

Oncology Nutrition



Managing Weight Gain During Treatment



Why gaining weight?

Medication
Appetite
Hormones



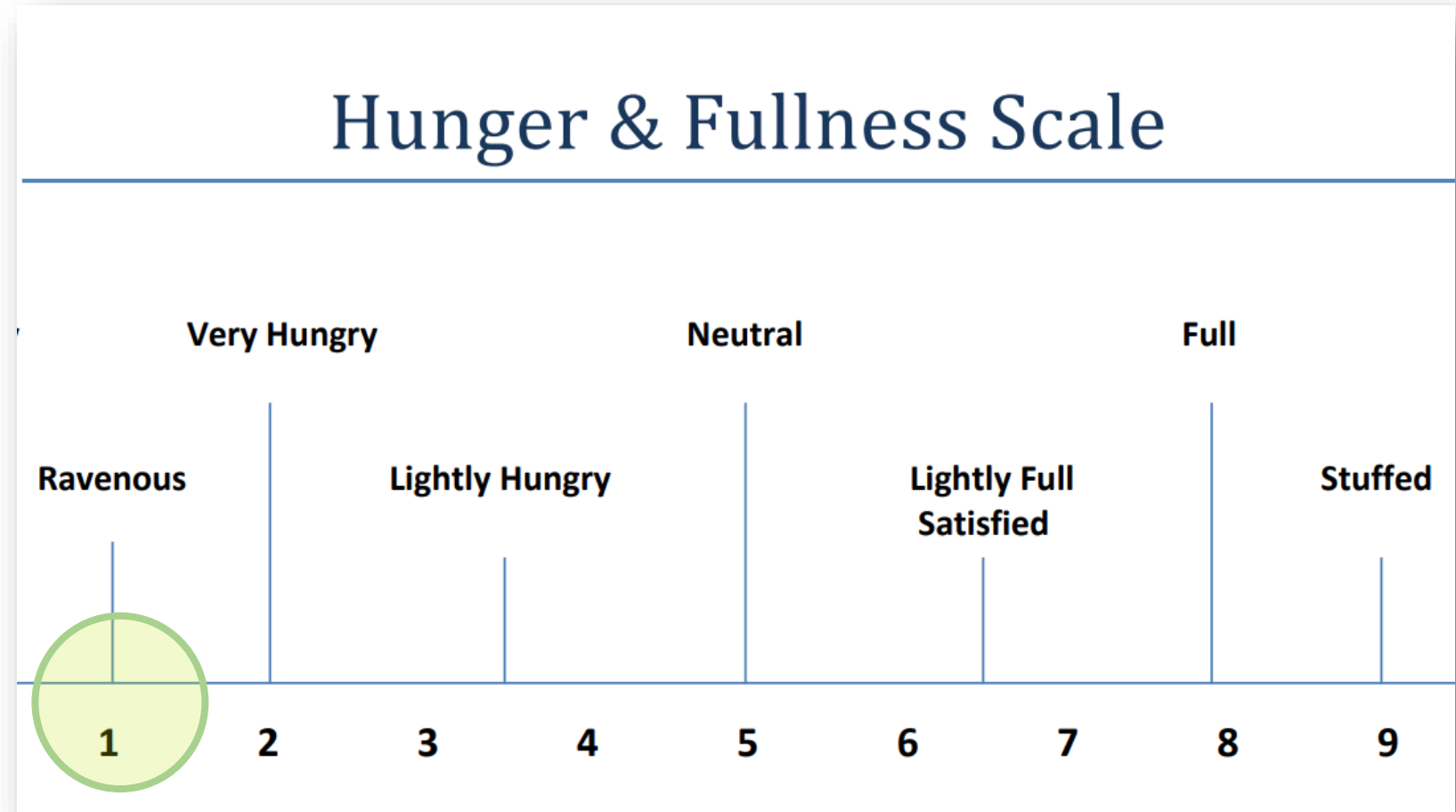
Recognize eating habits

- **Emotional eating**

- Hunger scale
- Kind curiosity

- **Mindless eating**

- Sip, savor, smell
- Avoid distractions



Recognize eating habits

Leaning into highly processed foods/ comfort foods

- Keep non-cook, nutrient dense foods
- Balance out with protein and fiber
- Eat out smart

