

Unite to nourish: Learning about CLL nutrition

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September 30, 2025



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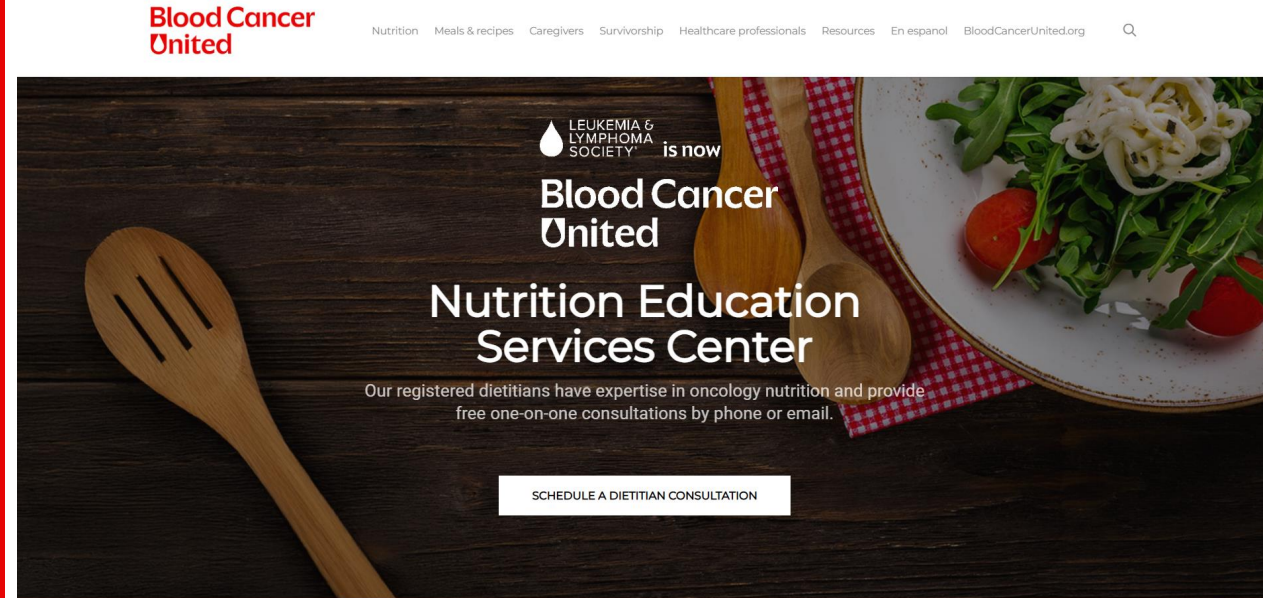
Agenda

- 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



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Clinical Trial Support Center



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.



is now

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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



Variety

Eat a variety of foods each week.
Choose foods from all the food groups.

Function

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.

