

# Oncology Nutrition



## Nutrition and Cancer 101



# Test your knowledge: Match stage and goals

Phase of Cancer
Pre-Treatment
During Cancer Treatment
Post-Treatment/ Survivorship

Nutrition Goals
No dietary restrictions, aiming to meet nutrient needs and manage side effects
Plant-focused nutrition with wide variety of fruits and vegetables, match nutrition to physical activity levels
Balanced nutrition, establish support network, prepare and stock up

# Why are we so worried about weight?

**A drop in weight can mean loss of fat and protein storage**



# How does nutrition help cancer patients?

- Keep up strength and energy
- Maintain nutrient stores
- Better tolerate treatment-related side effects
- Lower risk of infection
- Heal and recover faster

# What nutrients are important during cancer treatment?

## Calories

Maintain nutrient stores

## Carbohydrates

Keep up energy levels, support gut health

## Protein

Maintain strength and immune system

## Fats

Help meet calorie needs

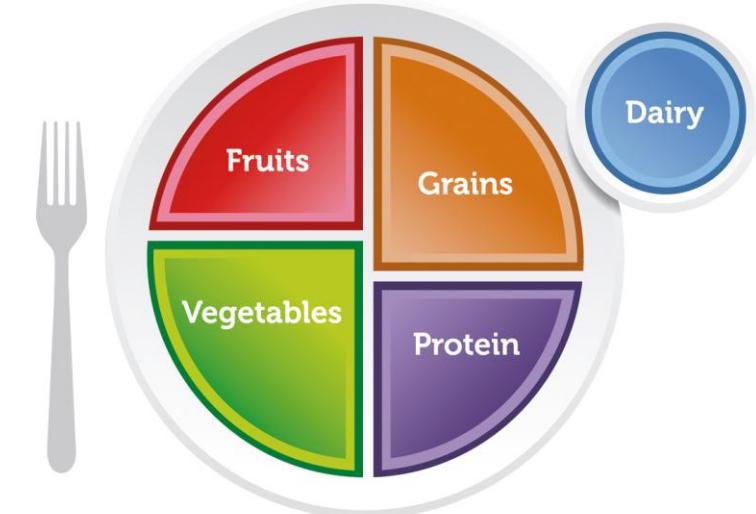
## Water

Avoid dehydration

# Nutrition During Cancer: Pre-Treatment

## Goals

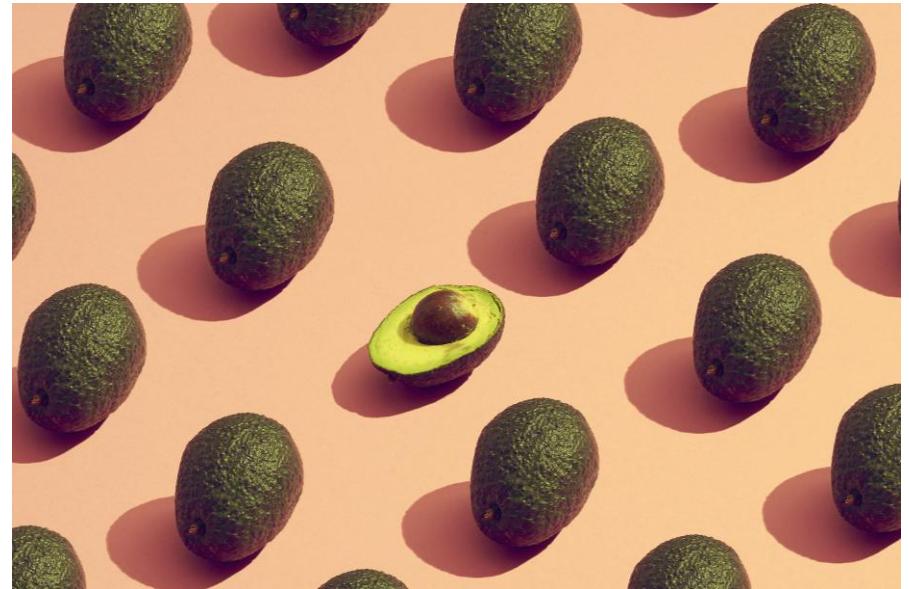
- When feeling well, eat well
- Work out treatment timeline
- Identify support group
- Plan and stock up!



