

Nutrition and Other Factors to Combat Cancer

THURSDAY, OCTOBER 27
12 - 1 PM • ZOOM

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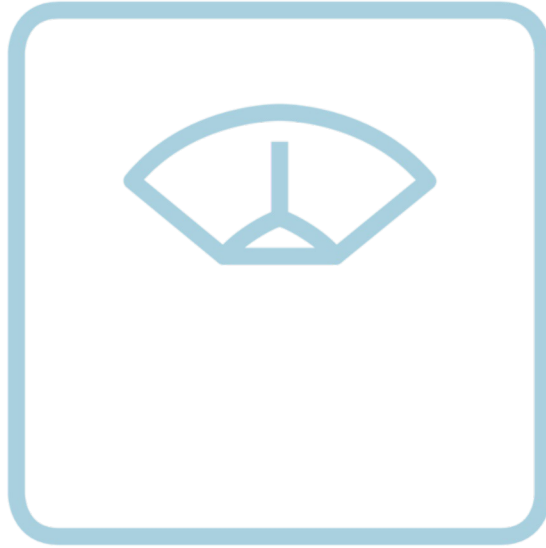


Myth: It is out of my control if I get cancer.



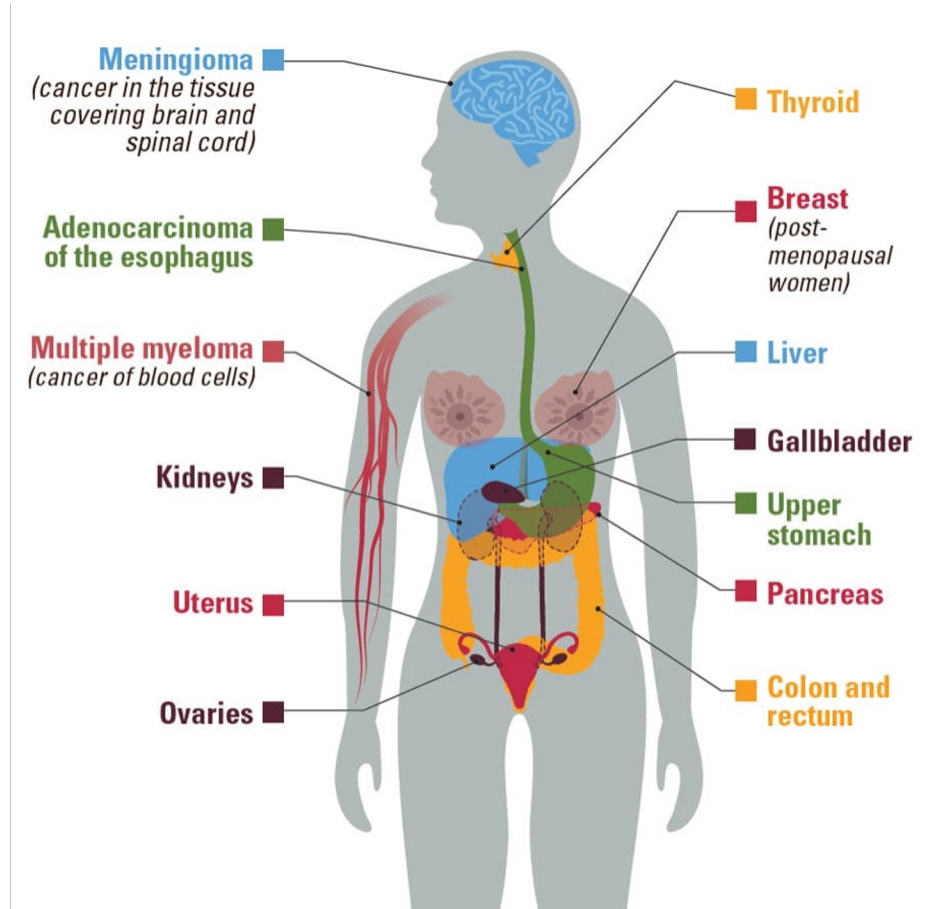
Fact: Many cancers are preventable with a healthy lifestyle.