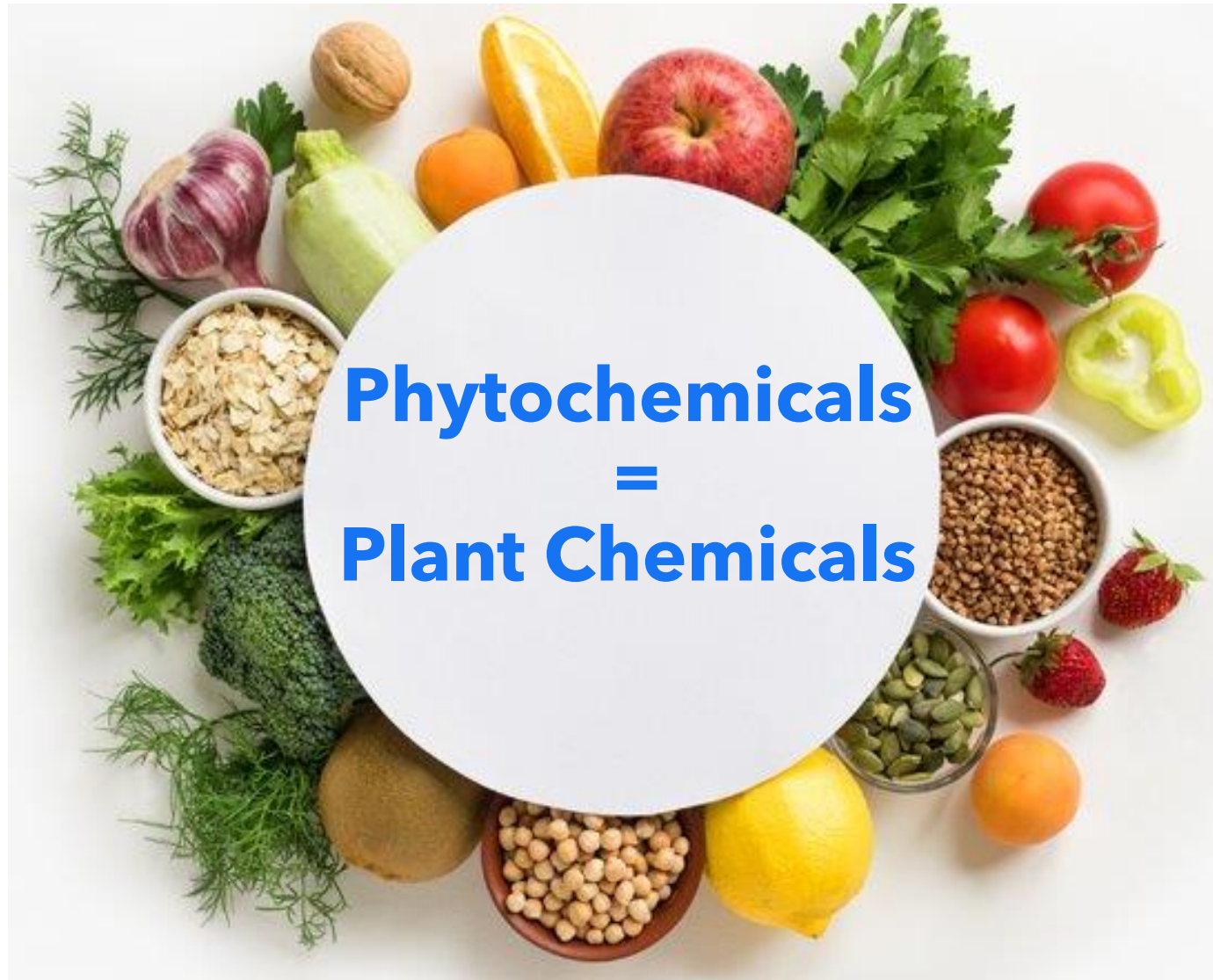
- ✓ There is not one specific eating plan for CLL.
- ✓ There are many healthy eating plans that are nutritionally balanced.
- ✓ The eating plan must both help manage your side effects and support your overall health.
- ✓ Your eating plan must fit into your food resources and preparation abilities.

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:
aacr.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

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
 - Pork, beef, lamb, bison, venison
- Fatty fish: include twice weekly
 - Salmon, albacore tuna, cod, tilapia, halibut



Source: [aicr.org](https://www.aicr.org)

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

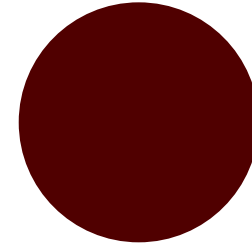


Go for food first as your source for nutrients.

- * Your body efficiently uses nutrients from food.

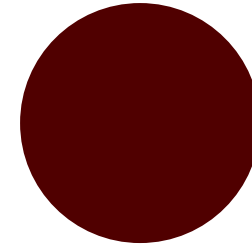


Evidence-based nutrition information

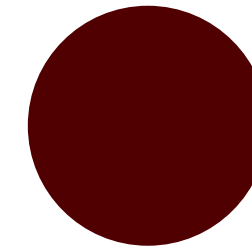


Trusted websites:

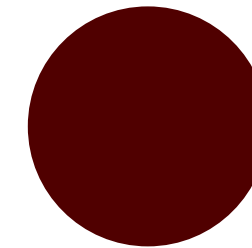
- .edu
- .gov
- .org



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

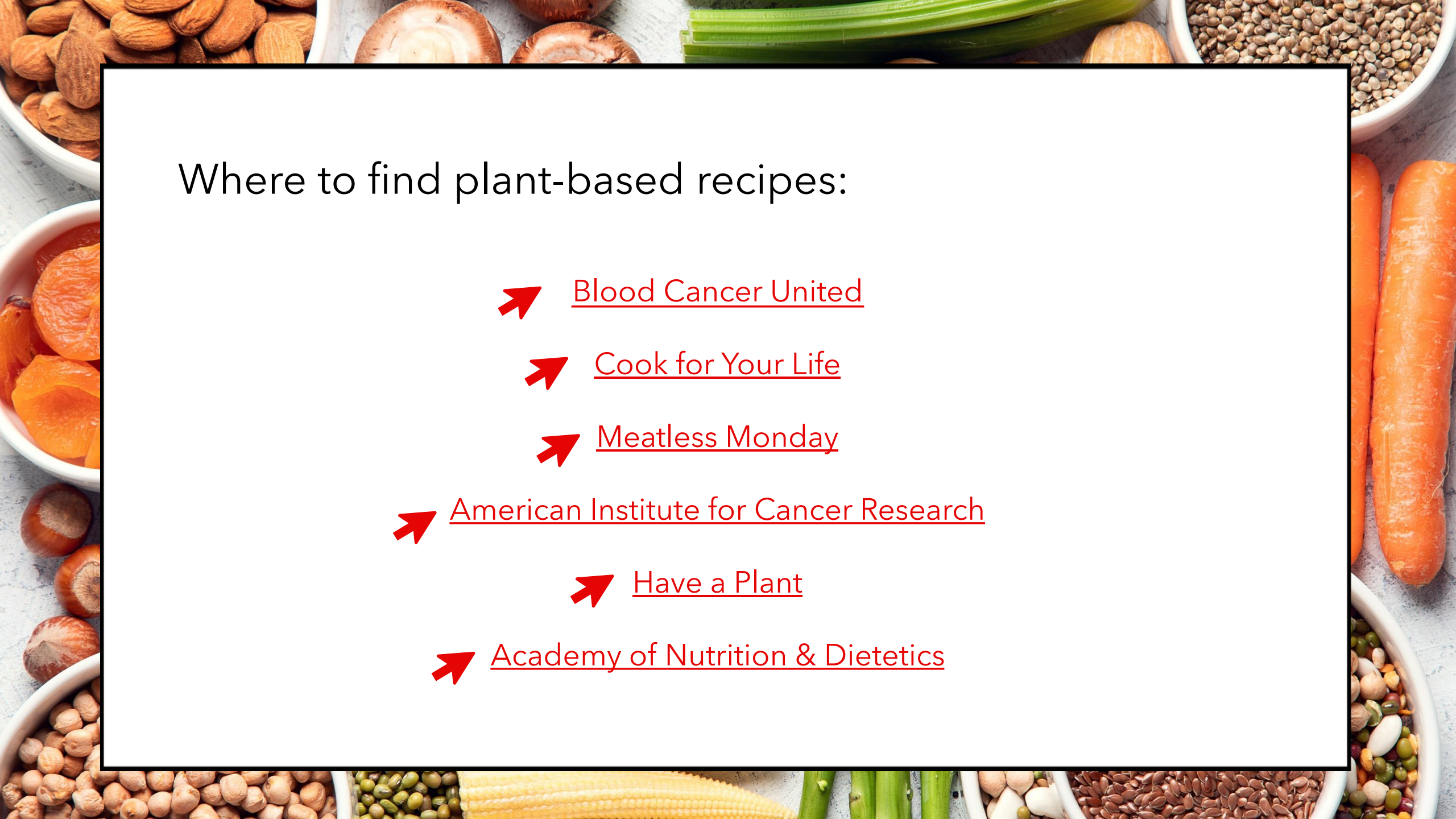
Lifestyle tips and hot topics

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](#)
- ➔ [American Institute for Cancer Research](#)
- ➔ [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

➔ [Nausea & Vomiting](#)

➔ [Constipation](#)

➔ [Gas & Bloating](#)

