

Cooking Throughout Your Cancer Journey

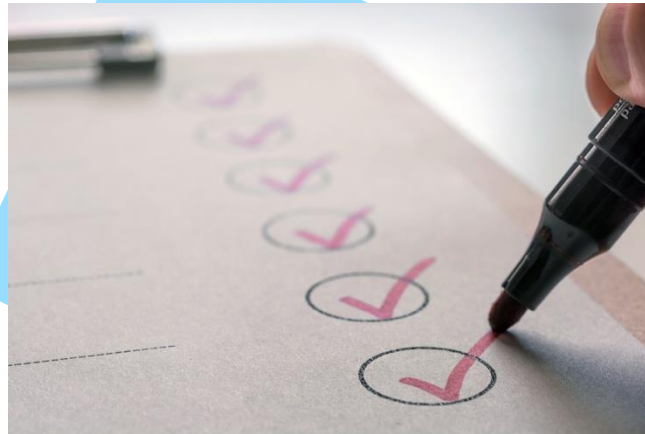
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Objectives:

1. Review healthful diet recommendations for cancer survivorship.
2. Examine current cooking and nutrition trends in the cancer setting.
3. Discuss ways to decrease barriers to cooking and provide resources to help apply today's recommendations.



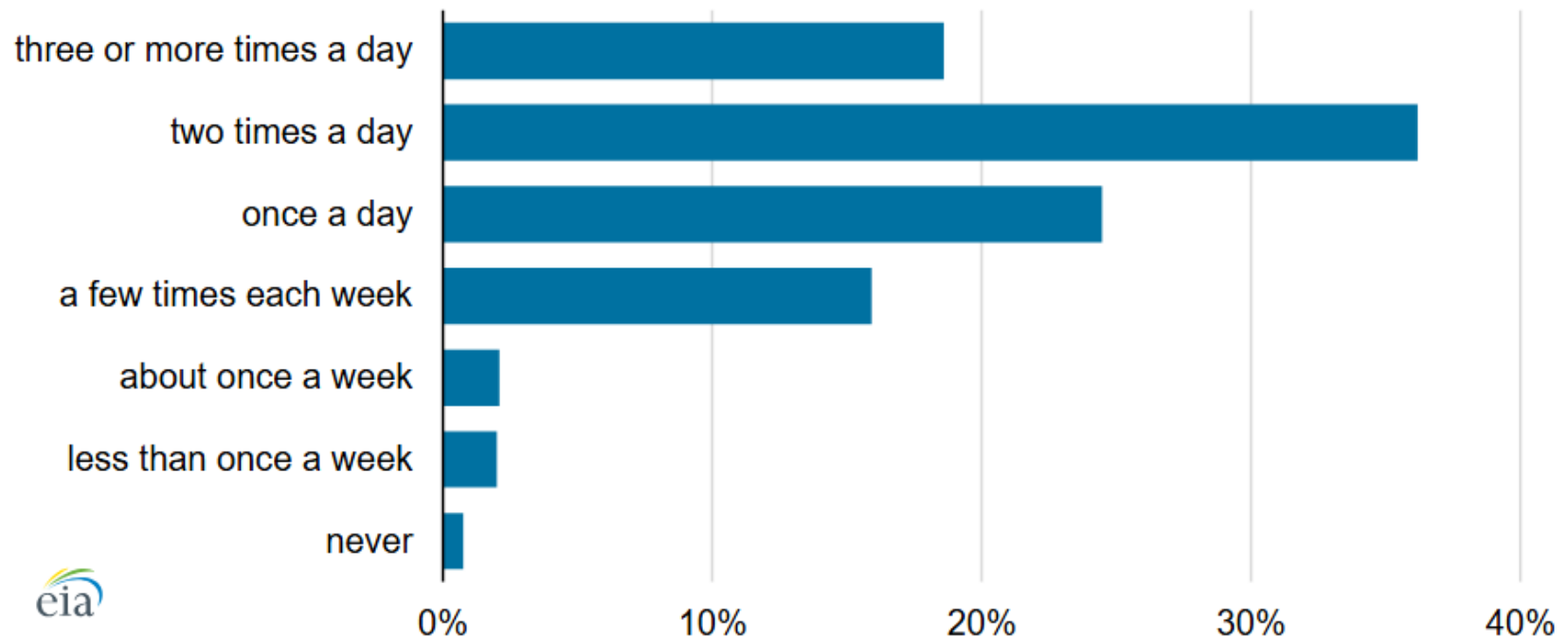


**How many of us enjoy
cooking?**

Cooking in the U.S.