WHAT DOES IT MEAN TO
HAVE A HEALTHY LIFESTYLE?

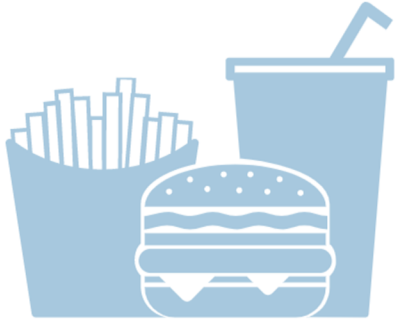


MAINTAINING A HEALTHY
BODY WEIGHT

Many cancer types are associated with being overweight or obese:



WHAT CAUSES OBESITY?



Fast food and
sugary beverages



Lack of physical activity



Poor sleep

WHAT DOES IT MEAN TO HAVE A HEALTHY LIFESTYLE?



**EATING NUTRITIOUS
FOODS**

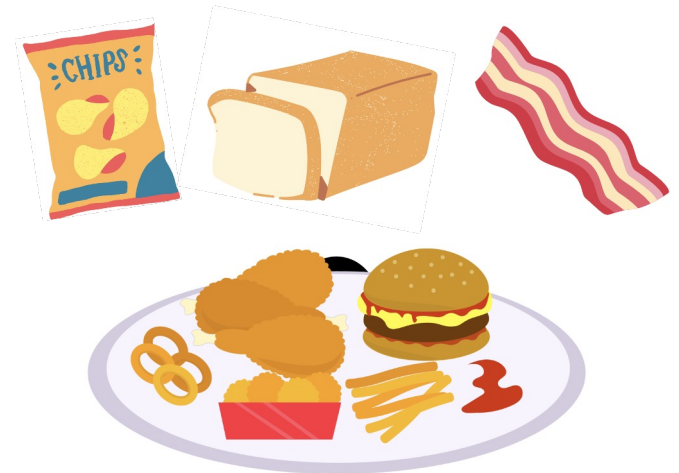
EAT MORE:

- High fiber foods
- Fruits and vegetables
- Whole grains
- Plant-based protein sources (beans, tofu, lentils)
- Fish or chicken



EAT LESS:

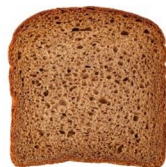
- Red and processed meats (bacon, sausage)
- Heavily processed foods (chips, candy)
- Refined grains (white bread)



Go for the **WHOLE** Grain!

Eating 3 servings (90g) of whole-grain foods per day reduces colorectal cancer by 17%.

1 serving of a whole grain =



1 slice of 100% whole-grain bread



1/2 cup cooked brown rice



3 cups popped popcorn



6-inch corn tortilla



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

BEVERAGES MATTER:



All alcoholic drinks are associated with an increased risk of cancer



Try swapping sugary drinks for seltzer or water with a lemon

Mindful changes:



1

Think about if you are eating due to hunger or emotions.



2

Appreciate the time, energy, and resources that went in to your meal.



3

Eat **Slowly**. Chew multiple times and put down your fork in between bites.

Practice Mindful Eating with T.A.S.T.E.



5

End your meal when you feel satisfied, not stuffed. This might not always mean a perfectly clean plate!



4

Take the **Time** to enjoy the flavors of your meal.



N. C. Cooperative Extension is an equal opportunity provider.



Source: AICR

Tips for stocking a nutritious kitchen: go to the grocery store with a plan.