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

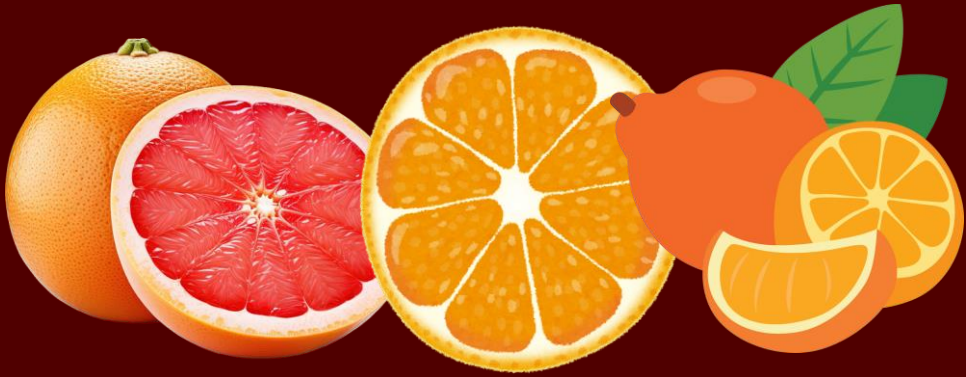
Decreases iron absorption:

- 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:
 - 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.
- Date leftovers and use within 1-4 days.

Nutrition Restrictions



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

Always consult your treatment team about medication instructions.

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>

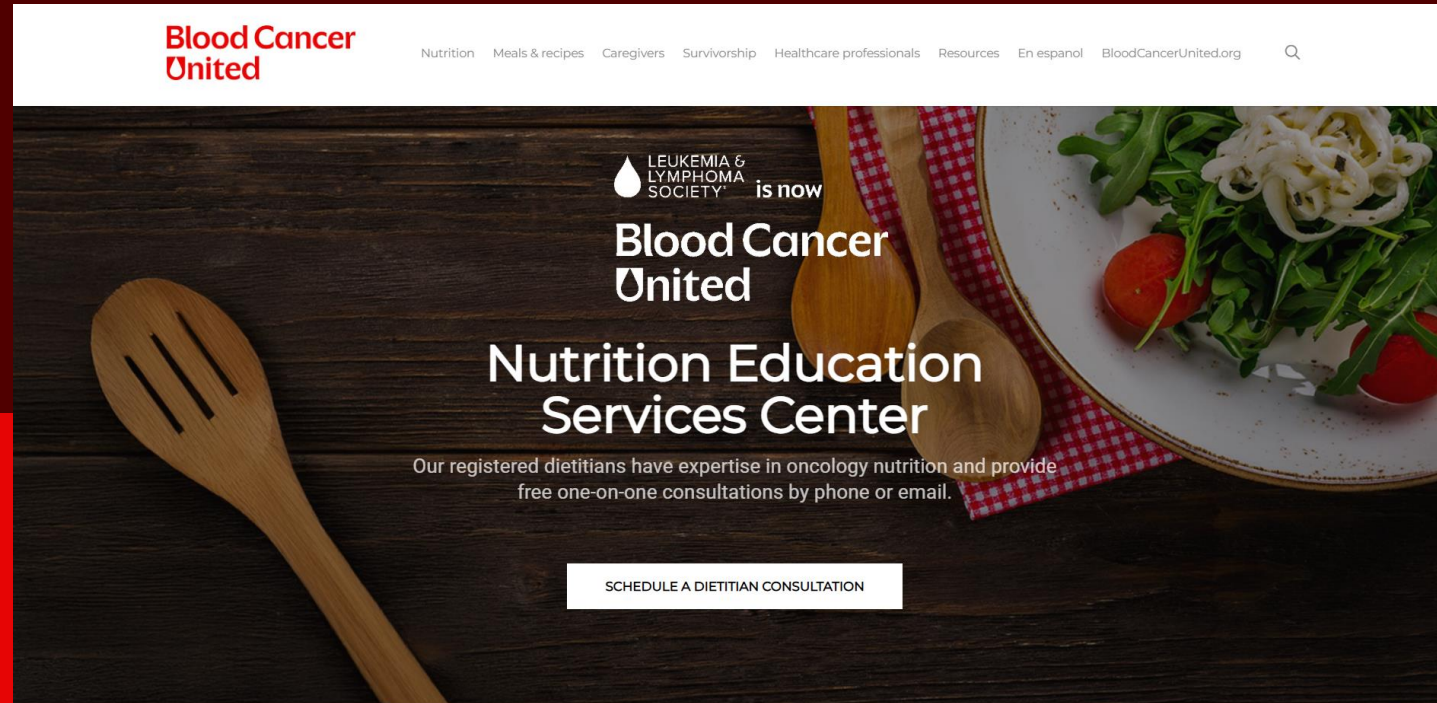


Q&A

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NESC website



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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