Frequency of cooking food in U.S. homes (2020)

percentage of U.S. households



Eat Well to Be Well to Live Well

- Goal is to keep you nourished and strong
 - Feel your best and fuel your body
- What you cook and eat may change throughout your journey
 - Can be different if in active treatment vs not in treatment
 - Personalized for you, your health and how you feel

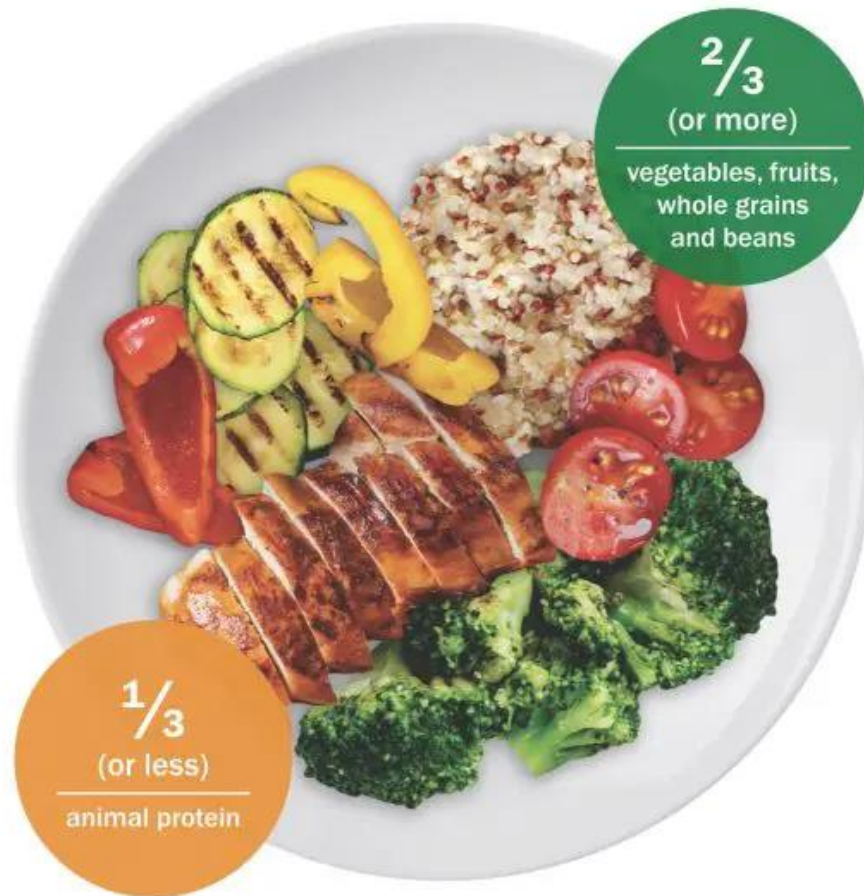


“Let food be thy medicine and thy medicine be thy food”

Hippocrates (maybe)

American Institute for Cancer Research

The New American Plate



"Eat food. Not too much. Mostly plants."
-Michael Pollan

AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the **10 Cancer Prevention Recommendations** as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



BE PHYSICALLY ACTIVE

Be physically active as part of everyday life – walk more and sit less



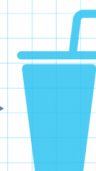
BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in adult life



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks



LIMIT CONSUMPTION OF “FAST FOODS” AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol



FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby



AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional about what is right for you



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone



American
Institute for
Cancer
Research®
www.aicr.org

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

Processed and Ultra-Processed Foods

NOVA Food Classification System

Group 1: Unprocessed or minimally processed foods: fruits, vegetables, nuts, whole grains, fish, poultry, etc.

Group 2: Processed culinary ingredients: oil, sugar and salt used to improve flavor of group 1 foods.

Group 3: Processed foods: group 1 foods after group 2 foods have been added, such as salted nuts or canned beans and fish.

