

Free Nutritional Counseling

Early nutrition screening and counseling is an integral part of each patient's treatment plan. Meeting with a dietitian can help with maintaining nutritional status during treatment and increase the successful management of associated symptoms including:

- Nausea and Vomiting
- Poor Appetite
- Weight Loss
- Constipation or Diarrhea
- Loss of Taste or Smell

Mission Hope Cancer Center provides free nutrition services for our patients including individualized nutrition counseling and monthly nutrition educational classes. If you are struggling with any of the above symptoms or have general nutrition questions or concerns, our Registered Dietitian Colleen Seung is here to assist you. Please call one of the numbers below to speak to Colleen and/or schedule an appointment.



Like us on Facebook:
Mission Hope Cancer Center



Dignity Health
Cancer Care

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Nutritional Strategies

for Coping with the Side Effects of Cancer Treatment



FREE ONLINE WELLNESS PLAN



- Are you confused about how to eat more healthfully?
- Would you like help recovering from your cancer treatment?

Mission Hope is pleased to make available the iTHRIVE Plan for cancer patients and survivors. After a short ten-minute survey, you will be given a personalized plan that is based on your individual circumstances, abilities and lifestyle. You can work on your plan at your own pace by using your cell phone, tablet, or computer to access iTHRIVE online.

For more information and/or to get started, please call:

Ashley Hahn, MHCC, Santa Maria: 805.346.3402

Jenni Davis, MHCC, Arroyo Grande: 805.474.5303

An infographic titled "FIVE KEY LIFESTYLE STRATEGIES" with a central iTHRIVE logo. It lists five strategies: Diet (incorporate nutritional strategies based on a Mediterranean diet), Spirit (experience a value-based life inclusive of laughter, love and gratitude), Movement (exercise strategies to optimize fitness and reduce inactivity), Rejuvenation (manage stress and restore vitality), and Environment (create healthy surroundings to enhance wellness). Each strategy is accompanied by a small icon: a green apple for Diet, a hand holding a heart for Spirit, a blue shoe for Movement, a yellow person meditating for Rejuvenation, and a yellow house for Environment.

FIVE KEY LIFESTYLE STRATEGIES

Diet
Incorporate nutritional strategies based on a Mediterranean diet.

Spirit
Experience a value-based life inclusive of laughter, love and gratitude.

Movement
Exercise strategies to optimize fitness and reduce inactivity.

Rejuvenation
Manage stress and restore vitality.

Environment
Create healthy surroundings to enhance wellness.

The iTHRIVE Plan is an online wellness program that specifies simple but powerful activities that can be incorporated into one's daily routine to optimize health and treatment recovery.

Resources

Online Information

American Society of Clinical Oncology www.cancer.net

American Institute for Cancer Research www.aicr.org

National Cancer Institute www.cancer.gov

Cancer Hotlines:

The *American Institute for Cancer Research* provides a nutrition hotline staffed by registered dietitians to answer your questions on diet, nutrition and cancer. The dietitians who respond to your calls cannot give medical advice, but are happy to offer suggestions on easing the dietary problems that may occur. Please call **1.800.843.8114** between 9:00 a.m. and 5:00 p.m. EST, Monday-Friday.

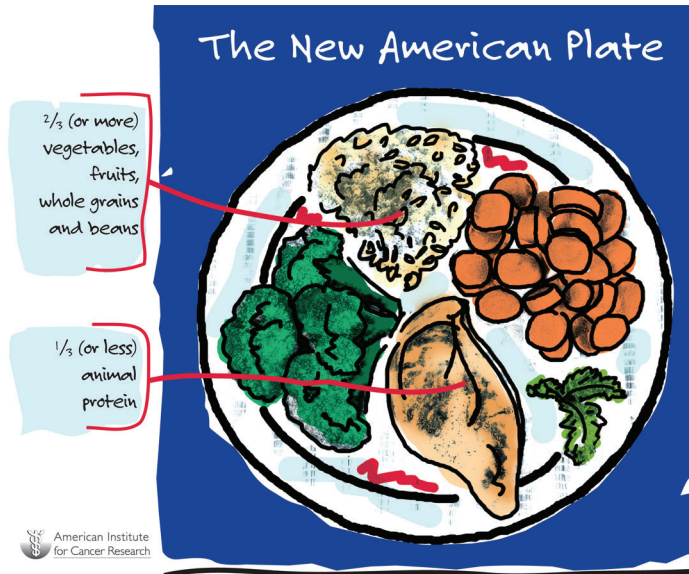
The *National Cancer Institute's* Cancer Information Service (CIS) provides reliable and up-to-date information to help answer cancer-related questions. Available to patients, family members and friends, information about treatment, symptoms, detection, and more is offered. CIS can be contacted via phone, e-mail, or through Live Chat. Go to <https://www.cancer.gov/contact> or call **1.800.422.6237** from 9:00 a.m. to 9:00 p.m. EST, Monday-Friday.



