

Food for Life After Cancer

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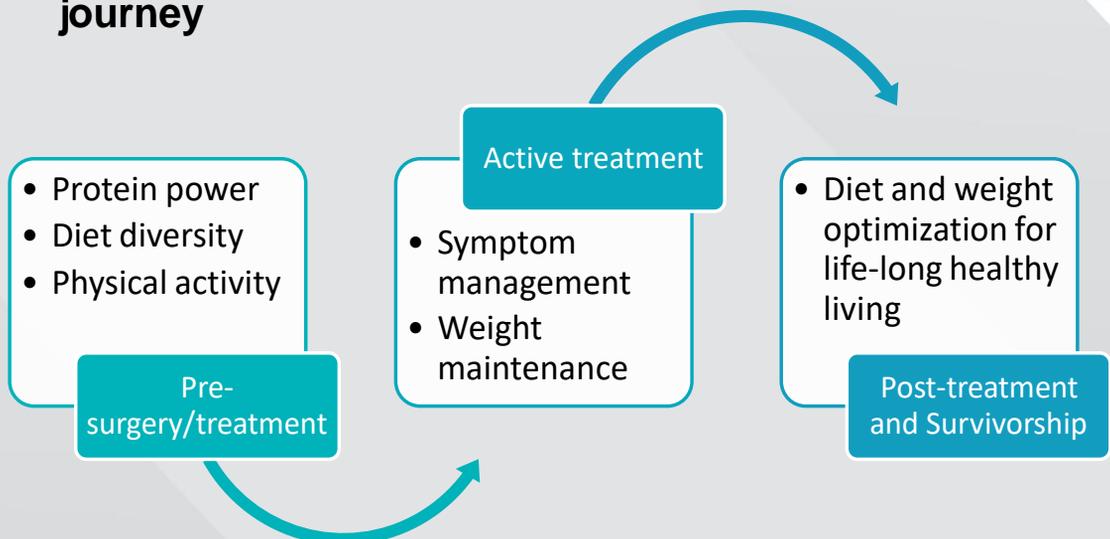
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Your nutrition goals will differ across your cancer journey



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Diet, nutrition and other lifestyle factors can help lower inflammation levels to promote better health

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What is chronic inflammation?

- Continued signal to your body's defense system, even when there may be no immediate damage or sickness
- Long term or chronic inflammation signals can cause damage to your body

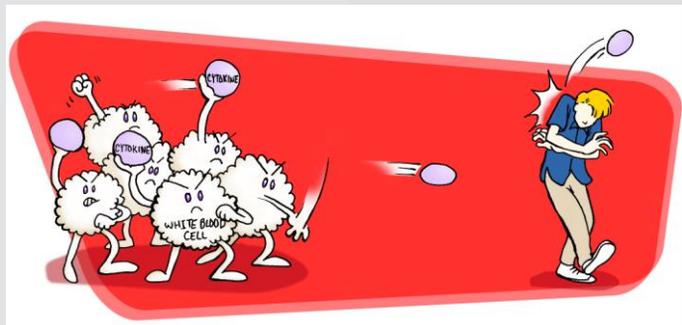


Image from: <https://www.ronfeltes.com/science-topics/food-inflammation/>

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Nutrition-Inflammation-Cancer Triad

