# Unite to nourish: Holiday eating for cancer survivors





is now

# Agenda

- Introduce Nutrition Education Services Center
- Learn how to eat well through the holiday season
- Explore recipes and cooking tips
- Discuss holiday strategies to manage side effects
- Share tips to manage holiday events
- Q&A and share additional Blood Cancer United resources







# Blood Cancer United Nutrition Education Services Center

BloodCancerUnitedNutrition.org



# 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.











Heather Knutson MS, RD, CSO, LD Registered Dietitian

# Poll #1

What is your favorite pie to eat during the holidays?

- A. Apple
- B. Berry
- C. Pecan
- D. Pumpkin
- E. All the above
- F. I prefer something else



How do I eat healthy throughout the holidays?





# "Honor the holiday."



# Treats and sweets

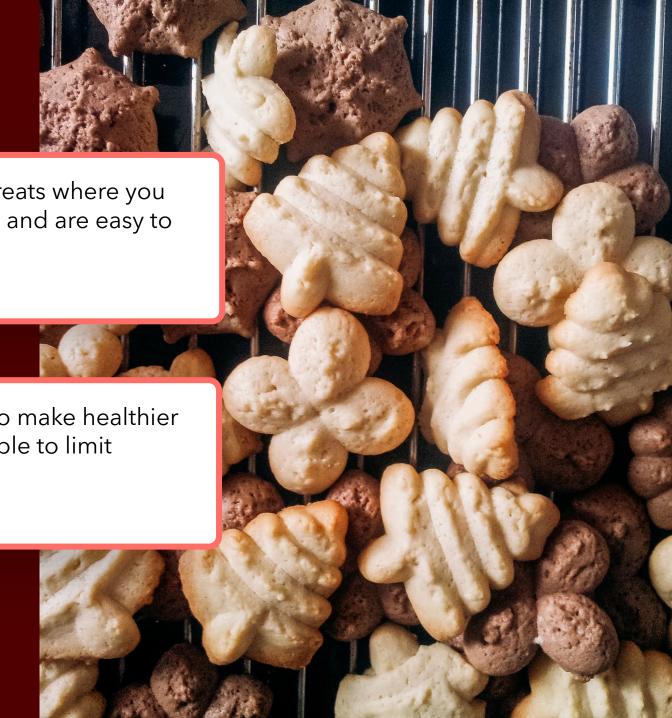
Be choosy. Pick treats that are unique to the holiday that you truly enjoy.

Don't leave treats where you can see them and are easy to access.

Make decisions in advance. Budget 2-3 small treats each week.

Plan ahead to make healthier snacks available to limit temptations.





## CARROT CAKE BAKED OATMEAL

**SERVINGS: 6** 

## ingredients

2 cups of rolled oats 1 ¾ cup milk of choice 2 eggs

½ cup maple syrup

2 tbsp chia seeds

1 ¼ cup grated carrots

½ cup raisins

2 tbsp oil

¾ tsp baking powder

2 tsp vanilla extract

1 ½ tsp ground cinnamon

1/4 tsp ground nutmeg

% tsp salt

Frosting Ingredients:

½ cup softened cream cheese

3 tbsp Greek yogurt

3 tbsp maple syrup

¼ tsp vanilla extract

### directions

- 1. Preheat oven to 375°F
- 2. In a large mixing bowl, mix oats, milk, eggs, maple syrup, vanilla, chia seeds, oil, baking soda, and seasonings until well combined.
- 3. Stir in carrots and raisins, making sure carrots are evenly distributed.
- 4. Stir in carrots and raisins, making sure carrots are evenly distributed. Pour mixture into a greased 8×8 baking pan and bake for 40-45 minutes, or until the top is lightly golden and oats are "set".

### Cream cheese frosting

1. To a mixing bowl, combine frosting ingredients and whisk well. To make it extra smooth, a hand or stand mixer works well. Place frosting in the fridge to "firm up" while oats bake.

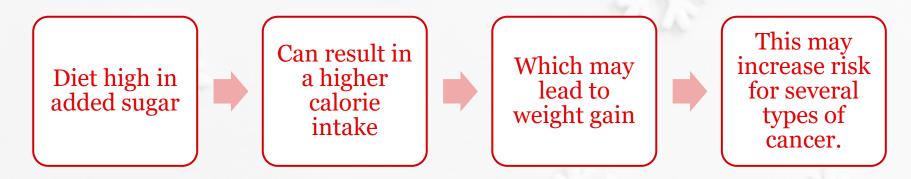




Adapted from: <a href="https://fruitsandveggies.org/recipes/carrot-cake-baked-oatmeal/">https://fruitsandveggies.org/recipes/carrot-cake-baked-oatmeal/</a> by Elise & Stephen Compston

# Added sugar & cancer

· Added sugar does **not** directly cause cancer.