Nutrition Recommendations from the American Institute for Cancer Research (AICR)

Eating a plant-based diet that includes a variety of foods may reduce the risk of cancer.

AICR's Model Plate for a Cancer Preventive Diet



Credit: Illustration courtesy of the American Institute for Cancer Research

Tips:

- Eat at least 5 servings of non-starchy vegetables and fruits each day (choose ones bright in color and strong in flavor)
- Limit red meat (beef, pork, lamb) to 3 portions or less per week (12-18 ounces) and eat little, if any, processed meats (bacon, ham, deli meats, hot dogs)
- Do not drink alcohol (if consumed, limit to no more than 2 standard drinks per day for men and 1 drink for women)
- Limit consumption of “fast foods” and other processed foods/ beverages high in fat, starches, or added sugars

We are here to help.

Mission Hope Cancer Center, Arroyo Grande

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AICR's Foods That Fight Cancer™

- Acai berries
- Apples
- Blackberries and raspberries
- Blueberries
- Broccoli and cruciferous vegetables
(brussel sprouts, cabbage, radishes, cauliflower, etc.)
- Carrots
- Cherries
- Chili peppers
- Citrus fruits (oranges/lemons)
- Coffee
- Cranberries
- Dark green leafy vegetables (spinach, kale, romaine, etc.)
- Dry beans and peas (legumes)
- Flaxseed
- Garlic
- Grapefruit
- Grapes
- Melons
- Mushrooms
- Nuts
- Onions
- Papayas
- Pomegranates
- Strawberries
- Soy (tofu, tempeh, edamame, soymilk, miso, etc.)
- Tea (black, green, oolong, white)
- Tomatoes
- Whole grains (brown rice, oatmeal, corn, whole-wheat bread, barley, farro, quinoa, etc.)
- Winter squash (acorn, butternut, spaghetti, hubbard, etc.)

Protein Rich Foods

During cancer treatment, protein needs are typically higher. The following list contains foods high in protein that the body uses to help grow and repair tissue and fight infection:

- Lean cuts of beef
- Pork loin
- Skinless chicken and turkey
- Fish
- Yogurt
- Milk (dairy milk or plant-based, like soy or pea)
- Eggs
- Cheese
- Cottage cheese
- Nuts and seeds
- Beans
- Nutritional shakes (Boost®, Ensure®, Carnation Instant breakfast®)

Dietary Supplements

Instead of taking supplements, it is recommended to eat a variety of plant-based food to meet nutritional needs. Research suggests you cannot obtain the protective benefits of all the nutrients in food by isolating specific substances into pills. If you are considering starting to take dietary supplements or if you are already using them, review all products with your cancer health care team.

Please note in some cases dietary supplements may be prescribed for you by your health care team for specific medical conditions.

Key Points

- No single food or food element can protect you against cancer, but scientists believe that the right combination of foods in a mostly plant-based diet may help.
- Evidence is mounting that the minerals, vitamins and phytochemicals in plant foods interact to provide extra cancer protection—a concept called **synergy**. Eat a variety of foods every day with a focus on plant-based foods.



Nutrition Tips to Prevent Dehydration

- Aim to consume 8 to 12 cups of non-caffeinated fluid per day (more if you have diarrhea or vomiting)
- Watch the clock or consider setting an alarm on your phone to help remind yourself to drink at least 1 cup of fluid every 1 to 2 hours
- Keep a water bottle with you at all times—at home, in the car, by your bed, when you shop
- In addition to water, other foods and beverages count towards fluid intake too, such as juice, soft drinks, sport drinks, ice cream, sherbet, broth, jell-o, popsicles, milk, nutritional shakes, and more
- Avoid alcohol
- Limit caffeinated beverages to 2 or less per day
- **If you experience fluid retention (swelling or edema):**
 - Reduce the amount of salt (sodium) in your diet from foods such as processed meats and canned soups
 - Exercise to help improve circulation (ask your doctor about specific exercises or if seeing a physical or occupational therapist could be helpful)
 - Do NOT reduce your fluid intake without consulting your doctor

Keep a water bottle with you and sip water throughout the day to keep fluid levels high.