Extreme Diets

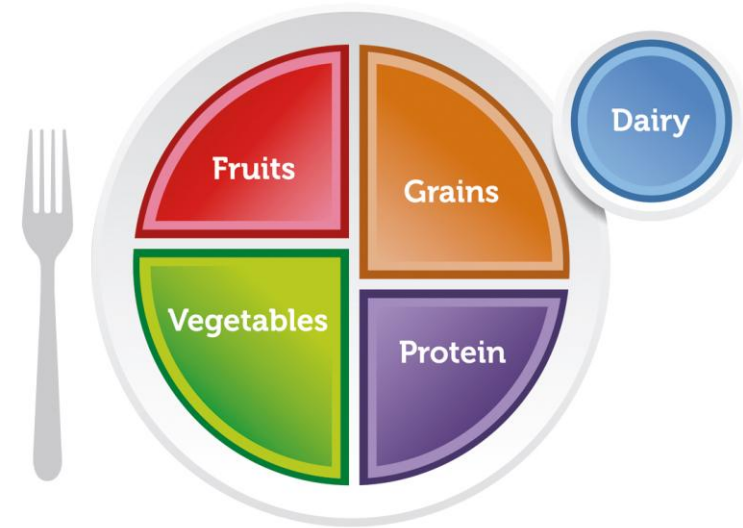
Restrictive diets are unrealistic and difficult to maintain

Yo-yo dieting

Follow eating pattern that makes your body feel it's best!

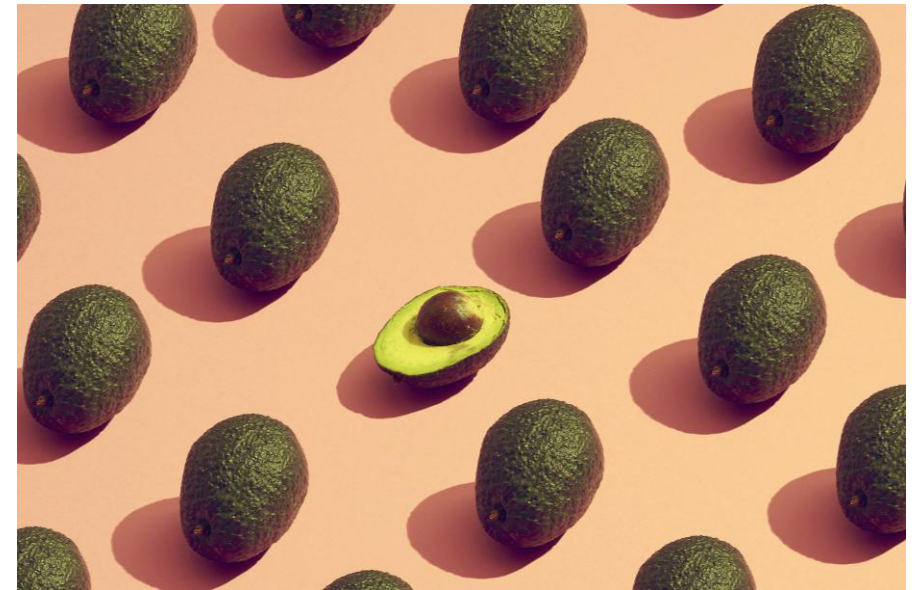
Goals

- 3 balanced meals
- Mediterranean
- Limit/avoid alcohol
- Plant forward



Intermittent Fasting

- Research not conclusive
 - Calorie vs time restriction
- Improving diet quality shows similar results!
- 10-12 hour eating window safe to practice



What CAN you add?

Goals

- Add more color
- Bring in protein
- Keep nutrient dense foods on hand and easy to grab



Buddy Up!



Community is one of the biggest indicators of maintaining lifestyle changes long-term

- Friends
- Family
- Social media

Think positive!

One meal, one day, one week doesn't define you.

Manage stress



Thank You!

