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## Nutrition Guide

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Thank you for joining today's webinar. We hope you will continue making good nutrition, avoiding inactivity, and practicing mindfulness a daily part of your journey.

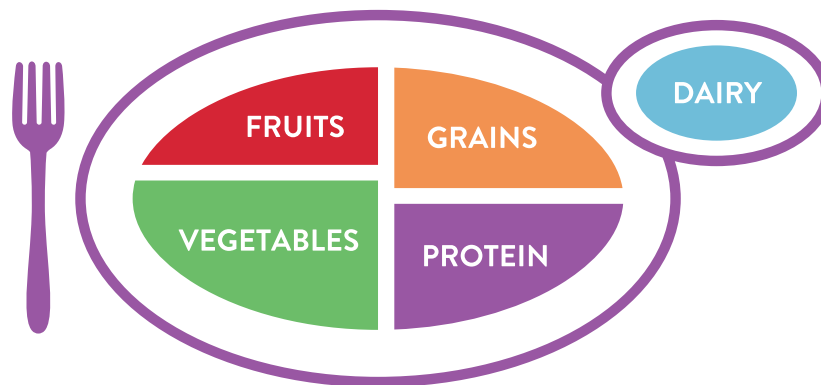
### 5 Facts and Tips for Making Healthy Choices

#### Fact #1

Large clinical studies show eating lots of fruits, vegetables, whole grains, and fiber help reduce the risks of cancer.<sup>1</sup>

In contrast, the American Institute for Cancer Research states that eating a diet full of sugary foods, sugary drinks, and processed foods increases endometrial cancer and other cancer risks.<sup>2</sup>

**Tip:** Add and subtract. Plan out ways to ADD a veggie to your plate and TAKE AWAY a sugar. Try adding lettuce and removing a soda.



[ChooseMyPlate.gov](https://www.choosemyplate.gov)

#### Fact #2

The American Institute for Cancer Research states that three out of every five new cases of endometrial cancers are preventable with physical activity (30 minutes per day) and by maintaining a healthy weight (BMI 18.5 to 25).<sup>3</sup> Additionally, people who engage in moderate physical activity during cancer treatment have less anxiety, depression, nausea, and fatigue.

**Tip:** Try to fit in three sessions of 10-minutes each day, for two days a week. Studies show most survivors can walk 30 minutes a day.<sup>4</sup> Be encouraged to start slow and go at your own pace. Consistency is key. Work your way up to 5 days a week and maintain it.

**American Cancer Society (ACS)  
Nutrition & Physical Activity Guidelines for Cancer Survivors**

Achieve and maintain a healthy weight  
If overweight or obese, limit high calorie foods & beverages increase physical activity to promote weight loss

Engage in regular physical activity

- Avoid inactivity; resume normal activities as soon as possible following dx
- Exercise  $\geq 150$  minutes/week
- Include strength training exercises at least 2 days/week

Achieve a dietary pattern that is high in vegetables, fruits and whole grains

- Follow ACS Guidelines on Nutrition & Physical Activity for Cancer Prevention
  - Choose foods & beverages in amounts that achieve/maintain a healthy weight
  - Limit processed and red meat
  - Eat  $\geq 2.5$  cups of vegetables & fruits/day
  - Choose whole grains instead of refined grain products
  - If you drink ETOH, drink  $\leq 1$  drink/day for ♀ & 2 drinks/day for ♂