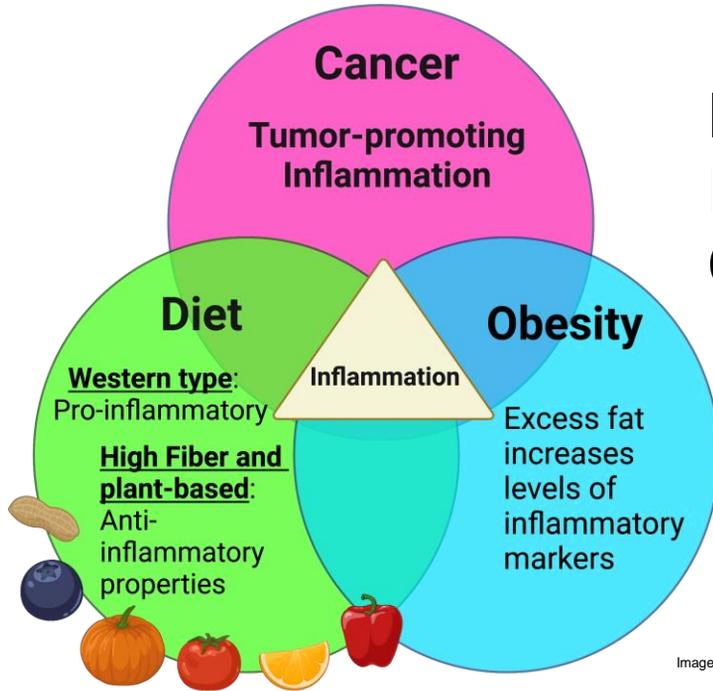


Image created with biorender.com

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RECOMMENDATION

Eat a diet rich in wholegrains, vegetables, fruit and beans

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

- GOAL** Consume a diet that provides at least 30 grams per day of fibre¹ from food sources
- GOAL** Include in most meals foods containing wholegrains, non-starchy vegetables, fruit and pulses (legumes) such as beans and lentils
- GOAL** Eat a diet high in all types of plant foods including at least five portions or servings (at least 400 grams or 15 ounces in total) of a variety of non-starchy vegetables and fruit every day
- GOAL** If you eat starchy roots and tubers as staple foods, eat non-starchy vegetables, fruit and pulses (legumes) regularly too if possible

¹ Measured by the AOAC method.

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Where is fiber?

Fruits and Vegetables

- Raspberries, pears, apples
- Broccoli, peas, carrots, brussels sprouts

Whole grains

- Oatmeal, whole-grain pasta and breads, popcorn, quinoa

Nuts, beans, seeds

High Fiber Plant proteins

- Chickpeas
- Quinoa
- Edamame
- Hemp hearts
- Beans
- Lentils
- Nuts



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Find Fiber on the Label!



1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV)
 • 5% or less is **low**
 • 20% or more is **high**

FIBER!

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

Picture: <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

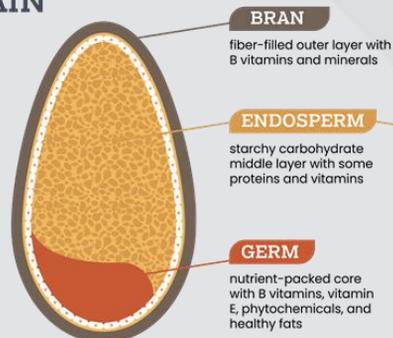
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Fiber and Carbs



- Yes- fiber foods have carbs!
- High fiber grains are **complex carbs** with key vitamins and minerals
 - Limit refined grains that are *low fiber* and *nutrient sparse*
- Fruits are **nutrient-dense**
 - Vitamins
 - Antioxidants
 - Fiber

WHOLE GRAIN



REFINED GRAIN



Picture: https://www.foundationhealth.org/our_community/fhp_health_break/the_prime_numbers_of_eating_whole_grains

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Nutrition Myths and Facts



Myth:
Eating Soy foods increases risk for breast cancer



Fact:
Soy foods are safe, provide fiber and plant protein, and may reduce risk of breast cancer recurrence in survivors

1-2 servings of soy foods per day is safe!

½ cup edamame
1 cup soy milk
1/3 cup tofu

<https://www.aicr.org/resources/blog/soy-and-cancer-myths-and-misconceptions/>

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Nutrition Myths and Facts



Myth:
Nutrients are good for me, so more is better- I need supplements.



Fact:
Supplements have no impact on cancer prevention. Not an insurance policy—they can't provide the variety and synergy of nutrients in food



<https://www.aicr.org/cancer-prevention/healthy-eating/supplements-nutrients/>

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Nutrition Myths and Facts



Myth:
I need to cut out sugar or maybe do a keto diet

Fact:
Eating a variety of nutrient-dense foods is important to support your body through cancer treatment and survivorship. Sugar does not feed cancer. Keto can cut out key nutrient-rich food groups and fiber!



<https://www.aicr.org/>

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Nutrition Myths and Facts



Myth:
Organic plant-based foods can offer extra protection against cancer

Fact:
Eating mostly plant foods reduces your risk, but organic foods are NOT proven better



<https://www.aicr.org/>

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Nutrition Myths and Facts



Myth:
Drinking red wine is good for me



Fact:
Alcoholic drinks of any kind raise cancer risk



<https://www.aicr.org/>

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Today's AICR Recipes (aicr.org)



Layered Nachos
Grandes



Apple Nachos



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Where can I go for Reliable information?

- **American Institute for Cancer Research (aicr.org) and the World Cancer Research Fund (wcrf.org)**
 - **Third Expert Report:** The world's most comprehensive report on lifestyle and cancer prevention. <https://www.aicr.org/wp-content/uploads/2024/11/summary-third-expert-report.pdf>
 - **Cancer Prevention Recommendations:** summarized/drawn from the Third Expert Report: <https://www.aicr.org/cancer-prevention/>
 - **AICR Recipes:** <https://www.aicr.org/cancer-prevention/recipes/>
- **Nebraska Medicine Cancer Survivorship Website**
 - <https://www.nebraskamed.com/cancer/cancer-survivorship-program>