Unite to nourish: Learning about CLL nutrition



Blood Cancer United



is now

Blood Cancer United

Agenda

- Introduce Nutrition Education Services Center
- Hear from the Clinical Trial Support Center
- List benefits of healthy food choices
- Explore healthy eating and food choices for CLL

- Discuss nutrition management of side effects
- Q&A and share additional Blood Cancer United resources







Blood Cancer United Nutrition Education Services Center

BloodCancerUnitedNutrition.org







Beth Davison MSN, APRN, CNM, FAACM

HERE TO HELP: BLOOD CANCER UNITED COMMITMENT

Blood Cancer United is committed to providing resources to help patients access clinical trials. CLINICAL TRIAL SUPPORT CENTER

- We are a team of **highly trained** nurses and advance practice nurses with extensive experience in hematological malignancies and clinical research.
- We provide **education** to patients and caregivers about clinical trials, treatment options, and other disease specific information.
- We provide a professional, detailed, **individualized** search to be discussed with a patient's treatment team.
- We provide **guidance** and serve as **advocates** throughout the clinical trial process. We make connections between the patient and the trial site to facilitate enrollment as appropriate.
- We provide a **personal connection** and develop long term relationships to help better serve our patients.
- We serve as a **bridge** between technology and patients to make accessing clinical trial information easier.



HERE TO HELP: THE CTSC PATIENT PROCESS







HOW TO CONNECT TO THE CTSC

Call the Information Resource Center (IRC):

1-800-955-4572

Email the Clinical Trial Support Center:

CTSC@bloodcancerunited.org

Fill out the referral form online:

BloodCancerUnited.org/Navigation









Once a nurse navigator receives your referral, the nurse will contact you in 24-48 business hours to begin the initial clinical intake process.

Disclaimer for today's presentation

Blood Cancer United offers the **Nutrition Education Services** Center for information purposes only. It is not intended to substitute for the advice of your healthcare team or provide medical diagnosis, treatment or therapy. Please seek the advice of your healthcare team before making any changes to your medical plan, diet or physical activity.



Poll #1

What describes you the best:

- A. Person diagnosed with CLL
- B. Caregiver of a person with CLL
- C. Healthcare provider
- D. Blood Cancer United staff
- E. I'm not sure









Margaret Martin MS, RD, LDN, CDCES Registered Dietitian



Benefits of healthy food choices for CLL



Protect and rebuild your body to:

- Maintain weight, strength and energy
- Replace muscle, cells and other tissues
- Manage side effects
- Guard cognitive function
- Decrease complications
- Promote quality of life
- Support immune function



Meal planning and Food choices







Nutrition strategies for CLL





Eat a variety of foods each week.

Choose foods from all the food groups.



Manage your side effects.

Support your immune system.

Science

Use food first to meet nutritional needs.

Focus on evidence-based nutrition information.



Let's agree on facts.

- ✓ There is not one specific eating plan for CLL.
- ✓ There are many healthy eating plans that are nutritionally balanced.
- ✓ The eating plan must both help manage your side effects and support your overall health.
- ✓ Your eating plan must fit into your food resources and preparation abilities.

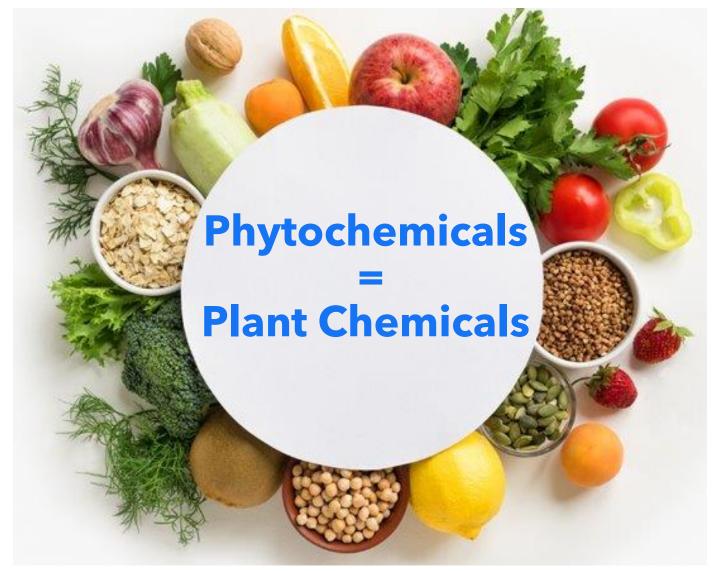
Nutrition Facts Serving Size Serving Pen Container				
Amount per serving				
Calories	Calories from Fat			
	% Daily Value*			
Total Fat				
Saturated Fat	0 g	0 %		
Trans Fat	0 g	0 %		
Cholesterol	0 g	0 %		
Sodium	0 g	0 %		
Total Carbohydrate	0 g	0 %		
Dietary Fiber	0 g	0 %		
Sugar	0 g	0 %		
Protein	0 g	0 %		
Vitamin A 0 %	Vitamin C	0 %		
Calcium 0 %	Iron	0 %		
*Percent Daily values are based on 2.000 calories diet. Your daily values may be higher or lower depending on your calories needs.				