- Higher added sugar intake long term may crowd out other foods containing important nutrients.
- Limit added sugar to no more than 6-10% of your overall calorie intake.







# Prioritize protein and plants

Smart
Snacking Tips

Healthy Snack
Ideas



# Protein + plant snacks

- Hummus + carrots
- PB + banana
- Yogurt + berries
- Hard-boiled egg + cucumbers
- Cottage cheese + cantaloupe
- Cheese cubes + grapes
- Roasted almonds + dried apricots





# Protein + plant meals

Prioritize protein and plants



Meal & Snack Ideas







### ROASTED VEGETABLE LASAGNA

SERVINGS: 12

### ingredients

2 eggs

1/2 cup grated Parmesan cheese

1/2 tsp ground nutmeg

1/2 tsp garlic powder

4 cups low-sodium tomato sauce

3 cups low fat mozzarella cheese

2 eggplants, sliced into ½ inch slices

6 medium zucchinis, sliced into ½ inch slices

Olive oil

1 lb. whole-wheat lasagna noodles

15 oz. low fat ricotta or low-fat cottage cheese





Preheat the oven to 450 degrees. Grease a 13x9x2-inch baking pan, set aside.

Layer eggplant and zucchini slices on 2 baking sheets, coating both sides lightly with olive oil.

Roast for 20 minutes. Toss the vegetables and continue to roast until well browned and soft, ~ 20 minutes more.

Reduce the oven temperature to 375 degrees.

Cook the lasagna noodles according to package directions. Let them cool slightly.

Meanwhile, in a medium bowl, mix the ricotta or cottage cheese, eggs, Parmesan, nutmeg, and garlic powder.

To assemble, repeat these layers until there are 4 layers of pasta and 3 layers of filling:

Spread thin layer of sauce Layer noodle strips, slightly overlapping Spread 1/3 of the ricotta mixture Sprinkle 1/4 of the mozzarella Spread 1/3 of the roasted vegetables

Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.

Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, ~15 minutes more. Let stand for 15 minutes before serving.

Adapted from: <a href="https://bloodcancerunitednutrition.org/roasted-vegetable-lasagna/">https://bloodcancerunitednutrition.org/roasted-vegetable-lasagna/</a> as provided by the American Institute for Cancer Research





"Don't let perfection be the enemy of the good."





# Navigating nutrition at holiday events

- Stay well hydrated through the day
- Don't go to the event hungry
- Survey the options
  - Look for protein and plants
- Avoid grazing
  - Wait 20 minutes before going back for seconds
- Decide about dessert
- End your meal with a mint



## MANDARIN KALE SALAD WITH CRANBERRY DRESSING

BY: SUNKIST GROWERS, INC.

SERVINGS: 4

## ingredients

Candied pecan ingredients:

1 cup pecan halves

2 tbsp honey

1 Tbsp orange zest

¼ tsp salt

### Salad ingredients:

6 mandarin oranges

1 bunch kale

⅓ cup dried cranberries

### Dressing ingredients:

½ cup purchased champagne or white balsamic dressing

2 Tbsp honey

¼ cup frozen or fresh cranberries

### directions

### **Candied Pecans:**

Place the pecans in a non-stick sauté pan. Toast over medium-high heat for ~ 2 minutes, stirring often.

Add honey and cook pecans in honey until caramelized, stirring often, ~ 5 minutes.

Sprinkle with zest and salt and spread onto parchment paper to cool.

### Salad:

Peel and segment the mandarins and add to a large bowl.

Remove any large ribs from the kale and then thinly slice. Wash well and pat dry. Add kale to the oranges along with dried cranberries.

### Dressing:

Blend the dressing, honey, and cranberries until smooth. Toss with the salad. Sprinkle with candied pecans.





Adapted from: <a href="https://fruitsandveggies.org/recipes/mandarin-kale-salad-with-cranberry-dressing/">https://fruitsandveggies.org/recipes/mandarin-kale-salad-with-cranberry-dressing/</a>

# Alcohol

- Alcohol is never helpful for cancer.
- Make a plan for alcohol before leaving home.
- Alcohol can lower your inhibitions and may lead to overeating.
- Treat alcoholic beverages like a dessert.