Group 4: Ultra-processed foods: foods that go through industrial processing and contain added salt, sugar, additives, etc. Examples are candy, pastries, fast food and salty snacks.

The Scoop on Fruits and Vegetables



Eat the Rainbow

We want to eat all the colors of fruits and vegetables

Each color provides specific vitamins and minerals

The Nutrition Rainbow



Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; reduces prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangoes, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may decrease excess estrogen activity
Brown	Whole grains, legumes	Fiber: carcinogen removal

PhysiciansCommittee
for Responsible Medicine • PhysiciansCommittee.org • 202-686-2210

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Organic vs Non-Organic Foods

Organic

- Lower pesticide residue
 - Can still contain pesticides that are “natural”
- Higher cost
- Can contain variety of nutrients

Non-Organic Foods

- Typically higher pesticide residue
- Less expensive
- Can contain variety of nutrients
- May be more available



Organic vs Non-Organic Foods Continued

- Always rinse produce well with water regardless of organic vs non-organic label
 - **USDA recommends water vs using produce rinses, soap or detergent**
- Little difference in nutrient content when organic and non-organic produce compared
 - The small difference has not been shown to change health outcomes
- **Personal choice**
 - Cost may be a factor
 - In season generally cheaper vs out of season produce
 - Dirty Dozen or peel vs no peel
 - Dirty Dozen: 12 produce foods that tend to have higher levels of pesticides based on testing
 - Can think about fruits and vegetables with a peel vs without a peel

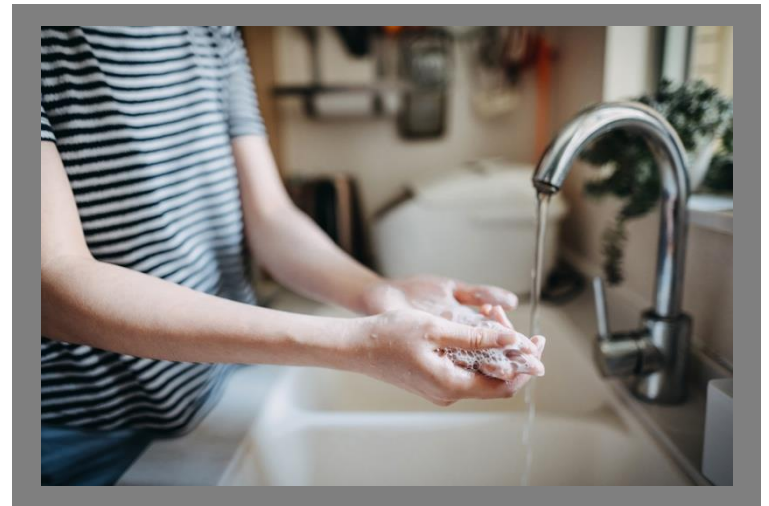
Food Safety

Cyclospora Update:

- Cyclospora is a parasite that can cause the illness cyclosporiasis
 - Infected by eating food or drinking water that has the parasite
 - Not contagious person to person
 - This is not a new parasite
- Cases tend to increase in the summertime in the U.S.
 - In the past lettuce, berries and certain fresh herbs have been a few of the foods affected
 - This year, possible link to certain lettuce

Food Safety Continued

- Practice good hand hygiene
 - Happy Birthday Song x 2
- Rinse produce well with water
 - Water does the trick vs special produce rinses
 - May want to avoid prechopped produce
- Be mindful when eating out
 - Choose cooked foods
 - Check sanitation ratings
- Stay up to date on food recalls
 - [Recalls, Market Withdrawals, & Safety Alerts | FDA](#)



Protein: What's the big deal?



