresh and clean
- Metallic taste –
 - Eat food at room/cold temperature
 - Use plastic cutlery
 - Marinade meats in soy sauce or lemon juice
- Bland or no taste
 - Strong flavourings and seasoning; herbs and spices, sauces, mustard, parmesan
 - Try sour foods – lemon juice, sweet and sour sauce
- Suck on pineapple chunks before meals



Nausea and vomiting

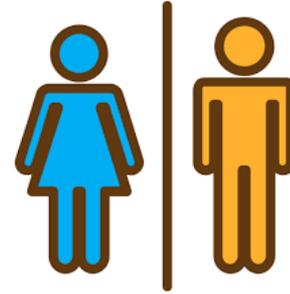
- Eat little and often – avoid very large meals or an empty stomach
- Dry, bland foods – crackers, toast, plain biscuits
- Ginger biscuits, tea, ale
- Choose foods that do not have a strong smell
- Try to get fresh air before meals
- Don't lie down too soon after eating
- Constipation can make nausea worse
- Aim to drink plenty of fluids
- Take anti-sickness tablets before meals or as prescribed

Constipation



- Try to have regular meals
- Include high fibre foods – wholegrain cereals and breads, raw fruit and vegetables, pulses, nuts
- Aim for 8-10 cups of fluid every day
- Try to add in some exercise

Diarrhoea



- Eat little and often
- To avoid dehydration, aim for 8-10 cups of fluid a day
- Avoid greasy, spicy food, alcohol
- Avoid food that cause wind - fizzy drinks, chewing gum, beans, peas, onions, cabbage
- Take anti-diarrhoeal medication as prescribed

Fatigue

- Accept help from friends & family with shopping and cooking
- Make the most of good days – make extra portions
- Stock up on foods like tinned soups, beans, fish, cheese, yoghurts, eggs
- Light exercise – as able
- Avoid caffeine or alcohol before bedtime

Exercise

- Keeping active can have a positive impact on your health and wellbeing, and help reduce the side effects of treatment
- Exercise builds/maintains muscle mass and strength, flexibility and mobility
- Ask your doctor before starting any new exercise
- A physiotherapist can devise a tailored exercise plan that suits your needs



Reducing risk of infection

- Wash your hands, worktops and chopping boards
- Check food is in date
- Keep raw meat and fish away from ready-to-eat foods
- Wash fruit and vegetables thoroughly
- Store food at correct temperature and be careful with defrosting and reheating



nutrition and cancer

All

Images

News

Videos

About 123,000,000 results (0.44 seconds)

Does sugar feed cancer?

- Cancer cells do consume sugar (glucose)...but so do our healthy cells!
- If we don't consume glucose, our bodies will make it from other resources (fat and muscle)
- No human studies have shown that eating sugar will fuel cancer growth
- Indirect link: sugar > weight gain > cancer risk



Should I avoid dairy products?

- No evidence of any clear link between dairy and cancer
- Some evidence that dairy products decrease risk of some cancers
- Addition of hormones to milk is strictly banned in EU
- If you drink plant based “milks” make sure to buy one that is fortified with calcium



Can I eat soya products?

- Phytoestrogens and hormone positive breast cancers
- Plant based oestrogen chemically different to human oestrogen
- High consumption of soya foods linked with lower rates of some cancers

Should I eat superfoods?

- Examples: Acai berries, blueberries, chia seeds, kale, garlic, turmeric
- Studies on affect of individual nutrients in cells in laboratory
- We eat whole foods not individual nutrients
- Focus on “super diets” not “superfoods”



- Be careful of high dose supplements!

Nutrition after cancer treatment



World Cancer Research Fund



Accessing Dietetic Services

- Hospital Dietitians
 - Ask your doctor or nurse specialist
- Community Dietitians
 - Ask your GP
- Freelance Dietitians
 - Irish Nutrition & Dietetic Institute www.indi.ie
 - Self Employed Dietitians of Ireland www.sedi.ie



Useful links

- World Cancer Research Fund website and resources
www.wcrf-uk.org
- Healthy eating info and recipes www.safefood.eu
- Breakthrough Cancer Research cookbooks
www.breakthroughcancerresearch.ie
- Memorial Sloan Kettering Cancer Centre (NY) website – section on herbal/ alternative products www.mskcc.org
- Trekstock Young Adult Cancer Support Food and Cancer
www.trekstock.com
- Irish Cancer Society www.cancer.ie

Summary

- Good nutrition can help you cope with and recover from cancer treatment
- During and after treatment:
 - Healthy eating, unless otherwise advised
- If unplanned weight loss:
 - High protein, high energy foods
 - Small, frequent meals
 - Highlight any symptoms
- Get your nutrition advice from reliable sources

Thank you for listening