Supplements

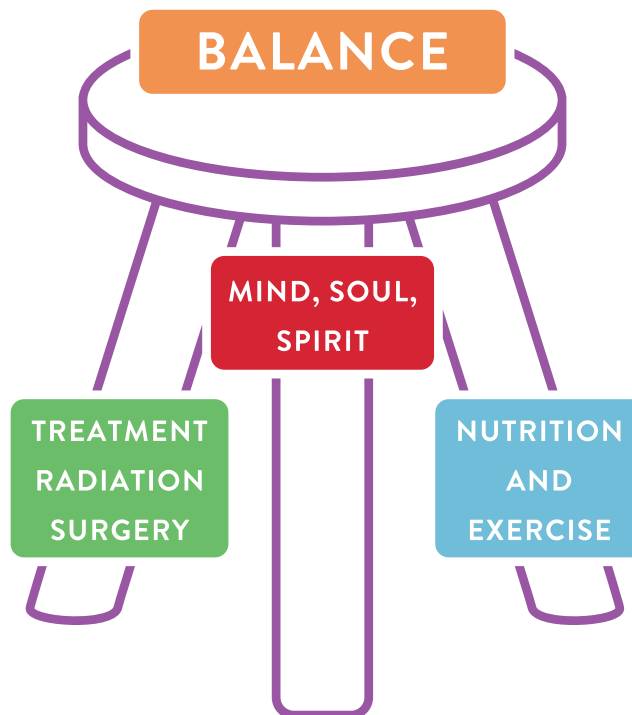
- Try to obtain nutrients through diet, first.
- Consider only if a nutrient deficiency is biochemically or clinically observed, or if intakes fall persistently below recommended levels as assessed by an RD.

Rock et al. (2012) DOI 10.3322/CAAC.21142 www.cancerjournal.com

**Fact #3:**

Close to 67% of survivors use complementary and alternative medicine after the completion of initial treatment.<sup>5</sup> Examples include Ayurveda, yoga, herbs, and reiki.

**Tip:** Focusing on the mind, soul, and spirit are as essential as completing IV treatment and recovering from surgery. It's like a three-legged stool, if one part is missing, things are out of balance!



#### Fact #4:

Eating out or ordering-in can be tough – think of a plan before you order!

#### Tips:

- Grab an oatmeal with fresh fruit instead of pancakes
- Ask for apple slices instead of French fries
- Go for the veggie burger or junior hamburger instead of the double cheeseburger – and add a salad!
- Your sauces count! -- Ask for dressing on the side
- Use mustard instead of mayo – hold the extra 100 calories and about 10 grams of fat
- Occasionally pick ONE add-on: light sour cream, low-fat cheese, OR fresh guacamole

#### Fact #5:

If you have multiple choices, pick the better option.



#### Tips:

- Tasty fresh or dried fruit (Best) → Sweet high-fructose corn syrup (Worst)
- Whole grains (Best) → Enriched grains → No grains (Worst)
- Water (Best) → Diet Soda → Regular Soda (Worst)
- Fish or Plant-based protein (Best) → White meat/Poultry → Red/Processed meat (Worst)
- Roasting, Baking, Poaching, Steaming (Best) → Sautéing, Frying, Grilling, Barbequing (Worst)
- Omega 3 oils/fat (Best) → Monounsaturated → Polyunsaturated → Saturated (Worst)
- Moderate alcoholic drinking (1 drink) (Better) → Heavy alcoholic drinking (5 drinks) (Worst)
- No cigarette smoking/vaping (Best) → Heavy cigarette smoking/vaping (Worst)

#### References:

<sup>1</sup>Maximova K, Khodayari Moez E, Dabravolskaj J, Ferdinands AR, Dinu I, Lo Siou G, Al Rajabi A, Veugelers PJ. Co-consumption of Vegetables and Fruit, Whole Grains, and Fiber Reduces the Cancer Risk of Red and Processed Meat in a Large Prospective Cohort of Adults from Alberta's Tomorrow Project. *Nutrients*. 2020 Jul 29;12(8):2265. doi: 10.3390/nu12082265.

<sup>2</sup>American Institute for Cancer Research

<https://www.aicr.org/>

<sup>3</sup>American Institute for Cancer Research – Endometrial Cancer

<https://www.aicr.org/news/new-report-in-the-u-s-3-out-of-5-cases-of-endometrial-cancers-are-preventable>

<sup>4</sup>Schwartz AL, de Heer HD, Bea JW. Initiating Exercise Interventions to Promote Wellness in Cancer Patients and Survivors. *Oncology (Williston Park)*. 2017 Oct 15;31(10):711-7.