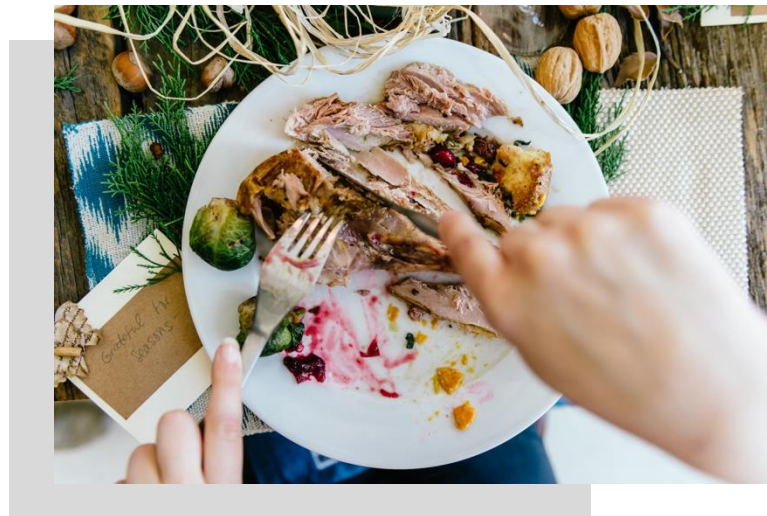
Red Meat and Cancer

- Red meat intake may increase risk of colorectal cancer
 - Includes beef, lamb, pork
 - 12-18oz or more per week may increase risk
 - 1 serving= 4oz = deck of cards or size of palm
- Don't forget about processed meats
 - Deli meats, bacon, sausage, hot dogs
 - No safe, recommended level



What to Eat

- Protein does not have to be the center of the dish
- Try meatless options
 - beans, tofu, lentils, nuts, seeds
- Aim for leaner protein sources
 - fish, chicken, turkey, eggs, low fat dairy



How to Prepare it?

- Try baking, boiling, sautéing, roasting
 - Heart healthy
 - Can add variety of seasonings and flavors
- Be careful when grilling
 - Grill fruits and veggies

Food Items				
Flavorings	Beef	Chicken	Eggs	Fish
	Basil	Basil	Chervil	Basil
	Bay leaf	Cloves	Curry	Bay leaf
	Caraway	Cranberries	Dill	Chervil
	Curry	Mace	Dry mustard	Curry
	Dill	Mushrooms (fresh)	Garlic or garlic powder	Dill
	Dry mustard	Nutmeg	Green pepper	Dry mustard
	Garlic	Oregano	Jelly	Green pepper
	Grape jelly	Paprika	Mushrooms (fresh)	Lemon juice
	Green pepper	Parsley	Nutmeg	Marjoram
	Mace	Pineapple	Onion powder	Mushrooms (fresh)
	Marjoram	Saffron	Paprika	Paprika
	Mushrooms (fresh)	Sage	Parsley	Pepper
	Nutmeg	Savory	Rosemary	Tarragon
	Onion or onion powder	Thyme	Tomato	Tomato
	Parsley	Tomato		Turmeric
	Pepper	Turmeric		
	Rosemary			
	Sage			



Cooking and Fatigue

Cooking when Fatigued

- Try frozen or canned fruits and vegetables
 - Aim for those without added sauces, salt or sugar
 - Flavor the foods yourself
- Look for one pot meals or sheet pan dinner recipes
 - Consider using appliances that require less work
 - Microwave, oven, toaster oven, air fryer, crock-pot
- Meal kits
 - Grocery store kits, meal delivery kits
- Think about freezing leftovers to eat when fatigued
- Eating a balanced diet with fruits, vegetables, whole grains and lean protein can help fight fatigue

Meal Kit Examples



Meal Delivery Kit Examples



Blue Apron

COOK  UNITY

sunbasket

F A C T O R _

 HOME CHEF
Family MENU



Smoothies

1. Protein Base
 - Greek yogurt
 - Milk
 - Protein powder if desired
 - Premade protein shake
2. Fruit and/or Veggies
 - Fresh or frozen fruits
 - Spinach, Kale or avocado
3. Additional Ingredients
 - Extra liquid- water, milk
 - Nuts/seeds such as nut butter or chia seeds
 - Ice



Importance of Carbohydrate and Protein

- Carbs give your body quick energy
 - Fuel the brain
- Choose whole grains when able
- Pair protein and carbohydrate foods together to help with energy

Protein	Carbohydrate
Yogurt	Berries or Canned Fruit
Peanut/Nut Butter	Apple Slices
Cottage Cheese	Sliced Pears or Peaches
String Cheese	Rye crackers or Low fat whole wheat crackers
Tuna Salad/Egg Salad, Chicken Salad	In half a sandwich, pita bread; on crackers
Hummus Dip	Raw vegetables
Split Pea, Bean or Minestrone Soup	Multigrain Bread/Toast
Vegetarian Refried Beans/Salsa	Baked Chips
Soy Milk	Fruit (Try them together in a smoothie)
Chili Beans	Baked Potato
Sunflower Seeds, Nuts	Dried Fruit, Salad
Meats, fish, poultry	Cereal



