Nutrition and Other Factors to Combat Cancer

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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.

Source: AICR
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

Source: AICR
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)

Source: AICR
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

- Serving size: 2/3 cup (55g)
- Calories: 230
- 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

*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.
All alcoholic drinks are associated with an increased risk of cancer. Try swapping sugary drinks for seltzer or water with a lemon.

Source: AICR
Mindful changes:

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

2. **Appreciate** the time, energy, and resources that went into your meal.

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

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

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

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

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

Source: AICR, ACS
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.

Source: AICR, ACS
PHYSICAL ACTIVITY LOWERS CANCER RISK

BEING PHYSICALLY ACTIVE REDUCES RISK OF BREAST, COLON AND ENDOMETRIAL CANCERS

PHYSICAL ACTIVITY MAY DECREASE RISK OF LIVER AND ESOPHAGEAL CANCERS AND IMPROVE SURVIVAL AFTER BREAST CANCER

ACTIVITY CAN HELP WITH WEIGHT CONTROL AND IMPROVE QUALITY OF LIFE

Source: AICR
MIX & MATCH!

2 minutes MODERATE ACTIVITY = 1 minute VIGOROUS ACTIVITY

Source: AICR, ACS
**MODERATE vs VIGOROUS ACTIVITY**

**Moderate 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.

**Vigorous Activity:**
- 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.

*THE UNIVERSITY OF TEXAS MD Anderson Cancer Center*
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.

Types of activity:
- Green: Moderate / Vigorous
- Yellow: Break
- Gray: Sedentary

Daily Activity vs. Cancer Risk:
- Higher
- Lower
Shake Up Your Routine.
Getting active doesn’t have to be a workout—try a new activity and get to moving more!

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!

- Sitting at a desk
- Standing at a desk
- Walking with a desk
- Watching TV
- Bending over a plant
- Cooking a meal
# 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!

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

Source: AICR
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Source: AICR
NUTRITION DURING TREATMENT

Both weight gain and 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

Source: AICR
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

Source: AICR
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 more active 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?