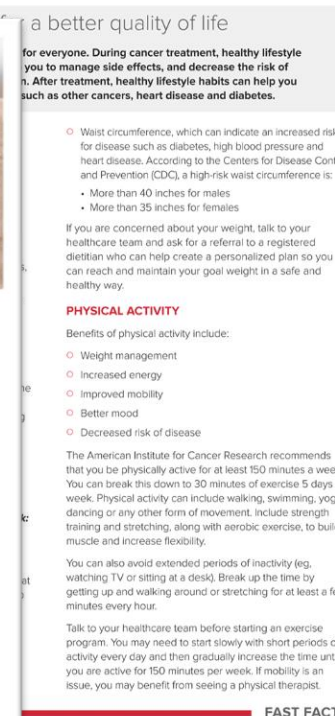
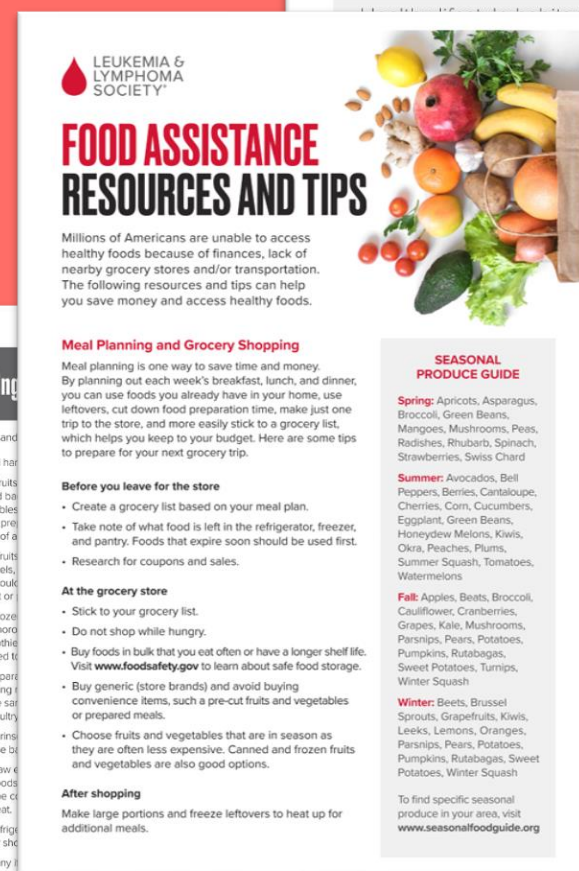
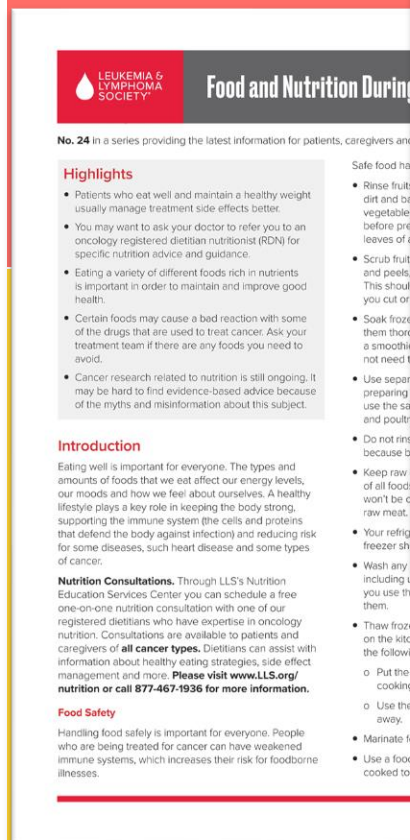
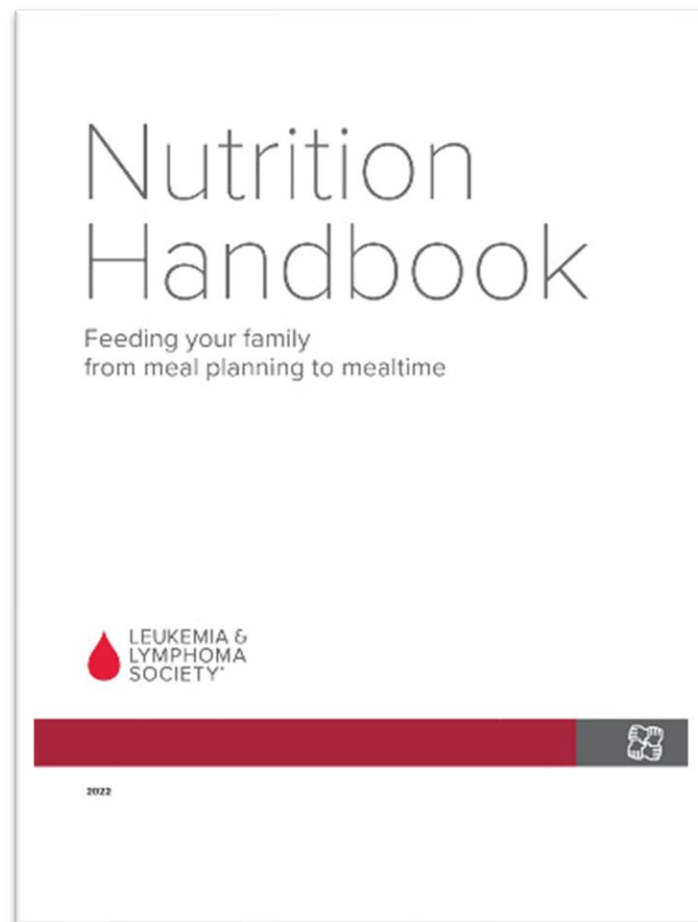


