

Unite to nourish: Learning about MPN nutrition

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September 29th, 2026



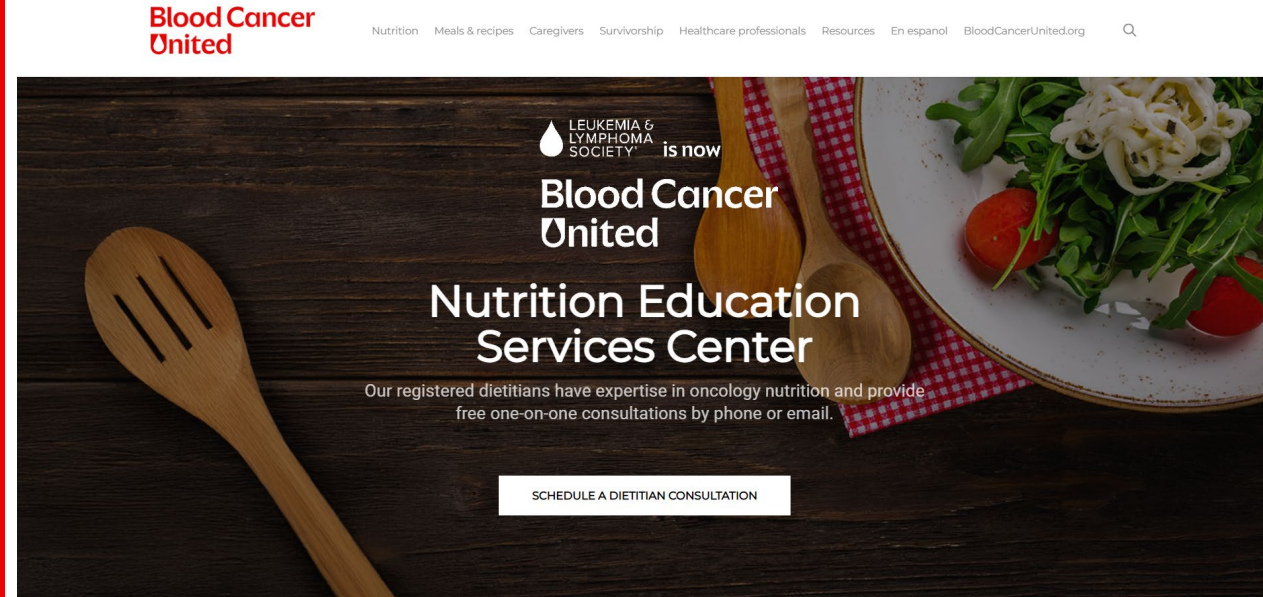
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United**

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

Abbreviations:

MPN

Myeloproliferative neoplasms

ET

Essential thrombocythemia

MF

Myelofibrosis

PV

Polycythemia vera

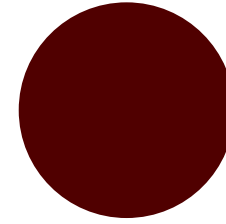
RD

Registered Dietitian

CSO

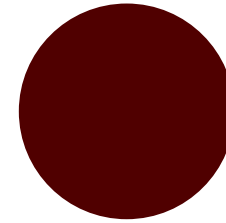
**Board Certified Specialist
in Oncology Nutrition**

Evidence-based nutrition information

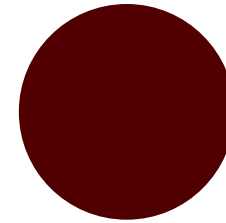


Trusted websites:

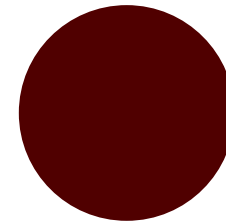
- .edu
- .gov
- .org



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

What do we know about nutrition and MPNs?



Agenda

- Importance of nutrition for people living with MPN
- Foods and eating patterns that may be helpful for people living with MPN
- Nutrition strategies to manage side effects from MPN or MPN treatments
- Changes to nutrition that can help reduce inflammation
- Q&A and share additional Blood Cancer United resources



Why is nutrition important for people living with an MPN?



Nutrition can help your body to:

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

Inflammation and MPN

- MPNs are classified as cancer.
 - Many features present like a chronic inflammatory condition.
- Inflammation can impact symptoms and progression.
- Nutrition is one piece of the puzzle in reducing inflammation in MPNs.

Lifestyle approaches to reduce inflammation in MPN



What is inflammation:

- Inflammation:
 - Is the body's protective response to injury, infection or harmful stimuli
 - Works to eliminate the cause of the harm, remove damaged tissue and start the healing process
- Acute Inflammation:
 - Is helpful for healing and recovery
 - Inflammation is often good!
- Chronic Inflammation:
 - Inflammation doesn't always help the body.
 - The immune system fights against the body's own cells by mistake, causing harmful inflammation.
 - MPNs are chronic inflammation.



Nutrition can be helpful for chronic inflammation.

Anti-inflammatory eating pattern:

- There is not one defined 'anti-inflammatory' eating pattern.
- This is no one food that can cause or cure inflammation.
 - It's the big picture, longer term eating pattern, that may may impact inflammation.
- There are many anti-inflammatory foods that can help manage chronic inflammation.
 - These include mostly whole foods that are less processed.