- Canned vegetables: tomatoes, mixed vegetables, green beans, collards
- Canned proteins: black beans, chickpeas, tuna, salmon



- Keep onion, garlic, and spices in your pantry
- Whole grains like oatmeal, rice, quinoa, couscous, cornmeal are shelf-stable
- Stock your pantry with lentils, beans, and dried fruits



- Frozen vegetables: squashes, broccoli, okra, spinach, mixed vegetables
- Frozen protein sources: fish, chicken
- Frozen whole grains: breads, tortillas

**WHAT DOES IT MEAN TO
HAVE A HEALTHY LIFESTYLE?**



PHYSICAL ACTIVITY

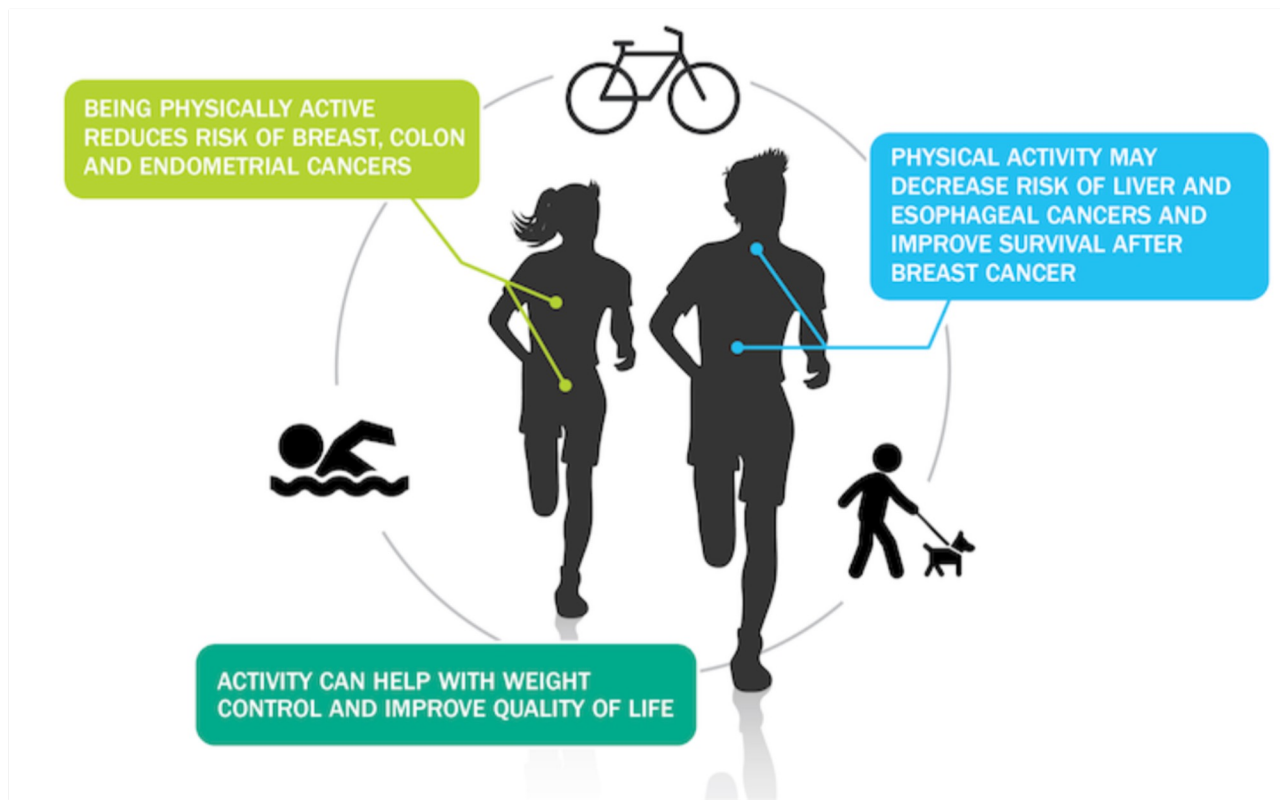
GETTING REGULAR PHYSICAL ACTIVITY **EVERY DAY IN ANY WAY LOWERS RISK FOR CANCER**

**AIM TO GET AT
LEAST 150
MINUTES OF
EXERCISE A WEEK**



**FOR MORE
PROTECTION, BE ACTIVE
FOR 45-60 MINUTES
EVERY DAY**

PHYSICAL ACTIVITY LOWERS CANCER RISK



MIX & MATCH!