# Nutrition During Cancer: Treatment

## Goals

- Meet nutrient needs
  - Calorie/protein density!
- Tolerate nutrition, minimize side effects
- No restrictions!



# Nutrition During Cancer: Survivorship

## Goals

- Exercise, weight maintenance
- Mediterranean Diet
  - Wide variety of fruits and vegetables
  - Whole foods
  - Plant protein, fiber



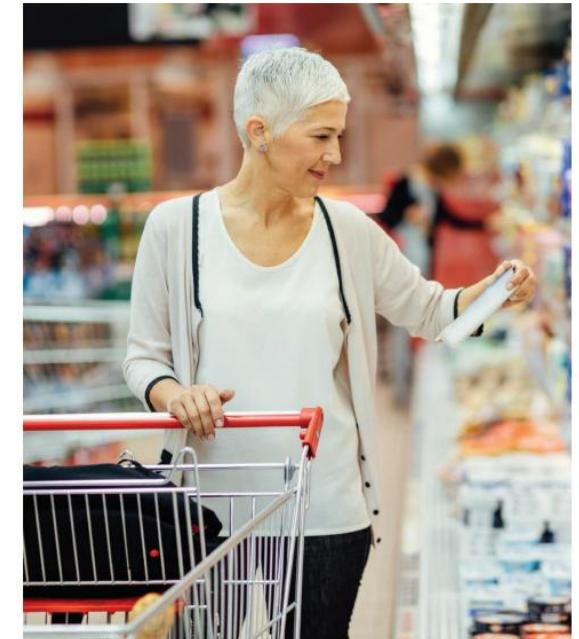
# Resources

- American Cancer Society
- Eatright.org

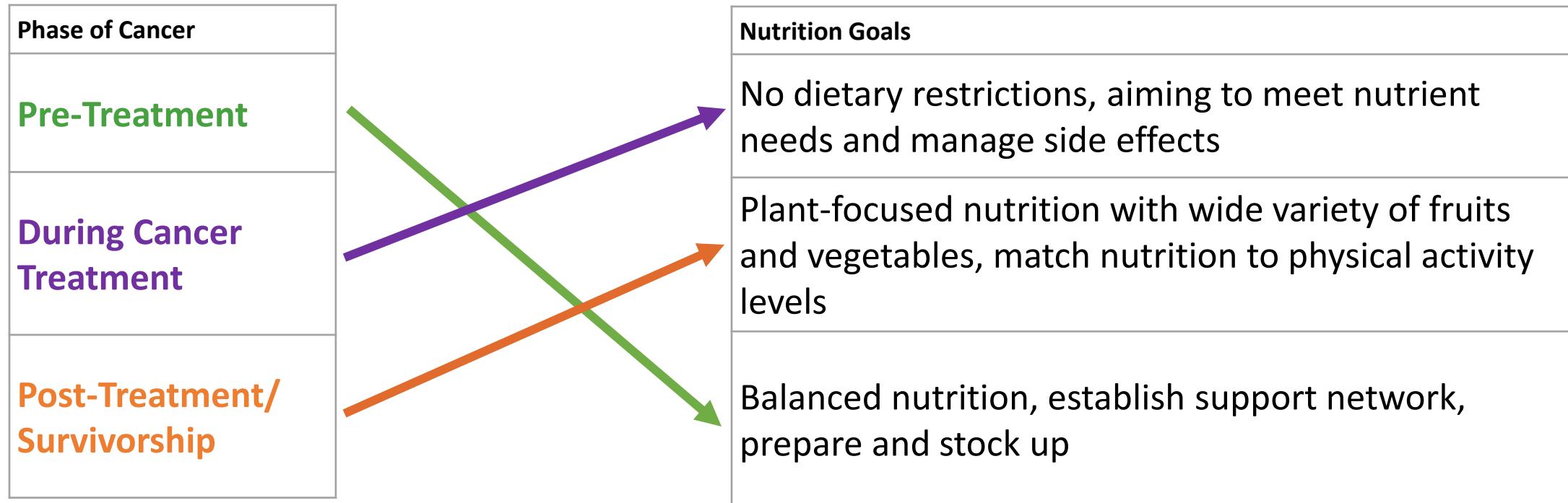


## Nutrition for the Person With Cancer During Treatment

A Guide for Patients and Families



# Test your knowledge: Match stage and goals



# Thank You!



MemorialCare