Maintain a healthy weight (as appropriate).

Foods that may decrease inflammation:

- **Omega-3 fatty acids:**

- Fatty fish (such as salmon, sardines, mackerel), flax seeds, chia seeds, walnuts

- **Monounsaturated fatty acids:**

- Olive oil, canola oil, nuts, seeds



Foods that may decrease inflammation:

- Polyphenols and flavonoids
 - **Polyphenols:**
 - Olive oil, black and green tea, dark chocolate, legumes, berries, onions, nuts, seeds, coffee
 - **Flavonoids:**
 - Onions, kale, lettuce, tomatoes, apples, bananas, peaches, pears, grapes, berries, citrus, soybeans, legumes
- Foods that contain antioxidant nutrients:
 - **Vitamin C:**
 - Citrus, bell peppers, kiwi, broccoli, strawberries, and Brussels sprouts
 - **Vitamin E:**
 - Oils: Wheat germ, sunflower, and safflower oils
 - Nuts and seeds: sunflower seeds, hazelnuts, peanut butter, peanuts
 - Carotenoids: Pumpkin, spinach, sweet potato, carrots, winter squash, cantaloupe



Foods that may decrease inflammation:

- **Fiber foods:** Whole grains, legumes, fruit, vegetables, nuts and seeds
- **Prebiotics:** asparagus, garlic, onion, Jerusalem artichoke, wheat, banana, barley, tomato, rye, soy, peas and beans
- **Herbs and spices:** Garlic, ginger, rosemary, peppers, clove, basil, oregano, cumin, turmeric, paprika, cinnamon and thyme



Foods that may increase inflammation:

SATURATED FATS

Limit these foods.

Red and processed meats, poultry with skin, lard, cream, butter, palm and coconut oils



ADDED SUGARS

Eating these foods sometimes does not directly cause inflammation.

Soda and other sugar-sweetened beverages, candy, sweet snacks, some processed foods



ULTRA PROCESSED FOODS

Eating these foods sometimes does not directly cause inflammation.

Sugary cereals, packaged snack cakes and flavored chips, boxed meals such as macaroni and cheese Trans fats: often found in ultra processed foods



ALCOHOL



Focus on the overall big picture for your nutrition!

Plant-forward eating patterns for MPNs

	New American Plate	Mediterranean	DASH Eating Plan
Fruit	2/3 Plate	Plan meals around these foods	8-10 daily
Vegetables			
Grains			6-8 daily
Beans/Nuts/Seeds			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	2-3 daily
Sweets	Limit	Less often	5 or less weekly
Fats/Oils	Limit	Each meal	2-3 daily

The New American Plate

Plant-based foods:

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

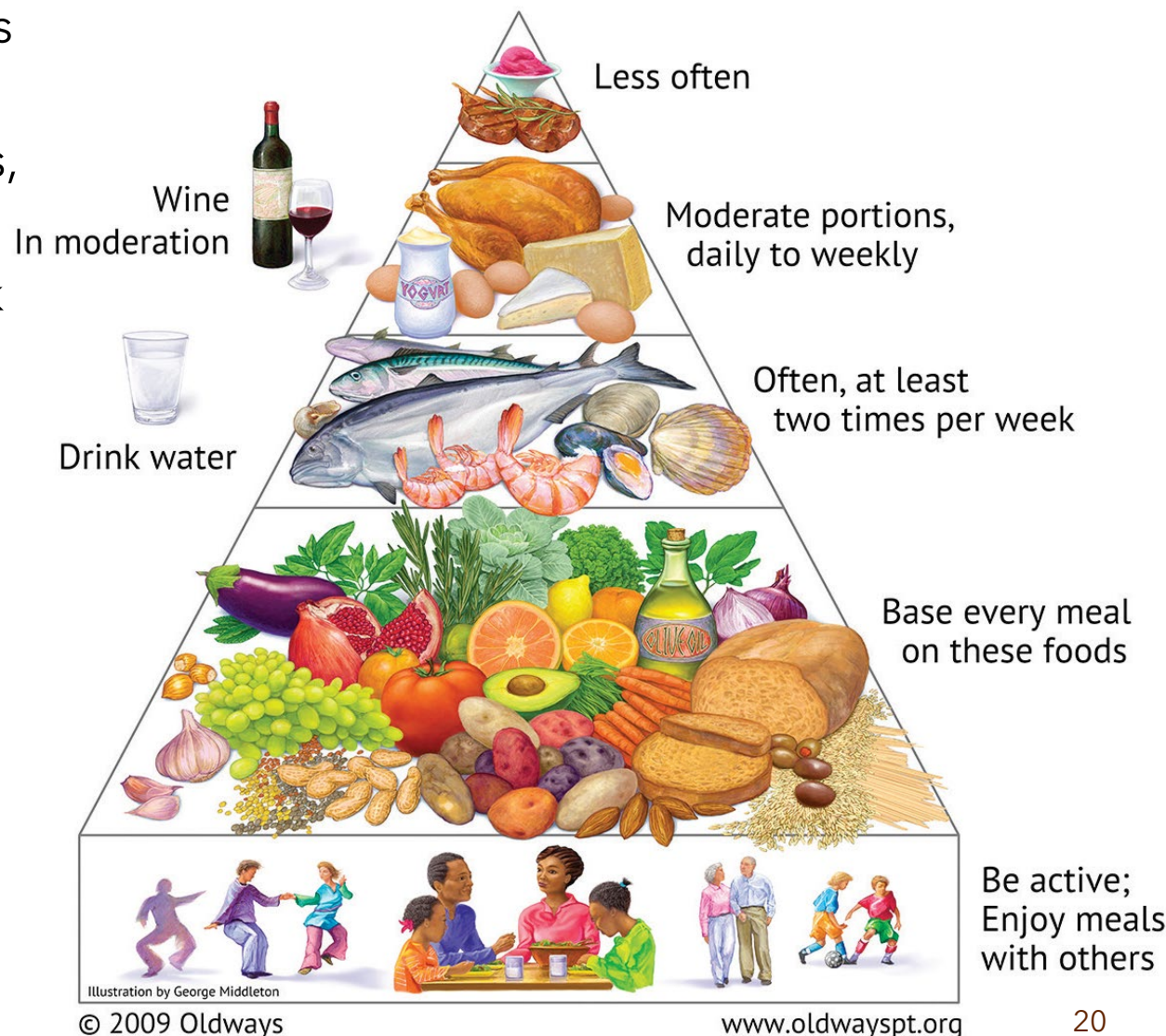
Animal-based foods:

- 1/3 or less of plate
- Seafood, poultry, eggs, dairy
- Lean red meat: limit to 12-18 oz per week or less
 - Pork, beef, lamb, bison, venison



Mediterranean eating pattern

- Be physically active and enjoy meals with others
- Base every meal on fruits, vegetables, whole grains, legumes, beans, nuts, seeds, healthy oils, herbs, and spices
- Eat fish and seafood often, at least twice a week
- Consume moderate portions of poultry, eggs, cheese, and yogurt daily to weekly
- Eat meats and sweets less often
- Drink water
- Consume wine in moderation
 - Note: Alcohol is never helpful for cancer.



DASH Eating Plan

(DASH = Dietary Approaches to Stop Hypertension)

A 2,000 calorie diet includes:

- Fruits: 4-5 servings / day
- Vegetables: 4-5 servings / day
- Whole grains: : 6-8 servings / day
- Low-fat dairy: 2-3 servings / day
- Fish, skinless poultry (lean meat): ≤ 6 servings / day
- Fat sources and oils: 2-3 servings/ day
- Sodium: $< 1,500$ - $2,300$ mg per day
- Beans, nuts, and seeds: 4-5 servings / week
- Sugar-sweetened beverages / sweets: ≤ 5 servings / week



DASH Eating Plan

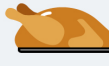
The Benefits: Lowers blood pressure & LDL “bad” cholesterol.



Eat This



Limit This

	Vegetables		Fatty meats
	Fruits		Full-fat dairy
	Whole grains		Sugar sweetened beverages
	Fat-free or low-fat dairy		Sweets
	Fish		Sodium intake
	Poultry		
	Beans		
	Nuts & seeds		
	Vegetable oils		

www.nhlbi.nih.gov/DASH



National Heart, Lung,
and Blood Institute



Eat a variety of plant foods

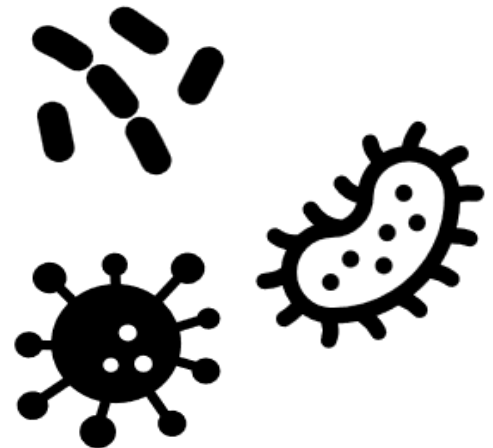
- Plant foods contain:
 - Phytochemicals = plant chemicals
 - Immune support
 - Reduce inflammation
 - Repair and protect cells
 - Slow aging process
 - Fiber comes from plant foods.
 - Different fiber types
- Maintain a healthy gut microbiome:
 - Eat a variety of high-fiber plant-foods
 - Greater diversity of good gut bacteria



Eating 30+ plants per week:

MF treatment: Stem Cell Transplant (SCT)

- Allogenic SCT:
 - Often damages lining to stomach and intestines
 - This can reduce the variety of good bacteria in your stomach and intestines.
 - This may negatively impact prognosis and increase the likelihood of developing graft vs host disease (GVHD).
 - Greater diversity in gut bacteria before SCT may positively improve prognosis and reduce the likelihood of GVHD.
- What can we do about this?
 - Consuming 30+ before and after SCT as able, may:
 - Improve outcomes
 - Improve quality of life
 - Increase rate of healing and recovery
 - Decrease # of days in the hospital



[Plant-Based Eating](#)



[30+ Plants: How to](#)

Eating 30+ plants per week:

Easy meals with several plants

Oatmeal



Smoothie



Salad



Stir fry



Soup



Eating 30+ plants per week:

Easy meals with several plants

Oatmeal



- Oats
- Strawberries
- Blueberries
- Kiwi
- Bananas
- Melon
- Chia seeds

Eating 30+ plants per week:

Easy meals with several plants

Smoothie

- Banana
- Blueberries
- Raspberries
- Strawberries
- Cranberries
- Flax seeds



Eating 30+ plants per week:

Easy meals with several plants

Salad



- Romaine lettuce
- Tomatoes
- Red onion
- Carrots
- Cucumbers
- Black beans
- Pumpkin seeds (pepitas)

Eating 30+ plants per week:

Easy meals with several plants

Stir fry



- Bell peppers
- Carrots
- Onions
- Broccoli
- Cabbage
- Zucchini
- Cashews and/or sesame seeds
- Brown rice or buckwheat noodles

Eating 30+ plants per week:

Easy meals with several plants



- Onion
- Garlic
- Celery
- Tomatoes
- Sweet potato
- Chickpeas
- Peanuts
- Herbs: rosemary, sage, thyme

Eating 30+ plants per week:

Easy meals with several plants



Eating 30+ plants per week: Easy meals with several plants

Popcorn



Eating 30+ plants per week:

Easy meals with several plants

Trail mix with nuts and fruit



Eating 30+ plants per week:

Easy meals with several plants

Shredded wheat cereal with berries and soy milk



Eating 30+ plants per week:

Easy meals with several plants

100% whole wheat toast with avocado and tomatoes



Eating 30+ plants per week:

Easy meals with several plants

Greek yogurt with
berries, chia seed,
rolled oats



Eating 30+ plants per week:

Easy meals with several plants

Baked potato with
back beans, salsa,
and shredded
cheese



Eating 30+ plants per week:

Easy meals with several plants



Hummus with 2-3 different fresh vegetables

Eating 30+ plants per week:

Easy meals with several plants

Celery (or apple slices) with peanut butter and raisins



Eating 30+ plants per week:

Easy meals with several plants

Roasted chickpeas or soy beans



Eating 30+ plants per week:

Easy meals with several plants

Fresh fruit, dried fruit (no sugar added), applesauce (no sugar added)



Go for food first as your source for nutrients.

- * Your body efficiently uses nutrients from food



Vitamin D and MPN

- Vitamin D deficiency is common
 - ~30-50% of those living with MF, PV, ET
- Vitamin D deficiency does not appear to impact survival
- We do not know:
 - What role vitamin D plays in prognosis or clinic outcomes
- We do know:
 - Vitamin D helps to support the immune system and decreasing inflammation
- Talk with your doctor if you have questions about checking your vitamin D level



[illegible]

Side effects: Fatigue

- Be as active as you are able
- Eat often throughout the day, or ~ every 3-4 hours
- Include a protein source with each meal and most snacks
- Stay well hydrated
 - Try to sip fluids through the day
 - Consume at least 8 cups of fluid daily
- High-calorie, high-protein nutrition drinks can be easy to consume
- Use easy to prepare foods

Side effects: Blood cell counts

- Platelets, red blood cells (RBC), white blood cells (WBC)
- Is there a diet or food to decrease or increase blood cell counts when living with a MPN?
- Examples:
 - PV: Altering iron intake, even if iron is deficient (or elevated), is not typically recommended
 - ET: Changing diet or nutrient intake does not impact elevated platelet levels
 - MF, PV, ET: Being diagnosed with anemia does not generally require increased iron intake
- What can you do with nutrition to help?
 - Consume anti-inflammatory foods
 - Aim for adequate nutrient intake
 - Calories, protein, fat, vitamins, minerals

Side effects: Neutropenia and food safety

- Wash your hands well before preparing or eating 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
 - Use cooked meat, instead of deli meat
- Wash fresh produce well with running water
- Keep hot foods hot and cold foods cold
 - Store food promptly after serving
- Look for expiration dates on products
- Date leftovers and use within 1-4 days



Side effects: Feeling full quickly (PV,MF)

- Can be caused from enlarged spleen or liver in those living with MF
 - Small frequent meals ~ 5-6 + per day
 - Eat according to a schedule, not based on hunger
 - Plan to eat more when hungriest
 - Have a nutritious beverage if food is unappealing
 - Add additional calories and protein to food
 - Keep snacks and easy-to-prepare foods available

Side effects: Digestive challenges

- For all digestive challenges:
 - Eat small amounts often or ~ every 2-4 hours
 - Sip fluid between meals through the day
 - Limit foods that are spicy, high fat, or are bothersome to you
- Nausea:
 - Choose bland easy to digest foods:
 - Fruit, toast/crackers, lean protein (poultry, eggs, tofu, yogurt), cereals, pasta, rice
 - Liquid nutrition may be helpful:
 - Soups, smoothies, popsicles
- Diarrhea:
 - Add foods with soluble fiber:
 - Oatmeal, barley
 - Cooked carrots, green beans, peeled potatoes
 - Banana, applesauce
 - Limit foods with insoluble fiber:
 - Whole wheat products
 - Legumes, nuts, seeds
 - Raw produce, such as broccoli and cauliflower, berries



Side effects: Digestive challenges

- Constipation:
 - Gradually increase intake of all fiber foods
 - Work up to 30+ gm fiber daily
 - Include foods with insoluble fiber:
 - Whole wheat fiber
 - Legumes, nuts, seeds
 - Raw produce, such as broccoli, cauliflower, berries
 - Participate in physical activity as able
- Bloating:
 - Limit:
 - Gas-producing foods: broccoli, cauliflower, cabbage, Brussel sprouts, beans, lentils
 - Dairy products as needed
 - Carbonated beverages
 - Chewing gum
 - Use of a straw
 - Participate in physical activity as able