American Institute for Cancer Research recommendation:

If you choose to drink, keep amounts to no more than 1 drink per day for women or 2 drinks/day for men.



## **APPLE CIDER TINI**

# ingredients

1/2 cup chilled apple cider
1/4 cup chilled orange juice
Splash of pomegranate juice
Cinnamon sticks (for garnish)

# directions

Chill martini glasses prior to mixing.
Pour ingredients into a martini glass, stir, and add a cinnamon stick for garnish.



# "Let connection nourish you.













Seasonal foods that fuel you







# ROASTED PEAR & BUTTERNUT SQUASH SOUP

**SERVINGS: 6** 

## ingredients

4 cups pears
4 cups diced butternut squash
¾ cup diced red onion
1 ½ Tbsp olive oil
1 tsp kosher salt
1 tsp ground black pepper
32 oz chicken or vegetable
broth

### directions

Preheat oven to 400°F. Place pears, squash and onion on a large sheet pan and drizzle with olive oil; season with salt and pepper. Toss gently to combine, then spread out into one layer on sheet pan. Roast in oven for 35 to 40 minutes.

Remove from oven to cool. Place pear, squash, and onion mixture into a food processor and add broth to cover. Process until smooth. Transfer to a pot. Add remainder of broth and mix. Season with salt and pepper to taste. Simmer for ~ 15 minutes.



Adapted from <a href="https://fruitsandveggies.org/recipes/roasted-pear-butternut-squash-soup/">https://fruitsandveggies.org/recipes/roasted-pear-butternut-squash-soup/</a> courtesy of <a href="https://fruitsandveggies.org/recipes/roasted-pear-butternut-squash-soup/">Stemilt</a>







Margaret Martin MS, RD, LDN, CDCES Registered Dietitian



# Poll #2

What is your go-to strategy for coping during the holidays?

- A. Making dishes that I like
- B. Enjoying events and dinners
- C. Asking for help with tasks
- D. Avoiding large crowds
- E. I'm not sure





Holidays are full of foods, fun and flavor!

What side effects make you worried?



Holiday strategies to manage side effects





# Fatigue

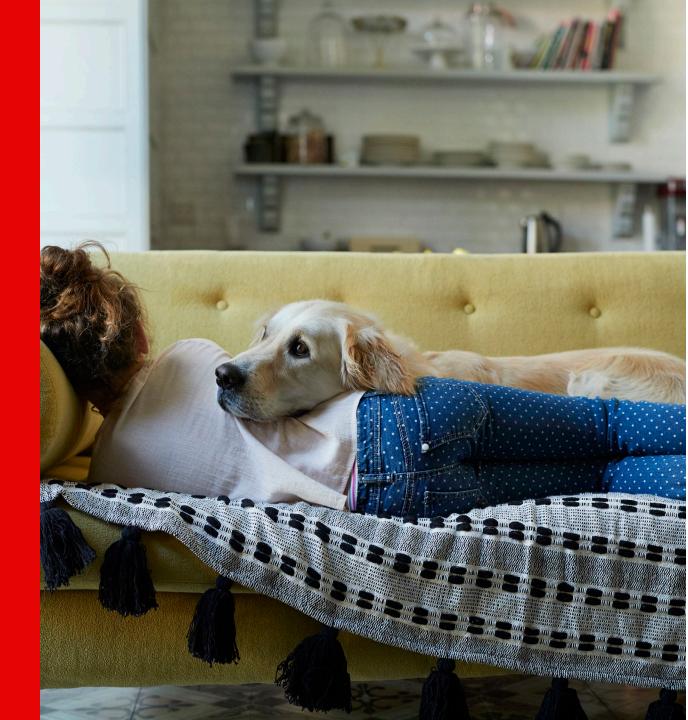
- Set your goals.
- Plan ahead and set limits.
- Prioritize favorite foods and activities
- Share your goals and delegate tasks.
- Practice self-care.
  - Allow yourself time to relax.
  - Movement/exercise
  - Eat every 3-4 hours
  - o Choose protein and whole foods.



United



Nutrition Tips for Managing Fatigue



# Nausea

- Eat often.
  - Timing: Eat small meals or snacks, frequently.
  - Amount: Use small snacks to decrease nausea.
  - Flavors: Add flavors that help. Avoid rich foods.
  - Temperatures: Try cool and cold foods.
- Reduce aromas.
  - Avoid strong scents and aromas.
- Stay cool.
  - Use a fan to keep air flowing.
  - Set the thermostat to your liking.