Cooking during Treatment

Nausea, Vomiting, other GI issues

- Aim for lower fiber foods when experiencing these symptoms
 - White rice, white breads, cooked vegetables, skinless fruits
- Eat small, frequent meals
 - Try to eat every 2-3 hours during the day
- Stay hydrated
 - Fluids can come from soups, broth, jello, popsicles, water, juices
- Nutritional shakes such as Ensure Clear or Boost Breeze



Taste issues

- Start baking soda and salt water rinses
 - **1 quart of water, $\frac{3}{4}$ teaspoon salt and 1 teaspoon baking soda**
- Switch to plastic or bamboo utensils if metallic taste
- Colder and fresher foods may have more flavor
- Adding more salt does not always add more flavor
 - Think about other herbs/spices
 - Use marinades or sauces
- Try lemon candies or lemon flavors added to dishes or drinks



Decreased Appetite

- Eat small, frequent meals
 - Aim to eat every 2-3 hours during the day
 - Set timers to help you remember when to eat
- Separate majority of fluids from meal times
 - Sip on fluids during the day
- Think about high calorie liquids later in the day
 - Nutritional shakes, smoothies, milkshakes
- Keep easy to prepare, grab and go foods in the pantry
- Try to find enjoyment with meal times





Recipes

Recipes for People with Cancer



It's important to make sure you get proper nutrition during and after cancer treatment. Here are some recipes our nutrition experts have created to help people make changes in their diet. You can search by diet type (e.g., low-calorie diet) or by cancer-related symptom.

VIDEO | :41

How to Relieve Nausea from Cancer Treatment

MSK dietitian Alicia Gould shares advice for people experiencing nausea as a result of cancer treatment.

[View Transcript](#) +



Displaying 1–10 of 62 results.

Diet types

- ☐ Low Calorie (25)
- ☐ Bland (15)
- ☐ Carb-Counting (15)
- ☐ Cardiac Diet (15)
- ☐ Low Fiber (15)
- ☐ Neutropenic Diet (15)

Recipe categories



Meatless Black Bean Chili

Chili usually gets its rich, satisfying flavor from meat or salt. This version gets its depth from unsweetened cocoa powder. Each Monday, the staff of Memorial Hospital's cafeteria packs the menu with healthy vegetarian options as part of our Meatless ...



Grilled Ginger Chicken

This grilled chicken entrée is a delicious option for people following the cardiac diet. This grilled chicken entrée makes for a heart-healthy dinner packed with delicious flavor. The fresh ginger may also help calm your stomach when your digestion is ...

Memorial Sloan Kettering: www.mskcc.org/nutrition-cancer/recipes

All Recipes



RESET FILTERS

Health Considerations ▼

Meals ▼

Preferences ▼

Preparation ▼

Sort By ▼

1158 Recipes Found



Cilantro Marinade



⌚ 10 min prep



Arugula Salad with
Artichokes, Olives &
Feta



⌚ 15 min prep



Herring & Potatoes



⌚ 5 min prep



Vietnamese Chicken
Sandwich



⌚ 20 min prep

Cook for Your Life: www.cookforyourlife.org/recipes/

SELECT A TYPE OF DISH ~

🔍 Search by ingredient, type of recipe, etc.

Appetizers

View All →

Easy and Healthy Appetizers Recipes

If you're making a meal with multiple courses, or you simply fancy trying something special, appetizers are a great addition to your dinner. We've got a selection of easy to make appetizers recipes, all containing healthy ingredients linked to [cancer prevention](#), such as leafy greens, vegetables, and fruits.



Mushroom Barley Soup

This combination of mushrooms, barley and carrots makes for a soup



Avocado Deviled Eggs

This delicious twist on deviled eggs is so creamy and satisfying, you'd



Creamy Broccoli Apple Salad

This recipe is a delicious blend of

American Institute for Cancer Research: www.aicr.org/cancer-prevention/recipes/

Healthy Recipes

Good health starts with good nutrition. Get started today with these healthy recipes from our [American Cancer Society cookbooks](#).