Side effects:

Risk of kidney stones/gout (PV)

- Uric acid may be elevated
 - Increased risk for:
 - Kidney stones
 - Gout
- Prevention:
 - #1 Stay well hydrated
 - Limit foods higher in purines
- Limit foods high in purines:
 - Larger amounts of:
 - Processed meats
 - Red meats: beef, lamb, and pork
 - Other animal-based proteins:
 - Fish, seafood, poultry, eggs
 - Added sugars and sugar-sweetened beverages
 - Alcohol, especially beer
- Include more of these foods:
 - Plant proteins: legumes, nuts, seeds, soy products
 - Fruits and vegetables: 5+ servings each day



Side effects:

Cardiovascular risk factors (PV, ET)

- Limit these foods:
 - Saturated and trans fats
 - Added sugars
 - Alcohol
 - Refined grains
 - Sodium: found in convenience foods, salty snacks, and processed meats
- Include these foods:
 - Variety of fruits and vegetables
 - Whole grains: 100% whole grain products, brown rice, quinoa, oats, corn
- Protein recommendations:
 - More plant-protein: beans, peas, lentils, nuts
 - Regular fish and seafood intake
 - Select low-fat or fat-free dairy products
 - When including meat:
 - Minimize portions
 - Choose skinless and lean cuts
 - Limit processed meats



Nutrition Restrictions



Always consult your treatment team
about medication instructions!

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

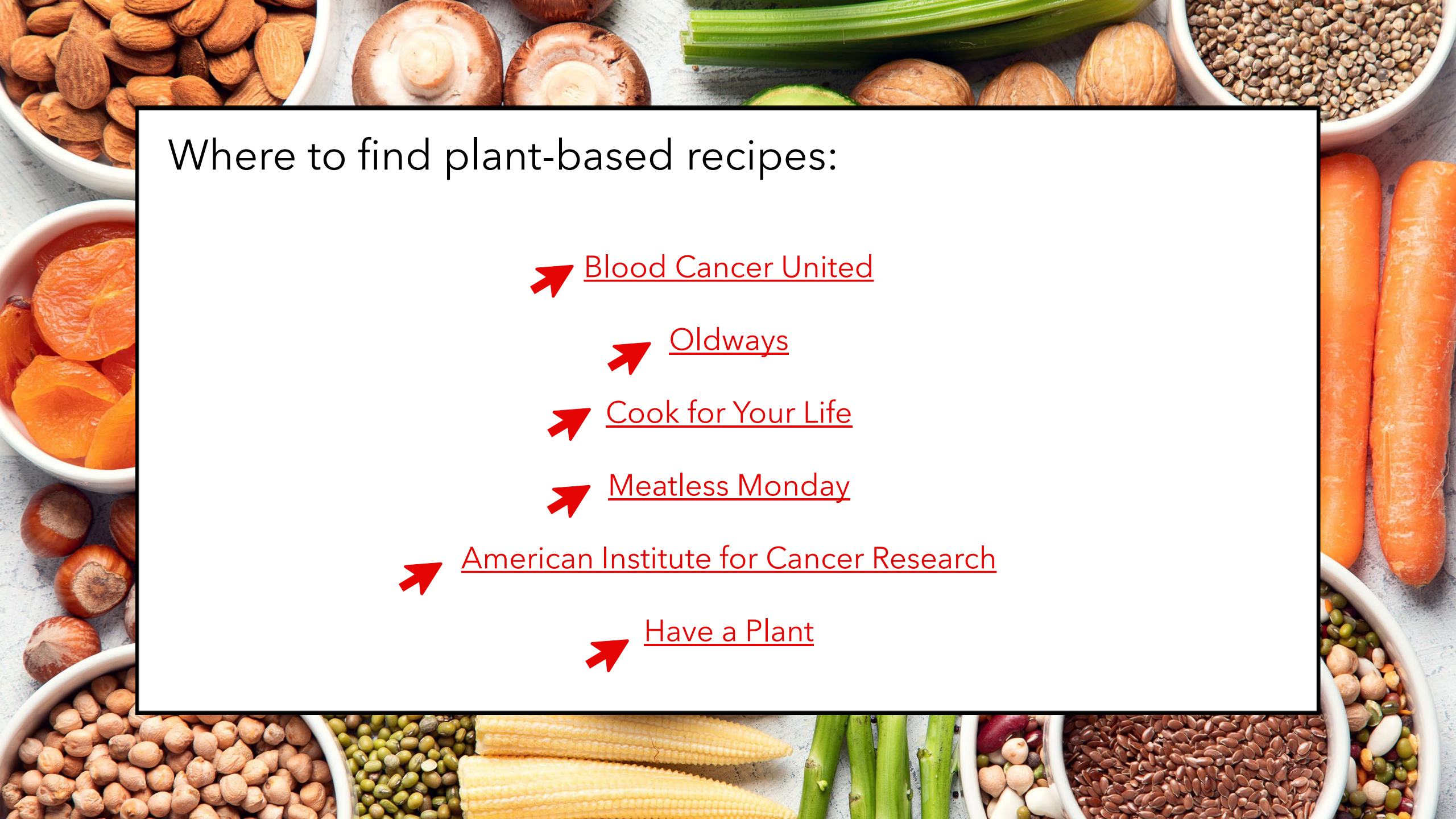
- Ruxolitinib (Jakafi®)
- Fedratinib (Inrebic®)
- Pacritinib (Vonjo®)
- Mometotinib (Ojjaara®)