**2 minutes
MODERATE
ACTIVITY**



**1 minute
VIGOROUS
ACTIVITY**

MODERATE VS VIGOROUS

ACTIVITY



You can talk, but can't sing.

On a scale of 0-10 you would rate the activity as a 5 or lower in terms of difficulty.

Your heart rate is at 50 to 60% of your maximum heart rate.



You can say a few words, but you can't hold a conversation.

On a scale of 0-10 you would rate the activity as a 6 or higher in term of difficulty.

Your heart rate is at 70 to 80% of your maximum heart rate.

TRY SOMETHING NEW



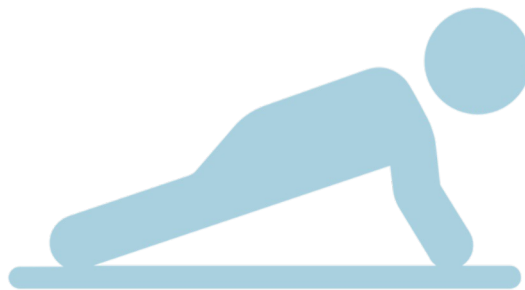
GROUP FITNESS CLASS



EXPLORE THE
OUTDOORS



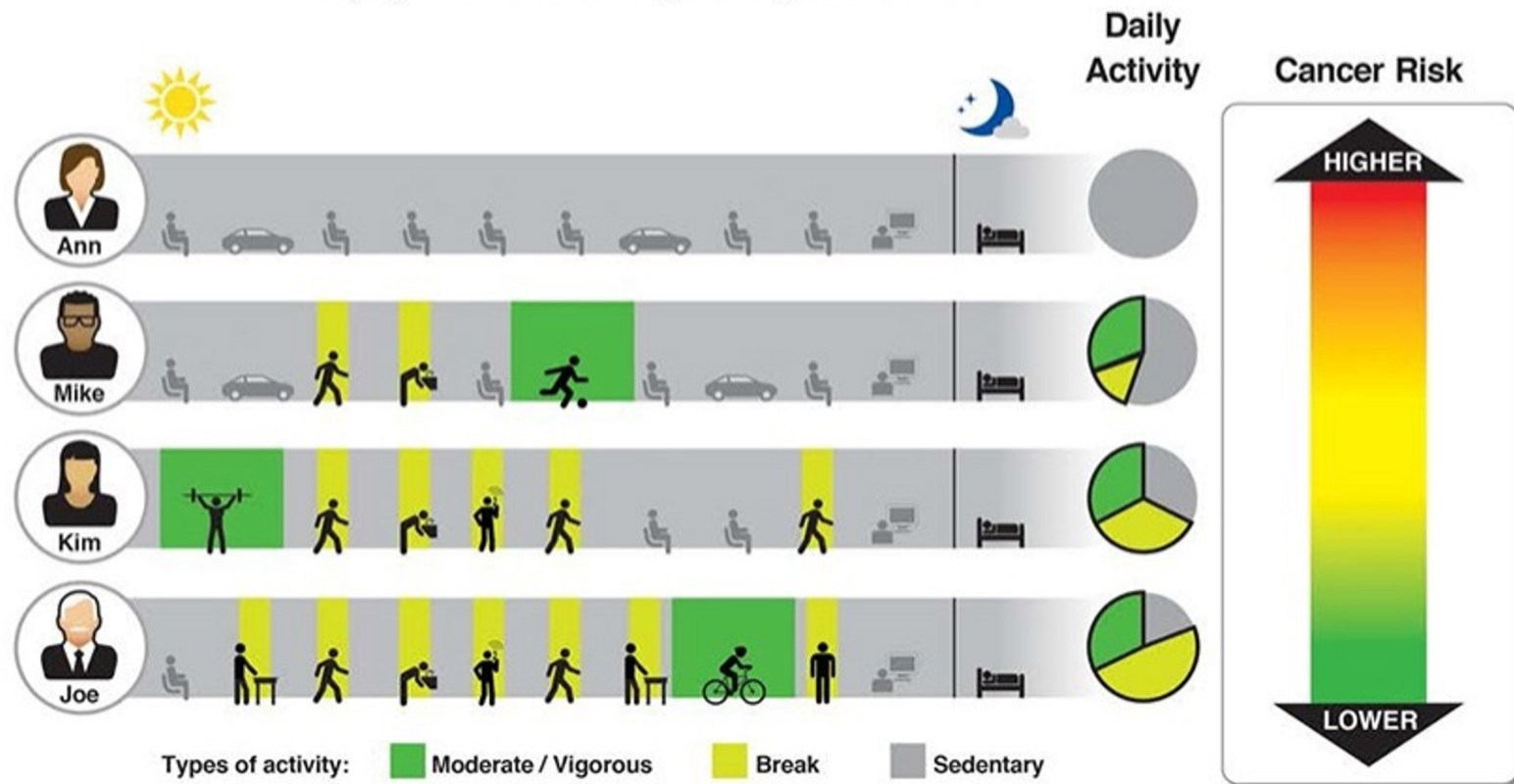
A NEW SPORT



A HOME WORKOUT

Make Time for Break Time

This graphic illustrates how different amounts of activity influence certain much-studied indicators of cancer risk. Other factors like eating smart, staying lean and not smoking also may lower cancer risk.





**HEALTHY
MONDAY**

Shake Up Your Routine.

Getting active doesn't have to be a workout—try a new activity and get to moving more!



**HEALTHY
MONDAY**

Increase Your Physical Activity by Stacking Your Habits.

Pair a simple workout with one of your daily rituals. Even a 10-minute walk through the day can add up for better health.



TRY THIS, NOT THAT!





American
Institute for
Cancer
Research®

30-DAY CANCER PREVENTION CHECKLIST

You can eat well, move more and make healthy choices to help reduce your risk of cancer.



Print out this checklist, hang it somewhere visible and check off one healthy challenge you complete each day!

<input type="radio"/> Try a new exercise	<input type="radio"/> Walk 1 mile (or more!)	<input type="radio"/> Grab a friend and take a group fitness class together