Eat a variety of foods, especially plants.



Eat a variety of plant foods.



Resources:
aicr.org
myplate.gov

eatright.org



Plant-based eating patterns

	New American Plate	Mediterranean	MyPlate	DASH Eating Plan
Fruit	2/3 Plate	Base meals on these foods	½ plate	8-10 daily
Vegetables				
Grains			Each meal	6-8 daily
Beans/Nuts/Seeds			Each meal	4-5 weekly
Fish	- 1/3 Plate	2+ weekly		6 oz or less per day
Poultry		Daily to weekly		
Meat		Less often		
Dairy		Daily to weekly	3 daily	2-3 daily
Sweets	Limit	Less often	Limit	5 or less weekly
Fats/Oils	Limit	Each meal	Limit	2-3 daily



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Source: www.cancerdietitian.com

The New American Plate

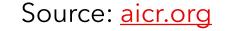
Plant-based foods:

- 2/3 or more of plate
- Grains, vegetables, fruits, beans & legumes, nuts & seeds

Animal-based foods:

- 1/3 or less of plate
- Red meat: limit to 12-18 oz per week or less
 - o Pork, beef, lamb, bison, venison
- Fatty fish: include twice weekly
 - o Salmon, albacore tuna, cod, tilapia, halibut







Support your immune system

- Decrease your risk for malnutrition
- Maintain a stable body weight
- Choose foods with:
 - Adequate protein
 - Omega-3 fatty acids
 - Vitamins and minerals
 - Variety of phytochemicals







Go for food first as your source for nutrients.

Your body efficiently uses nutrients from food.

Resources:

aicr.org

oncologynutrition.org

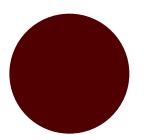
eatright.org





Evidencebased nutrition information



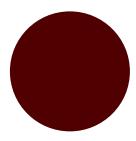


Trusted websites:

- .edu
- .gov
- .org



Includes studies & research of humans in large populations that can be replicated



Look to accredited cancer center websites for educational resources



Seek professional, scientific websites

Lifestyle guidance

American Institute for Cancer Research (AICR)

www.aicr.org

Answers to common questions

Oncology Nutrition Practice Group

www.oncologynutrition.org

Lifestyle tips and hot topics

Cancer Dietitian

www.cancerdietitian.com

Finding a nutrition expert near you

Academy of Nutrition and Dietetics (AND)www.eatright.org/find-a-nutrition-expert

Where to find plant-based recipes:

- Blood Cancer United
 - Cook for Your Life
 - Meatless Monday
- <u>American Institute for Cancer Research</u>
 - Have a Plant
 - Academy of Nutrition & Dietetics









Heather Knutson MS, RD, CSO, LD Registered Dietitian

Poll #2

Which diet or food helps improve blood cell counts?

- A. Grape Nuts cereal
- B. Keto Diet
- C. Paleo Diet
- D. Green Leafy Vegetables
- E. None of the above
- F. All of the above
- G. I'm hoping I will learn the answer



Side effects: CLL & treatment

- Fatigue
- Feeling full quickly
- Unintended weight loss
- Digestive challenges
- Low blood cell counts
 - Anemia
 - Neutropenia







Side Effects: Fatigue

- Be as active as you are able.
- Eat often through the day, ~ every 2-4 hours.
- Protein: include with each meal and most snacks
- Hydration: sip throughout the day
- Use easy-to-prepare foods.



Side Effects: Feeling Full Quickly

- Small frequent meals: ~ 5-6+ per day
- Eat according to a schedule, not based on hunger.
- Plan to eat more when you are hungriest.
- Consume more liquids between meals.
- Have a nutritious beverage if food is unappealing.
- Add additional calories & protein to food.
- Keep snacks and easy-to-prepare foods available.