**Taking this medication with a high-fat meal may
decrease nausea and vomiting:**

- Fedratinib (Inrebic®)

These medications may alter the effects of caffeine:

- Pacritinib (Vonjo®) ↑
- Anagrelide (Agrylin®) ↑
- Mometotinib (Ojjaara) ↓



Where to find plant-based recipes:

➔ [Blood Cancer United](#)

➔ [Oldways](#)

➔ [Cook for Your Life](#)

➔ [Meatless Monday](#)

➔ [American Institute for Cancer Research](#)

➔ [Have a Plant](#)

Lifestyle guidance

American Institute for Cancer Research (AICR)
• www.aicr.org

Cancer nutrition information

Nutrition Education Services Center
• www.bloodcancerunitednutrition.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

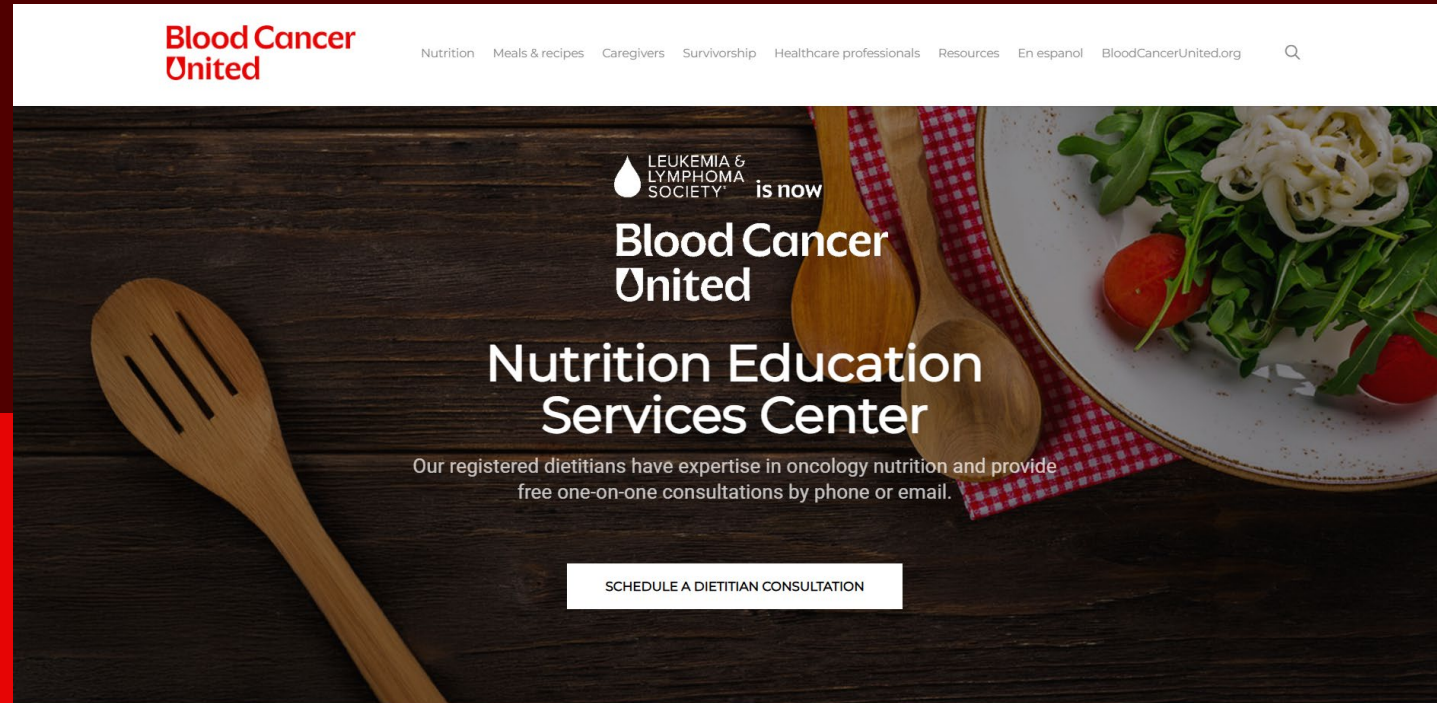


Q&A

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NESC website



**Blood Cancer
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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