Chicken

Turkey

Seafood

Vegetarian

Desserts and Sweet Treats



Chicken Soup with Fire-Roasted Tomatoes & Hominy



Hominy adds texture and a gentle corn taste, while fire-roasted tomatoes add a smoky flavor to this soup.

Ways to Give

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Give In Honor & Memorial



Donate



Steamed Chicken with Vegetables and Rice



Simple steamed chicken and vegetables provide gentle sustenance and beneficial nutrients.



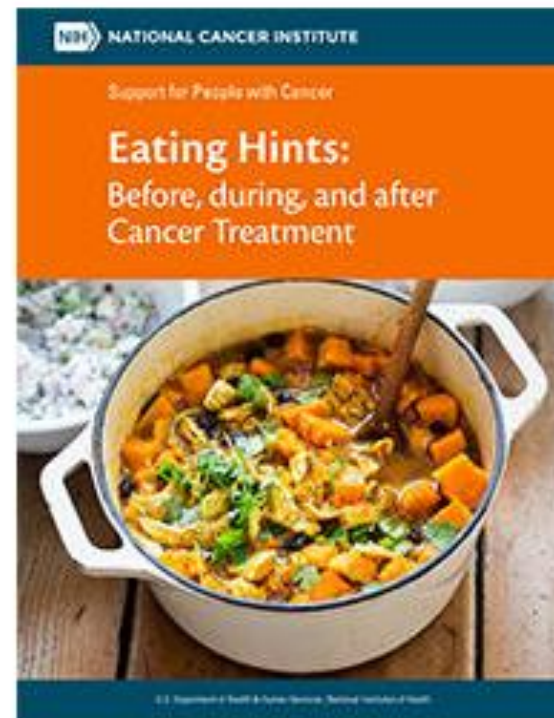
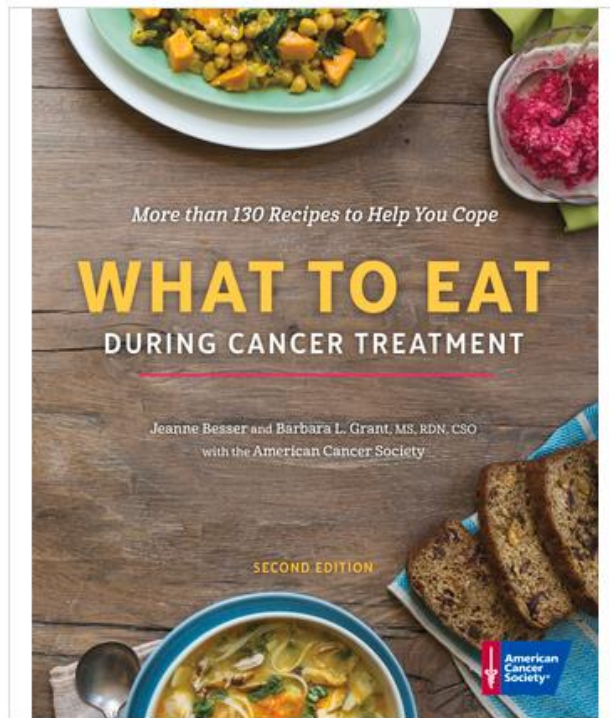
Jerked Chicken, Pineapple, and Red Peppers



Grilling the pineapple in this recipe brings out its natural sweetness and makes a delicious chicken dish that can be served hot or cold.

[American Cancer Society: www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes.html)

Cookbook Examples



www.cancer.gov/publications/patient-education/eatinghints.pdf

Take the Next Steps

Small changes can make the difference

1. Nutrition:

Try to eat whole grains, lean protein and variety of fruits and vegetables

2. Modify your diet as needed during treatment based on symptoms

3. Try to cook more at home

Think about trying a new recipe weekly or monthly



Thank you

Sources

1. Center for Disease Control and Prevention
2. American Institute for Cancer Research
3. Academy of Nutrition and Dietetics
4. Physicians Committee for Responsible Medicine
5. National Institute of Health
6. U.S. Energy Information Administration- Residential Energy Consumption Survey