I am a healthcare
professional referring a
patient

Nutrition consultations

➔ BloodCancerUnited.org/consult

Resources and publications



BloodCancerUnited.org/Booklets

**Blood Cancer
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Get information and support



Peer-to-peer support



Patient community



Caregiver support



Children & young adults



Webcasts & videos



Online chats



Podcasts



Information booklets



Local programs



Advocacy



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

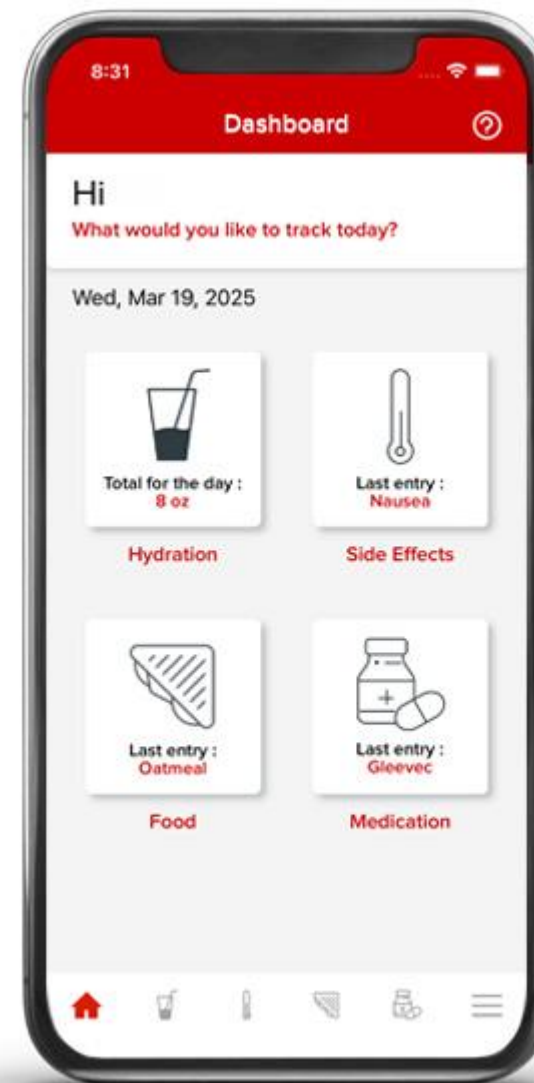


**Blood Cancer
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Health Manager™ mobile app

With Blood Cancer United Health Manager™, 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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