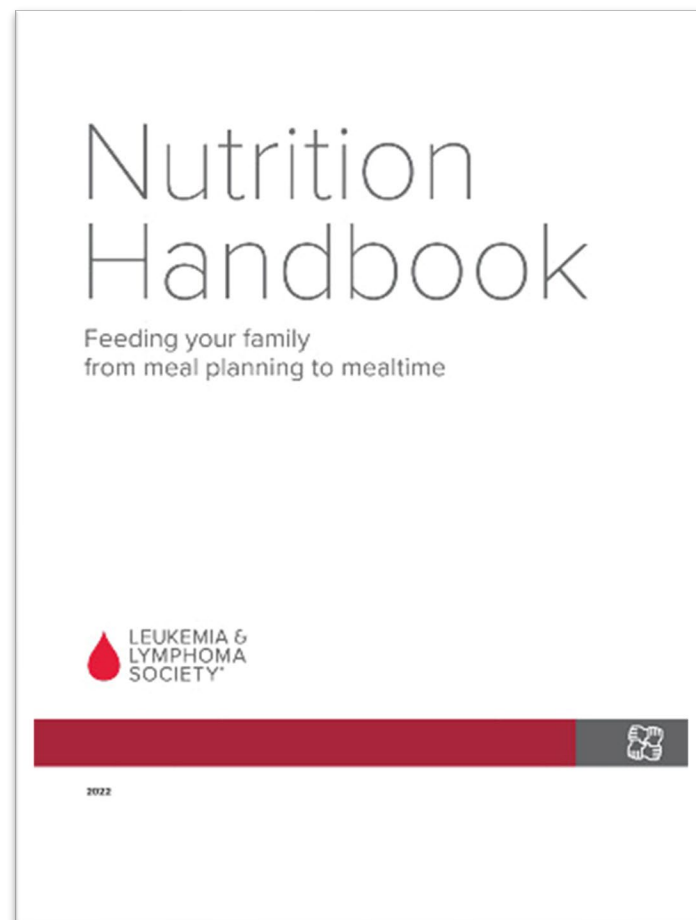


I am a healthcare
professional referring a
patient

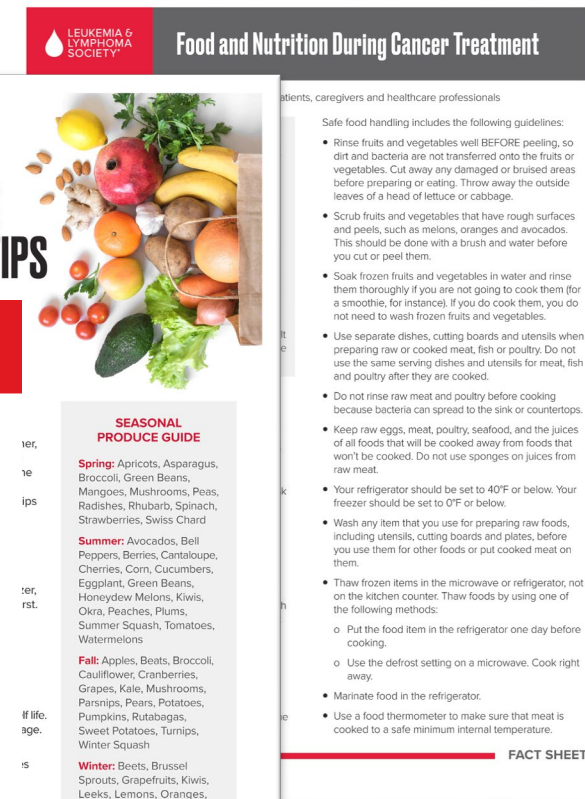
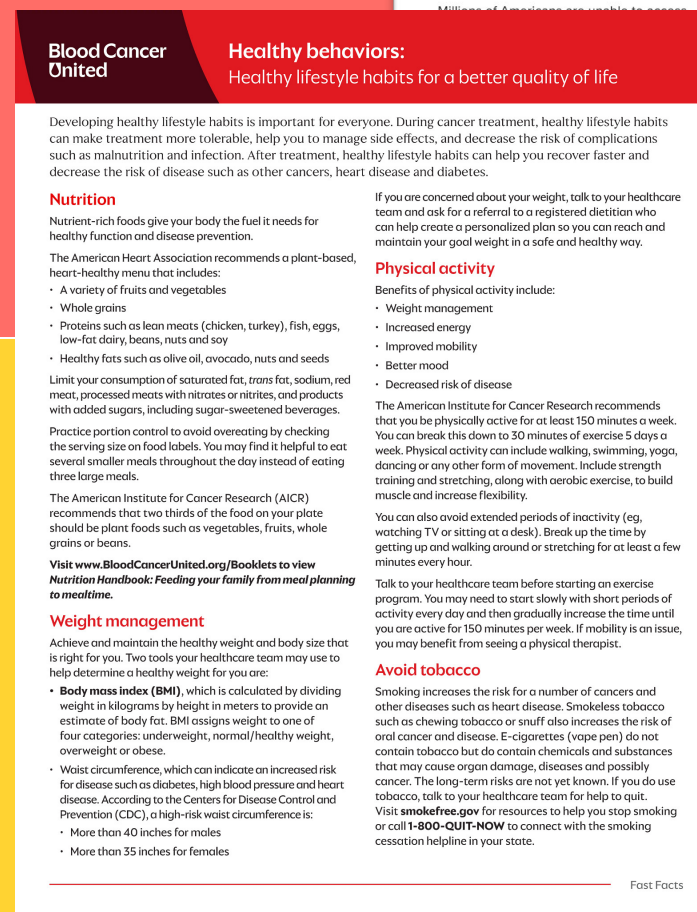
Nutrition consultations