Side Effects: Unintended Weight Loss

- May contribute to inflammatory processes
- Burns muscle tissue for energy
- Reduces strength
- Fails to regulate hunger hormones
- Compromises the immune system
- Impacts quality of life
- Can impact response to treatment





Side Effects: Digestive Challenges

- Nausea & vomiting
- Constipation
- Diarrhea
- Gas & bloating



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Side Effects: Digestive Challenges

- Eat and hydrate often through the day or every 2-4 hours.
- Chew your food well.
- Include the fiber type to manage your side effects best
 - Soluble: when experiencing diarrhea
 - Oatmeal, barley, carrots, green beans, peeled potatoes, banana, applesauce
 - Insoluble: when experiencing constipation
 - Whole-wheat products, legumes, nuts, broccoli, cauliflower, leafy greens, berries
- Limit beverages and foods that are bothersome.





Side Effects: Low Blood Cell Counts

- Is there a diet or food to increase blood cell counts?
- Adequate nutrition provides the right ingredients
 - Calories
 - Protein
 - Fat
 - So many micronutrients!
 - Iron, zinc, folate, magnesium, vitamin B12 & other B vitamins, vitamin C, vitamin A, vitamin D, vitamin K, copper and more



Supplements are not equal to food.

Side Effects: Anemia

- Consume adequate protein & maintain adequate nutrition overall.
- Incorporate high iron foods into diet.
 - Meat, poultry, some seafoods, legumes, dried fruits, peanut butter, iron-fortified breakfast cereals
- Only take an iron supplement if directed by your doctor.

Increases iron absorption:

- Eating foods high in vitamin C with high iron foods
 - Citrus fruits, melons, berries, kiwi, peppers, broccoli, tomatoes, orange juice, and tomato juice

Cooking in a cast-iron pan

Decreases iron absorption:

- Consuming coffee or tea with high iron foods
- Taking calcium supplements with high iron foods





Side Effects: Neutropenia and Food Safety

- Wash your hands before preparing or consuming food.
- Use separate cutting boards, dishes, and utensils for raw meat, fish, and poultry.
- Avoid high-risk food choices:
 - o Raw sprouts, sushi, unpasteurized dairy products, moldy cheeses
- Cook meat, fish, poultry, and eggs all the way through.
- Wash fresh produce well with running water.
- Look for expiration dates on products.
- Use cooked meat, instead of deli meat.
- Keep hot food hot and cold foods cold.
- Store food promptly after serving.
- LEUKEMIA & Date leftovers and use within 1-4 days.

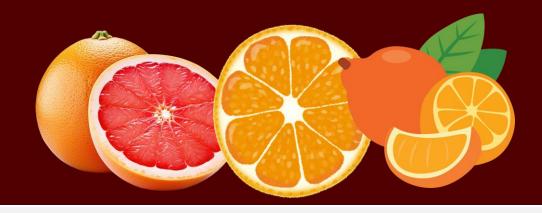




<u>Food Safety Guidelines</u>



Nutrition Restrictions



Always consult your treatment team about medication instructions.

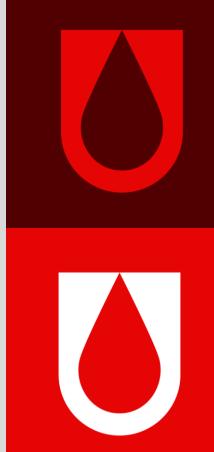
Avoid grapefruit & grapefruit juice ... and starfruit, Seville oranges (often found in orange marmalade), pomelos, and tangelos with these medications:

- Venetoclax
- Acalabrutinib
- Zanubrutinib
- Ibrutinib
- Duvelisib
- Idelalisib

Vitamin D & CLL

- Low vitamin D levels at diagnosis may be associated with shorter time to first treatment and overall survival¹.
- Vitamin D supplements may be associated with longer treatment-free survival².
- In patients < 65 years old with CLL, taking a vitamin D supplement is associated with longer time to their first treatment².
- Does this mean everyone with CLL should take a supplement? No.

Take away: Talk to your doctor to determine if you should have your vitamin D level checked to determine if taking a vitamin D supplement may be beneficial to you.





^{1.} Shanafelt T D, Drake M T, Maurer M J, et al. Vitamin D insufficiency and prognosis in chronic lymphocytic leukemia. *Blood* 2011; 117 (5): 1492–1498. doi: https://doi.org/10.1182/blood-2010-07-295683

^{2.} Tadmor T, Melamed G, Alapi H, et al. Vitamin D supplement for patients with early-stage chronic lymphocytic leukemia is associated with a longer time to first treatment. *Blood Adv* 2024; 8 (14): 3840-3846. doi: https://doi.org/10.1182/bloodadvances.2023011458



NESC website





BloodCancerUnitedNutrition.org

Schedule a Dietitian Consultation

Cancer changes your nutritional needs and often the way your body processes food. Eating well during, and after cancer treatment can help you feel better, maintain your strength, avoid treatment delays, and speed your recovery.