Foods To Manage Nausea



# Taste changes

- Keep your mouth moist.
  - Use gravies, syrups, fruits and fluids at meals.
  - Alternate bites of food with sips of fluids.
  - Rinse your mouth before meals with warm water, pinch of baking soda + salt.
- Add flavors that you can taste the best.
  - Use spices, oil, salt, maple syrup, lemon juice and condiments.
- Change up your choices.
  - o Marinate meat, try new food/flavor, try plastic or bamboo utensils and avoid offensive aromas.



**Change in Taste and Smell** 





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# Digestive issues

- Find foods that work for you.
  - Soft, creamy or moist textures
  - o Choose fibers that work for you.
  - Include plant proteins in soups, smoothies, yogurt, cereals, protein shakes, legumes and nut butters.
  - o Try ginger, citrus, salt and herbs.
- Eat and hydrate often.
  - o Chew eat bite well.
- Talk to your doctor.





Nutrition Tips for Managing Gas and Bloating





# Choose fibers that best manage your side effects.

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



# Weight Changes:

Portion size, movement and healthy choices

- Serve yourself one portion.
- Use lean entrees and sauces.
- Take a walk after meals.
- Share rich foods & desserts.
- Order an appetizer instead.
- Up your veggies and fruits.
- Drink unsweetened beverages.







# Nutrition to support your immune system

- Practice self and food safety.
- Wash produce, store food wisely, use meat thermometer, choose healthy habits

- Maintain a healthy eating plan
- Include protein, Omega-3 fatty acid sources, and phyto-nutrient (plant) choices often.

- Be smart about crowds.
- Visit virtually online, outside (if weather permits) or in small groups.

- Keep a stable body weight
- Snack 2-3 times per day. Add choices with more calories
- Manage side effects





Supporting Your Immune
System



# Tips to practice food safety during holidays

- Follow storage timeframes to keep leftovers safe.
  - Refrigerate leftovers within 2 hours of serving if room temperatures are moderate.
  - Refrigerate leftovers within 1 hour if the environment is 90 degrees or higher.
  - Leftover dish examples: proteins; entrees; casseroles; and dishes with eggs, mayonnaise and/or dairy
- Cut turkey and other meats into smaller pieces, to store in smaller containers.
- Pack leftovers in a cooler if traveling.
- Date your items in the refrigerator and freezer.
  - Use within about 1-4 days in the fridge.
  - Safe when frozen but use within 2 to 6 months for best quality.









# Tips to manage side effects during holiday events:

- Ask for help with activities and food preparation.
- Cook early and have a plan for events.
- Talk with the host about your dietary restrictions.
- Be 1<sup>st</sup> to go through the buffet or food table.
- BYOB bring your own best dish that works for you.
- Prioritize your events.
- Rest and pace yourself.
- Start new traditions!



Celebrate the Holidays
Safely



# Holidays are full of traditions, fun and flavor!

Shopping

Events with friends & family

**Decorating** 

Recipes & Cooking

Travel & vacations

Self-Care time

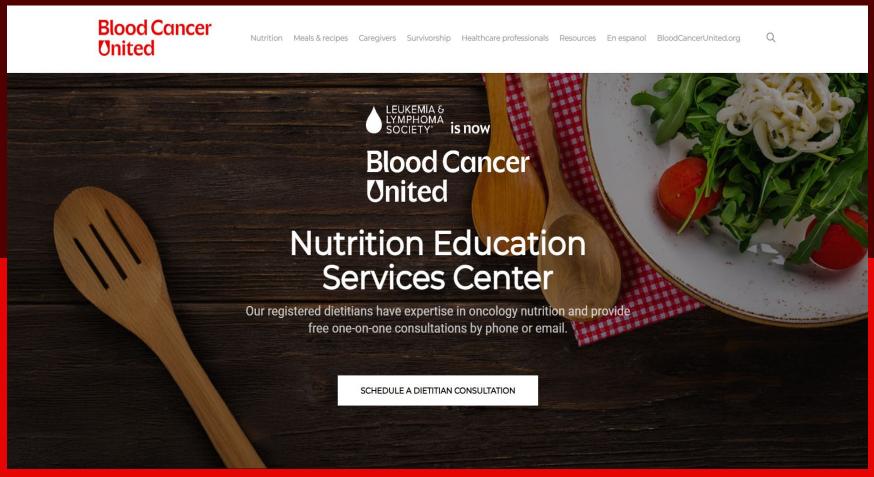
New traditions

Focus on what makes holidays special to you!