➔ BloodCancerUnited.org/consult

Resources and publications



BloodCancerUnited.org/Booklets



**Blood Cancer
United**

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

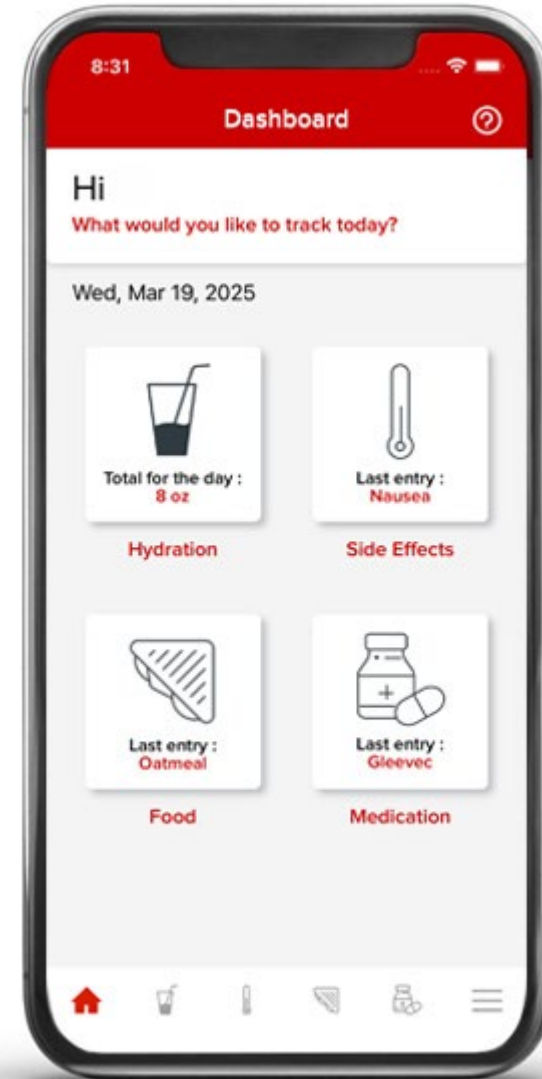
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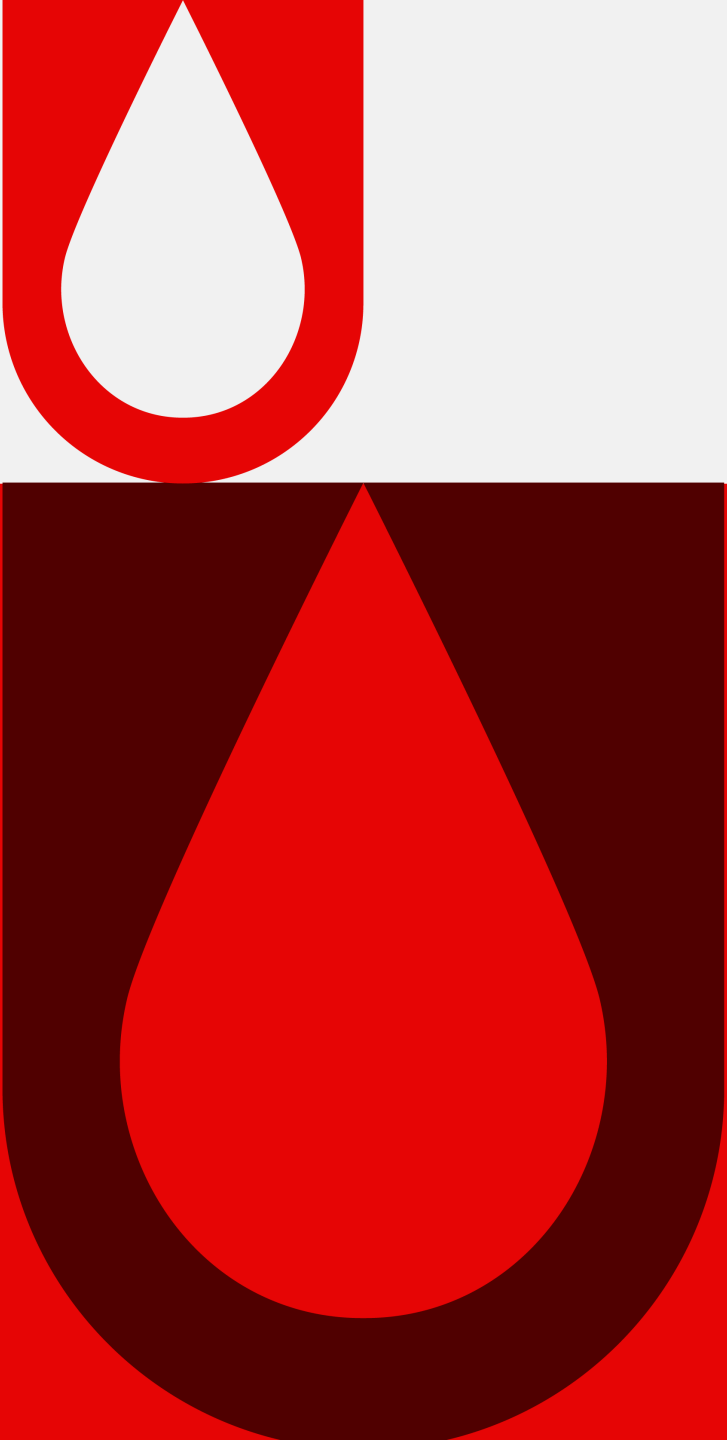
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Health Manager™ mobile app

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! Or scan the QR code.



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