<sup>5</sup>Mao JJ, Palmer CS, Healy KE, Desai K, Amsterdam J. Complementary and alternative medicine use among cancer survivors: a population-based study. *J Cancer Surviv*. 2011;5(1):8-17. doi:10.1007/s11764-010-0153-7

## Websites and Other Resources

Please feel free to visit some of the sites listed here. This limited list is not comprehensive and is subject to change but may serve as a beginning resource for you to explore available options. We encourage you to add resources to the list as your needs and your journey evolves.

### Section 1: Eating Well

#### Foundation for Women’s Cancer Webinar series

<https://www.foundationforwomenscancer.org/events-courses/upcoming-education-courses/>

#### Building and Strengthening Resilience During Cancer Treatment

Hear from an ovarian cancer survivor who discusses nutrition and mindfulness during cancer treatment.

#### MD Anderson Cancer Center – Clinical Nutrition—patient and caregiver nutrition guides

<https://www.mdanderson.org/research/departments-labs-institutes/departments-divisions/clinical-nutrition.html>

#### SurvivorSHINE

<https://survivorshine.org>

#### Fruits and Veggies More Matters

<https://fruitsandveggies.org/>

#### Livestrong — My Plate Counter

<https://www.livestrong.com/myplate/>

#### USDA My Plate

<https://www.myplate.gov>

#### Vegetarian Times

<https://www.vegetariantimes.com/>

#### Oldways – Cultural Food Traditions

<https://oldwayspt.org/>

### Section 2: Moving Well

#### Foundation for Women’s Cancer Webinar series

<https://www.foundationforwomenscancer.org/events-courses/upcoming-education-courses/>

- Survivors Exercise Together (SET): The Benefits of Movement During COVID-19 (SETgoMove!)
- Steps Through COVID-19

#### American Cancer Society – Physical Activity and the Cancer Patient

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/physical-activity-and-the-cancer-patient.html>

#### National Comprehensive Cancer Network -- Exercising During Cancer Treatment

[https://www.nccn.org/patients/resources/life\\_with\\_cancer/exercise.aspx](https://www.nccn.org/patients/resources/life_with_cancer/exercise.aspx)

**National Cancer Institute – Survivors and Exercise Guidelines**

<https://www.cancer.gov/news-events/cancer-currents-blog/2019/cancer-survivors-exercise-guidelines-schmitz>

**American College of Sports Medicine – Exercise is Medicine**

[https://www.exerciseismedicine.org/support\\_page.php/moving-through-cancer/](https://www.exerciseismedicine.org/support_page.php/moving-through-cancer/)

**Kathy Smith – Fit Over 40**

<https://www.kathysmith.com/14-day-fit-40-challenge/>

**LIVESTRONG at the YMCA**

<https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca>

**Black Yoga Teachers Alliance – BYTA Bytes**

<https://blackyogateachersalliance.org/byta-blog/>

### Section 3: Herbs and Complementary Medicine

**National Center for Complementary and Integrative Health – Herbs at a Glance**

<https://www.nccih.nih.gov/health/herbsataglance>

**Memorial Sloan Kettering Cancer Center – Herbal Remedies**

<https://www.mskcc.org/cancer-care/patient-education/herbal-remedies-and-treatment>

**Memorial Sloan Kettering Cancer Center – Herbs, Botanicals, and Other Products**

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/herbs-botanicals-other-products-faqs>

**Memorial Sloan Kettering Cancer Center – About Herbs App**

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/about-herbs>

### Section 4: Recipe Websites

**American Institute for Cancer Research – recipes**

<https://www.aicr.org/cancer-prevention/recipes/>

**American Cancer Society – Find healthy recipes**

<https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes.html>

**MD Anderson Children’s Cancer Center – At the Table Recipes**

<https://atthetable.mdanderson.org/>

## Section 5: Healthy Lifestyle Programs

### **Anticancer Lifestyle Program**

<https://anticancerlifestyle.org/>

### **The Healing Mind Dr. Marty Rossman**

<https://thehealingmind.org/>

### **The Center for Mind-Body Medicine**

<https://cmbm.org/>

### **Society for Oncology Massage**

<https://s4om.org/>

### **Oncology Association of Naturopathic Physicians**

<https://oncanp.org/>

## Section 6: Nutrition and Exercise Guidelines

### **American Institute for Cancer Research**

<https://www.aicr.org/>

### **American Institute for Cancer Research – Endometrial Cancer**

<https://www.aicr.org/news/new-report-in-the-u-s-3-out-of-5-cases-of-endometrial-cancers-are-preventable>