<input type="radio"/> Swap out red meat for chicken, fish or turkey	<input type="radio"/> Always apply sunscreen whether it's sunny or cloudy	<input type="radio"/> Pack your own healthy lunch instead of eating out
<input type="radio"/> Try a new vegetable	<input type="radio"/> Replace meat with beans or lentils	<input type="radio"/> If you're sitting at a desk all day, take a 20-minute walk break
<input type="radio"/> Ditch the chips and replace with cut up veggies like carrots or cucumbers	<input type="radio"/> Avoid tobacco products (always!)	<input type="radio"/> Go for a bike ride
<input type="radio"/> Visit aicr.org to make one of our cancer-protective recipes	<input type="radio"/> Eat 100% whole grains with at least 2 meals	<input type="radio"/> Make your own trail mix with nuts, seeds and dried fruit for a healthy snack
<input type="radio"/> Order water when eating out instead of soda or an alcoholic beverage	<input type="radio"/> Try a new fruit	<input type="radio"/> Try a new lentil
<input type="radio"/> Skip the sugary drink and try fruit-infused water	<input type="radio"/> Do not eat overcooked or burnt meat	<input type="radio"/> Take the stairs instead of the elevator or escalator
<input type="radio"/> Visit a farmers market and try seasonal produce	<input type="radio"/> Grab a water bottle before you walk out the door	<input type="radio"/> Eat healthy snacks like nuts, fruit or cheese between meals
<input type="radio"/> Make a pitcher of infused water to drink this week	<input type="radio"/> Eat meatless meals for a day	<input type="radio"/> Replace processed meat on a sandwich with hummus or bean dip
<input type="radio"/> Keep a water bottle with you to drink and refill throughout the day	<input type="radio"/> Find an exercise buddy and walk more, sit less	<input type="radio"/> Replace rice with quinoa

WHAT DOES IT MEAN TO HAVE A HEALTHY LIFESTYLE?