Patients of all cancer types and their caregivers may receive a free one-on-one phone consultation with one of our registered dietitians who have expertise in oncology nutrition.



I am a cancer patient/survivor



I am a caregiver

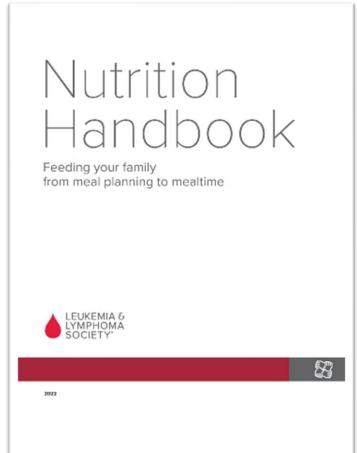


I am a healthcare professional referring a patient

Nutrition consultations

▼ BloodCancerUnited.org/consult

Resources and publications



BloodCancerUnited.org/Booklets



Healthy Behaviors

LEUKEMIA & LYMPHOMA SOCIETY

FOOD ASSISTANCE RESOURCES AND TIPS

Millions of Americans are unable to access healthy foods because of finances, lack of nearby grocery stores and/or transportation. The following resources and tips can help you save money and access healthy foods.

Meal Planning and Grocery Shopping

Meal planning is one way to save time and money. By planning out each week's breakfast, lunch, and dinner, you can use foods you already have in your home, use leftovers, cut down food preparation time, make just one trip to the store, and more easily stick to a grocery list, which helps you keep to your budget. Here are some tips to prepare for your next grocery trip.

Before you leave for the store

Food and Nutrition During

vegetable

before pr

leaves of

Scrub fruit

and peel

you cut o

them thor

a smoothi

Soak froz

Use sepa

use the sa

and poult

· Do not rin

Keep ray

because

of all food

won't be

raw meat

· Your refrig

No. 24 in a series providing the latest information for patients, caregivers ar

· Patients who eat well and maintain a healthy weight

. You may want to ask your doctor to refer you to an

Eating a variety of different foods rich in nutrients

. Certain foods may cause a bad reaction with some

of the drugs that are used to treat cancer. Ask your

treatment team if there are any foods you need to

· Cancer research related to nutrition is still ongoing, It

of the myths and misinformation about this subject.

Fating well is important for everyone. The types and

amounts of foods that we eat affect our energy levels.

lifestyle plays a key role in keeping the body strong.

supporting the immune system (the cells and proteins

Nutrition Consultations, Through LLS's Nutrition

Education Services Center you can schedule a free one-on-one nutrition consultation with one of our registered dietitians who have expertise in oncolon

nutrition. Consultations are available to patients and

caregivers of all cancer types. Dietitians can assist with

information about healthy eating strategies, side effect

management and more. Please visit www.LLS.org/ nutrition or call 877-467-1936 for more information

Handling food safely is important for everyone. People

who are being treated for cancer can have weakened

immune systems, which increases their risk for foodborne

that defend the body against infection) and reducing risk for some diseases, such heart disease and some types

our moods and how we feel about ourselves. A healthy

Introduction

may be hard to find evidence-based advice because

is important in order to maintain and improve good

oncology registered dietitian nutritionist (RDN) for

usually manage treatment side effects better

specific nutrition advice and guidance.

- · Create a grocery list based on your meal plan.
- Take note of what food is left in the refrigerator, freezer, and pantry. Foods that expire soon should be used first.
- · Research for coupons and sales.

At the grocery store

- · Stick to your grocery list.
- Do not shop while hungry.
- Buy foods in bulk that you eat often or have a longer shelf life.
 Visit www.foodsafety.gov to learn about safe food storage.
- Buy generic (store brands) and avoid buying convenience items, such a pre-cut fruits and vegetables or prepared meals.
- Choose fruits and vegetables that are in season as they are often less expensive. Canned and frozen fruits and vegetables are also good options.

After shopping

Make large portions and freeze leftovers to heat up for additional meals.

 Wash any i including uterrais, coming poerus and pieres, perore you use them for other foods or put cooked meat on

 Thaw frozen items in the microwave or refrigerator, not on the kitchen counter. Thaw foods by using one of the following methods:

 Put the food item in the refrigerator one day before cooking.

 Use the defrost setting on a microwave. Cook right away.