# 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 a

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

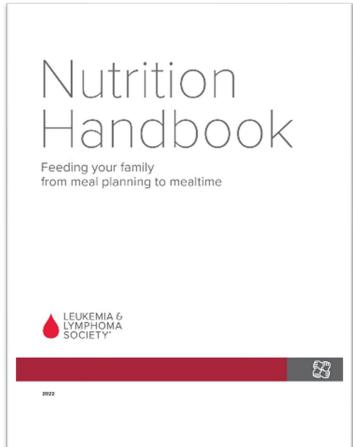


I am a healthcare professional referring a patient

# Nutrition consultations

BloodCancerUnited.org/Consult

# Resources and publications





### **Healthy Behaviors**

## LEUKEMIA & LYMPHOMA SOCIETY\*

# **FOOD ASSISTANCE RESOURCES AND TIPS**

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

- · 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.foodsafetv.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.

Make large portions and freeze leftovers to heat up for

 Wash any 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:
- o Put the food item in the refrigerator one day before
- Use the defrost setting on a microwave. Cook right
- Marinate food in the refrigerator.
- . Use a food thermometer to make sure that meat is cooked to a safe minimum internal temperature.

FACT SHEET

# or everyone. During cancer treatment, healthy lifestyle

you to manage side effects, and decrease the risk of . 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

a better quality of life

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

### PHYSICAL ACTIVITY

Benefits of physical activity include:

- Weight management
- Improved mobility
- O 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, yoga, dancing or any other form of movement. Include strength training and stretching, along with aerobic exercise, to build muscle and increase flexibility

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

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

### **Food and Nutrition During**

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

- · Patients who eat well and maintain a healthy weight usually manage treatment side effects better.
- . You may want to ask your doctor to refer you to an oncology registered dietitian nutritionist (RDN) for specific nutrition advice and guidance.
- Eating a variety of different foods rich in nutrients is important in order to maintain and improve good
- . 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 may be hard to find evidence-based advice because of the myths and misinformation about this subject.

### Introduction

Fating well is important for everyone. The types and amounts of foods that we eat affect our energy levels. our moods and how we feel about ourselves. A healthy lifestyle plays a key role in keeping the body strong. supporting the immune system (the cells and proteins that defend the body against infection) and reducing risk for some diseases, such heart disease and some types

Nutrition Consultations. Through LLS's Nutrition Education Services Center you can schedule a free registered dietitians who have expertise in oncology nutrition. Consultations are available to natients 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

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

SEASONAL

PRODUCE GUIDE

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 Rutahagas Sweet Potatoes, Turnips, Winter Squash

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

To find specific seasonal produce in your area, visit www.seasonalfoodquide.org

BloodCancerUnited.org/Booklets

# 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

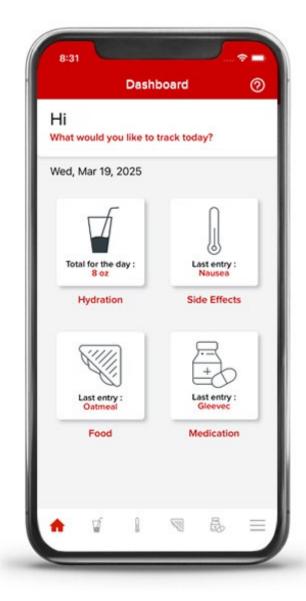


# Health Manager<sup>TM</sup> mobile app

With Blood Cancer United Health Manager<sup>TM</sup>, 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.

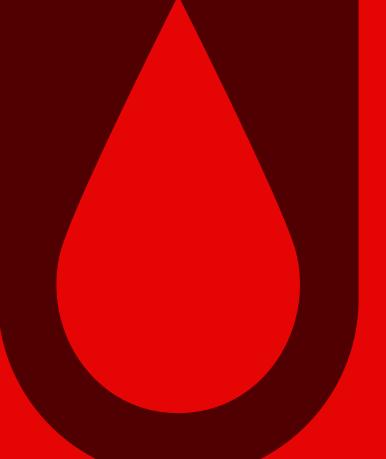


BloodCancerUnited.org/HealthManager





# Thank you



Please check your email to complete the post-event survey! Or scan the QR code.





# References

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U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at <a href="https://DietaryGuidelines.gov">https://DietaryGuidelines.gov</a>.

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### **Websites**

Have a Plant

**American Heart Association** 

American Institute for Cancer Research