LIFESTYLE CHANGES IF YOU
OR A LOVED ONE HAS BEEN
DIAGNOSED WITH CANCER

Healthy Living Tips For Cancer Survivors

The same evidence-based guidelines that help prevent cancer also **help reduce risk of cancer recurrence** and other non-communicable diseases.

Maintain a Healthy Weight

Overweight? Choose healthy foods like vegetables, fruits, whole grains, beans and other foods naturally low in calories and high in fiber.



Underweight? Choose healthy, higher calorie foods and incorporate blenderized smoothies. Eat small frequent meals if it's difficult to eat large meals.



Contact a registered dietitian who can help you determine a diet that fits your needs. Increase your movement throughout the day as well. *Move more, sit less.*

Getting and Staying Active

Physical activity is safe and beneficial for cancer survivors both during and after treatment.



Aim for at least 30 minutes of physical activity per day and go at your own pace. It can be as simple as taking a 15-minute walk in the morning and in the evening.

Before you start exercising, ask your oncology professional about your cardiac health.



Follow the New American Plate Model

Fill 2/3 or more of your plate with colorful plant foods **like** vegetables, fruits, whole grains, beans, nuts and seeds.



Fill 1/3 or less of your plate with animal foods **like** poultry, fish, lean red meats, eggs and dairy.

THINGS TO AVOID



Avoid Processed Meats
Save cold cuts, bacon, sausage, ham and hot dogs for special occasions.



Avoid Alcohol
If you choose to drink, do not exceed the national guidelines.



Avoid Sugar-Sweetened Drinks
Drink mostly water and unsweetened drinks.

PHYSICAL ACTIVITY DURING AND AFTER TREATMENT

The old recommendation to “just get plenty of rest” during cancer treatment has been updated. Today, research suggests that exercise, when carefully monitored, can improve sleep, reduce fatigue and improve the quality of life of cancer patients.



- Quality of life
- Muscle mass, strength, and power
- Aerobic fitness



- Fatigue
- Nausea
- Treatment side effects
- Depression and anxiety
- Length of hospitalization



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NUTRITION DURING TREATMENT



**BOTH WEIGHT
GAIN & LOSS ARE
POSSIBLE SIDE EFFECTS
OF CANCER
TREATMENT**

Combating Weight Gain

- Eat high fiber foods
- Be mindful of portion sizes
- Try a new physical activity
- Eat when you're hungry, stop when you're full

Combating Weight Loss

- Eat small meals
- Eat high-protein foods first
- Eat largest meal when you're most hungry
- Try new recipes

NUTRITION DURING TREATMENT

Strategies to combat fatigue and nausea

- Consume ready-to-eat foods
- Keep healthy snacks on hand
- Meal prep when you're able
- Seek help from friends, family, or services such as Meals on Wheels
- Drink plenty of fluids



- Eat small amounts of food often & slowly
- Eat foods at room temperature or cooler
- Eat sitting up
- Drink beverages between meals instead of with meals



WHAT BREAST CANCER SURVIVORS CAN DO

The latest review of the global research indicates that diet, weight, and physical activity may play a role in survival and secondary cancer of the breast among breast cancer survivors



Foods Containing Fiber

The analysis indicates that eating high amounts of foods containing fiber reduces risk of dying from any cause.

Eat a variety of non-starchy vegetables, fruits, whole grains and beans daily.



Fats

Research suggests that eating a diet lower in fat, and in particular saturated fat, before diagnosis links to improved survival.

Limit fatty meats, fried foods and processed foods with added fats.



Soy

The report suggests that diets higher in soy foods—after diagnosis—improves survival.

A moderate amount of soy—1 to 2 servings a day—is considered safe for survivors.



Physical Activity

Evidence indicates that women who are active before and after diagnosis have a greater chance of survival.

Avoid inactivity. Find ways to be move more throughout the day.



Weight

Research indicates higher BMIs—before and after treatment—decrease survival.

Avoid weight gain during treatment and work toward a healthy weight.

THANK YOU!
QUESTIONS?