Nutrition Tips for Dry Mouth

- Avoid salty foods. Salt dries you out; examples include chips, pretzels, canned soups, soy sauce and other store bought products.
- Try tart foods and beverages such as lemonade: these foods may help your mouth produce more saliva. (Do not try this if you also have a tender mouth or sore throat).
- Take a sip of water every few minutes to help you swallow and talk more easily.
- Use a straw to drink liquids.
- Eating melon may also help produce more saliva.
- Suck on sugar-free hard candy or popsicles or chew sugar-free gum.
- Try frozen fruit bars and popsicles.
- Use soft and puréed foods, which may be easier to swallow.
- Eat foods that contain sauces, gravies, and salad dressings, which help to make them moist and easier to swallow.
- Avoid foods that tend to stick to the top of your mouth, such as peanut butter.
- Try avoiding very hot food; cool your food down to a warm temperature before eating.
- Clean your teeth frequently and rinse your mouth after each meal. Try this rinse: 1 quart of water, $\frac{3}{4}$ tsp. salt and 1 tsp. of baking soda.
- Keep your lips moist with lip salves.
- Ask your doctor or dentist about products that coat and protect your mouth and throat if your dry mouth problem is severe.
- Avoid alcohol and tobacco.
- Use a cool mist humidifier to keep your room air moist, especially at night.



Nutrition Tips to Relieve Constipation

- Drink plenty of non-caffeinated liquids, for a total of at least eight cups of fluid daily.
- Drink water, prune juice, warm juices, and non-caffeinated teas.
- Drink a hot beverage about one-half hour before your usual time for a bowel movement.
- Avoid eating chocolate or cheese, which may worsen constipation.
- Do not use extreme force in trying to have a bowel movement.
- Most vegetables and fruits provide about 2 grams of fiber per serving and grains provide about 3 grams of fiber. Focus on high fiber foods that contain 8 to 12 grams of fiber such as high fiber cereals, beans, berries, avocados, prunes, dried fruits, flax and bran. Foods that provide 3 to 7 grams of fiber include: peas, corn, figs, lentils, whole grain breads, whole wheat tortillas, whole wheat pastas, apples, pears, oatmeal, spinach and greens. A normal serving size is $\frac{1}{2}$ cup cooked or canned and 1 cup fresh.



Drink a hot beverage before your usual time for a bowel movement.

- Add fiber slowly to your diet. Increase your fiber intake by about 3 grams per week until you have reached a goal of 25 to 30 grams per day. It is very important to also drink at least eight cups of fluids when you are adding fiber, otherwise you will make the problem worse.
- Exercise every day—even a small amount of physical activity such as walking can help.
- Before considering an over-the-counter laxative or bulk forming product such as Metamucil®, Citrucel® or Benefiber®, ask your medical care team if it is right for you. Do not take unless directed.

Nutrition Tips for Loss or Change of Appetite and Weight Loss

- Eat in a relaxed, pleasant, and calm atmosphere. Don't force favorite foods when you're not feeling well or you will risk developing food aversions.
- Eat slowly during your meal-times.
- Try changing the time, place and surroundings of meals. A candlelight dinner can make mealtime more appealing. Eat with others, or listen to your favorite music.
- Eat important protein foods first, when your appetite is strongest. These include beans, soy, fish, poultry, meat and eggs.
- Try higher calorie, easy-to-prepare foods such as: peanut butter, Carnation Instant breakfast®, smoothies, power bars, trail mix, yogurt, Ensure® or other supplements.
- Consume nutritious beverages with meals and between meals such as: nectars, 100% fruit juices, nutritional supplement drinks, soymilk and vegetable juice drinks.
- Try soft foods that are easy to chew and swallow such as: milkshakes, bananas, apple-sauce, other soft fruits, cottage cheese, mashed potatoes, puddings, gelatins, oatmeal, puréed meats and vegetables, scrambled eggs and liquids.
- Try eating food with flavorful seasonings such as basil, oregano, or rosemary.
- Try tart foods such as oranges or lemonade that may have more taste. (Do not try this if you have a sore mouth or throat.)
- Rinse your mouth with tea, ginger ale, salted water, or baking soda and water to clear your taste buds before eating.



Wake up your taste buds by adding flavorful herbs, such as basil or rosemary.

