

Notes from nbmtLINK Lunch & Learn with the LINK

ALL THINGS NUTRITION DURING AND AFTER CANCER

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Nutrition Goals During Treatment

1. Meet calorie and protein needs anyway possible
2. On days you feel better, prioritize calories and nutrition. On rough days where appetite is decreased or other GI issues, eat whatever agrees with you. Examples of milkshakes or high calorie and low bulk food.
3. Prioritize fluids, you do not want to get dehydrated.
4. Try small more frequent meals with higher calories. For example, nuts.
5. Try to have someone available to you for help during rough times. They could remind you to eat, prepare food, or bring it with them.

Myths Busted

1. Many say sugar feeds cancer. Sugar DOES NOT make cancer grow.
2. You do not need all organic food.
3. Although a diet high in plants is ideal, you do not have to avoid all animal foods.
4. It is best to get nutrients from food. Supplements are used more when we require higher concentrations when we have issues with blood work. For example, iron when anemic.

Truths

1. Eat mostly plants and try to have them processed minimally.
2. Limit red meat to no more than 18oz of red meat a week. Limit processed meat as much as possible.
3. Limit sugary drinks.
4. Drink less alcohol. It is a carcinogen. That is one drink for a female and two drinks for a male a day. You also cannot save all servings for the weekend.

Survivor Diet

4-5 cups combined of fruit and vegetables a day

Have beans or nut protein once daily

1-2 whole grains a day

Have 15-35g of protein at meals

Have 64 ounces of water daily

Use herbs and spices and flavor plain cuts of meat yourself to control sodium intake

Can look on AICR.org for other great info.

Keep in mind your “new normal” after transplant changes frequently. Focus on a diet you can manage with your lifestyle. Keep building strength and keep moving. Foods that are good for anti-inflammatory properties are pineapple, mushroom, ginger, and turmeric.

Listen to the full recording to hear Jen’s personal story and more of Julie Lanford’s recommendations.