### **Eat Right – Academy of Nutrition and Dietetics**

<https://www.eatright.org/>

### **Office of Disease Prevention and Health Promotion 2015-2020 Dietary Guidelines**

<https://health.gov/our-work/food-nutrition/previous-dietary-guidelines/2015>

### **American College of Sports Medicine—Guidelines for Exercise and Cancer**

<https://www.acsm.org/blog-detail/acsm-certified-blog/2019/11/25/acsm-guidelines-exercise-cancer-download>

### **CDC Healthy Living**

<https://www.cdc.gov/HealthyLiving/>

## Section 7: Food Safety Recommendations

### **Environmental Working Group** – Information about toxins and chemicals found in foods

<https://www.ewg.org/foodnews/full-list.php>

### **Seafoodwatch** – Seafood safety recommendations

<https://www.seafoodwatch.org/>

### **Consumer Lab** – Product reviews of supplements

<https://www.consumerlab.com/>

## BOOKS

**Tip:** Type the ISBN code into the search box of your favorite online bookstore retailer. This will help you find a match to the book you want to enjoy!

### Section 8: Cookbooks

Cook for Your Life – Ann Ogden Gaffney  
ISBN-10: 1583335811

The Cancer-Fighting Kitchen – Rebecca Katz and Mat Edelson  
ISBN-10: 0399578714

Anti-Cancer A New Way of Life – David Servan-Schreiber MD PhD  
ISBN-10: 0452295726

Anti-Cancer Living – Lorenzo Cohen PhD and Alison Jefferies MEd  
ISBN-10: 0735220433

Passionate Vegetarian – Crescent Dragonwagon \$\$  
ISBN-10: 1563057115

What to Eat During Cancer Treatment: More than 130 Recipes to Help You Cope – American Cancer Society, Jeanne Besser, and Barbara Grant MS RD  
ISBN-10: 160443256X

American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer – Barbara L. Grant  
ISBN-10: 0944235786

### Section 9: Complementary Medicine

Five to Thrive: Your Cutting Edge-Cancer Prevention Plan – Lisa Alschuler and Karolyn Gazella  
ISBN-10: 1935297406

Integrative Strategies for Cancer Patients – Elena Ladas and Kara Kelly  
ISBN-10: 9814313238

Fundamentals of Complementary and Alternative Medicine – Marc Micozzi MD PhD \$\$  
ISBN-10: 0323510817

Integrative Oncology – Donald Abrams and Andrew Weil \$\$  
ISBN-10: 0199329729

## Section 10: Popular Apps

Please feel free to visit some of the apps listed here. This limited list is not comprehensive and is subject to change but may serve as a beginning resource for you to explore available options. Your care team may have other suggestions for apps you can use. (Most have a free trial period before monthly or yearly subscription is required to continue use)

### Cancer Prevention:

\*After cancer treatment, survivors should continue with cancer prevention\*

#### MD Anderson Listing for Exercise and Nutrition Apps

<https://www.mdanderson.org/publications/focused-on-health/cancer-prevention-apps.h11-1589046.html>

### Meeting Nutrition Goals:

#### Start Simple App

<https://www.myplate.gov>

#### Livestrong My Plate Calorie Counter

<https://www.livestrong.com/myplate/>

#### My Net Diary

<https://www.mynetdiary.com/>

### Fitness:

#### FitOn

<https://fitonapp.com/>

#### Sworkit

<https://sworkit.com/get-started/sworkit-user-guide>

#### CharityMiles

<https://charitymiles.org/>

### Meditation and Breathing:

#### Calm

<https://www.calm.com/> \

#### Headspace

<https://www.headspace.com/>

#### Insight Timer

<https://insighttimer.com/>