Nutrition Tips to Reduce Nausea and Vomiting, continued

- Drink fewer liquids with meals. Drinking liquids can cause a full, bloated feeling. Drink or sip liquids throughout the day, except at mealtimes. Using a straw may help.
- Rest after meals with head elevated about 12 inches above your feet.
- Incorporate sour or tart foods into your menu as they may taste better.
- Try eating cold foods during bouts of nausea. Fruit smoothies, frozen health shakes, frozen or well chilled nutritional drinks such as Ensure®, Odwalla protein drinks®, or Boost® may help.
- Ask your medical care team if anti-nausea medication is right for you.



Before getting out of bed or getting up out of a chair, nibble on saltines, dry toast or pretzels.

Nutrition Tips to Reduce Nausea and Vomiting



Include watermelon in your diet to help replace lost fluids and electrolytes.

- Eat your meals at least one hour before cancer treatments.
- Eat or drink a small amount hourly. For some people nausea can be reduced by always keeping a little something in their stomach.
- Sipping on ginger tea or drinking ginger ale may help reduce nausea.
- Slice a lemon or orange and inhale the aroma; this type of aromatherapy may help.
- Eat saltines, dry toast or pretzels before getting out of bed or getting up out of a chair.
- Suck on hard peppermint candy or try peppermint tea.
- Eat watermelon which will replace lost fluids and electrolytes.
- Avoid foods that are strong in odor, fatty, greasy, fried, very sweet, and spicy or hot.
- Avoid favorite comfort foods during times you know you will feel sick. This will prevent later food aversions to favorite comfort foods.
- Eat food at room temperature or cooler, hot foods have stronger aromas and may lead to nausea.
- Wear loose-fitting clothes.
- Try using Sea-Bands: These elastic bracelets—one band worn on each wrist—apply pressure to acupressure points to relieve nausea and vomiting.



Eat in a relaxed, pleasant, and calm atmosphere.

- Exercise lightly if possible, one hour prior to meals to increase appetite.
- Treat food like medication. Even if it doesn't taste good, your body needs food in order to heal.
- Try eating six to eight small meals or snacks throughout the day which may be easier to tolerate than three large meals.
- If you can only eat a small amount of food at one time, plan to eat a few bites as often as every 30 minutes.
- Do not fill up on low-calorie beverages like diet soda or coffee.
- Keep your pantry and freezer well stocked with quick and easy meals and snacks, such as frozen dinners and ready-to-eat packaged foods.
- Use the clock, TV shows, or commercial breaks to remind you to take a sip, eat a bite, or have a snack.
- Ask your doctor if a medication to increase your appetite could be right for you.

Nutrition Tips for Minimizing Diarrhea

- Avoid gas-producing foods such as cabbage, beans, cauliflower, chewing gum, soda, and lentils.
- Avoid regular milk as the lactose may cause gas; use lactose-free milk instead. Ice cream, pudding, and yogurt are usually well tolerated.
- Make rice congee: 1 cup of white rice + 6-7 cups of water + 1 tablespoon salt. Cook to package instructions. Rice should be soupy.
- Try eating foods that contain probiotics such as yogurt or kefir. It's a good idea to check with your doctor to see if it's okay to consume these on a regular basis as they may not be recommended if you are immune compromised.
- Try non-acidic juices such as grape and apple juice.
- Limit greasy, fatty, or fried foods. Avoid fast foods, whole milk dairy products, chips, and most desserts.
- Avoid drinks that contain caffeine.
- Avoid strong spices and herbs, especially those that are spicy and hot.
- Avoid tobacco and alcohol.
- Avoid foods containing Sorbitol, such as diet candies and drinks. Sorbitol is a sugar alcohol that often causes stomach discomfort and diarrhea.



In addition to the recommended 8-12 cups of fluid each day, it is suggested that you drink 1 cup of water, Gatorade®, broth or diluted juice after each loose bowel movement. This will help replace fluids and electrolytes.

Nutrition Tips for Minimizing Diarrhea, continued



Helpful tips:

- **Increase** intake of foods high in **soluble fiber** such as: oatmeal, bananas, apple, citrus fruits, plain pasta noodles, rice, rice cereal, barley, beans and plain unsweetened graham crackers. In addition, consult with your health care team to see if over-the-counter soluble fiber products may help, such as Benefiber®, Metamucil®, or other brand names.
- **Decrease** intake of foods high in **insoluble fiber** such as raw vegetables, whole grain breads and cereals, bran, wheat, peas, corn, and popcorn.