Marinate food in the refrigerator.

 Use a food thermometer to make sure that meat is cooked to a safe minimum internal temperature.

FACT SHEET

PS PS

a better quality of life for everyone. During cancer treatment, he

for everyone. During cancer treatment, healthy lifestyle you to manage side effects, and decrease the risk of n. After treatment, healthy lifestyle habits can help you such as other cancers, heart disease and diabetes.

- Waist circumference, which can indicate an increased risk for disease such as diabetes, high blood pressure and heart disease. According to the Centers for Disease Control and Prevention (CDC), a high-risk waist circumference is:
- More than 40 inches for males
 More than 35 inches for females
- More than 35 inches for female

If you are concerned about your weight, talk to your healthcare team and ask for a referral to a registered dietitian who can help create a personalized plan so you can reach and maintain your goal weight in a safe and healthy way.

PHYSICAL ACTIVITY

Benefits of physical activity include:

- Weight managemen
- Increased energy
- Improved mobility
- Better mood

Decreased risk of disease

The American institute for Cancer Research recommends that you be physically active for at least 150 minutes a week. You can break this down to 30 minutes of exercise 5 days a week. Physical activity can include walking, swimming, voga, dencing or any other form of movement, include strength training and stretching, along with aerobic exercise, to build mustle and increase flexibility.

You can also avoid extended periods of inactivity (eg, watching TV or sitting at a desk). Break up the time by getting up and walking around or stretching for at least a few minutes every hour.

Talk to your healthcare team before starting an exercise program. You may need to start slowly with short periods of activity every day and then gradually increase the time until you are active for 150 minutes per week. If mobility is an issue, you may benefit from seeing a physical therapist.

FAST FACTS

SEASONAL PRODUCE GUIDE Spring: Apricots, Asparagus, Broccoli, Green Beans

Spring: Apricots, Asparagus, Broccoll, Green Beans, Mangoes, Mushrooms, Peas, Radishes, Rhubarb, Spinach, Strawberries, Swiss Chard

Summer: Avocados, Bell Peppers, Berries, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Green Beans, Honeydew Melons, Kiwis, Okra, Peaches, Plums, Summer Squash, Tomatoes,

Fall: Apples, Beats, Broccoli, Cauliflower, Cranberries, Grapes, Kale, Mushrooms, Parsnips, Pears, Potatoes, Pumpkins, Rutabagas, Sweet Potatoes, Turnips, Winter Squash

Winter: Beets, Brussel Sprouts, Grapefrults, Kiwis, Leeks, Lemons, Oranges, Parsnips, Pears, Potatoes, Pumpkins, Rutabagas, Sweet Potatoes, Winter Squash

produce in your area, visit www.seasonalfoodguide.org

Blood Cancer United

Get information and support







Information Specialists

Blood cancer Information Specialists are oncology social workers and nurses who are ready to help you or your loved one navigate a blood cancer diagnosis and connect you to financial and social support information.

Call: (800) 955-4572

Email or chat live online:

BloodCancerUnited.org/InformationSpecialists

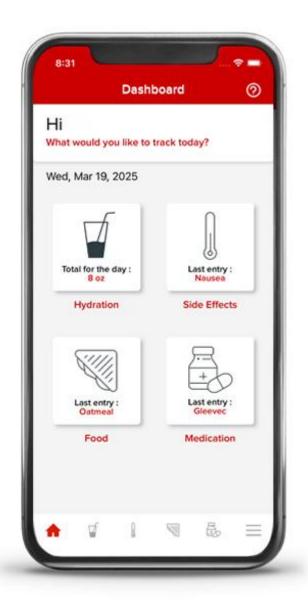


United

Health ManagerTM mobile app

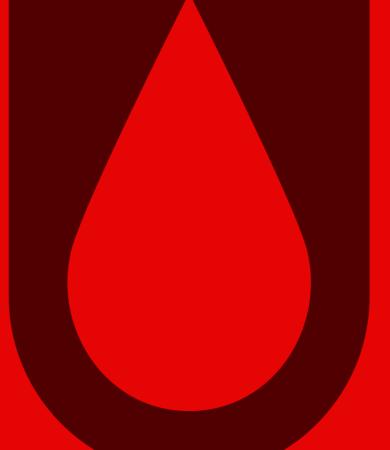
With Blood Cancer United Health ManagerTM, you can now use your phone to manage your daily health by tracking side effects, medication, food and hydration, questions for the doctor, grocery lists, and more.

BloodCancerUnited.org/HealthManager





Thank you



Please check your email to complete the post-event survey!



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