

Oncology Nutrition

A wide-angle photograph of a modern hospital building, likely Saddleback Medical Center, as indicated by the sign in the foreground. The building is white with multiple stories and glass windows. In front of the building is a large lawn with several tall palm trees. A white sign in the foreground reads "MemorialCare Saddleback Medical Center".

Managing Weight Gain
During Treatment

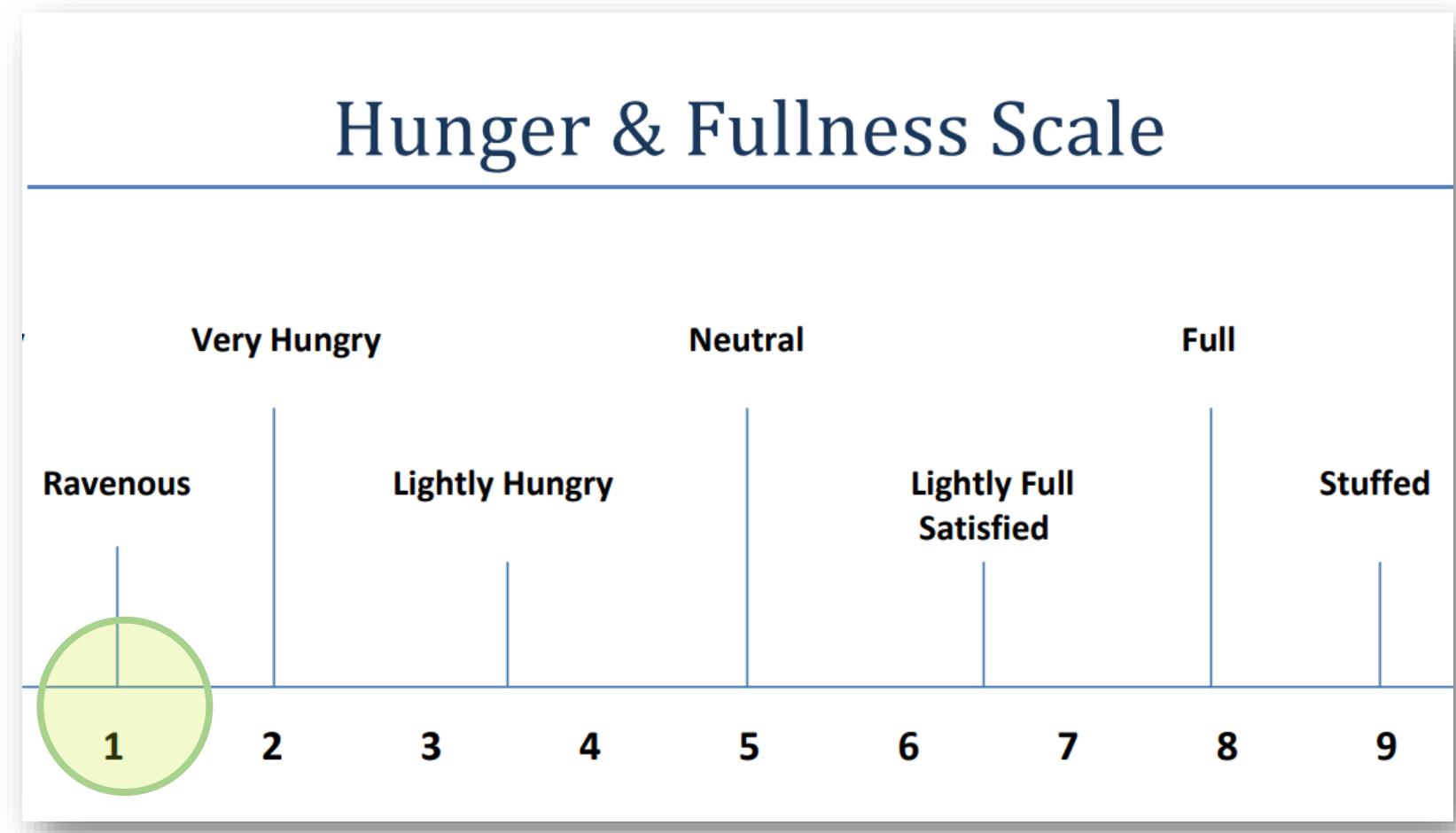
Why gaining weight?

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

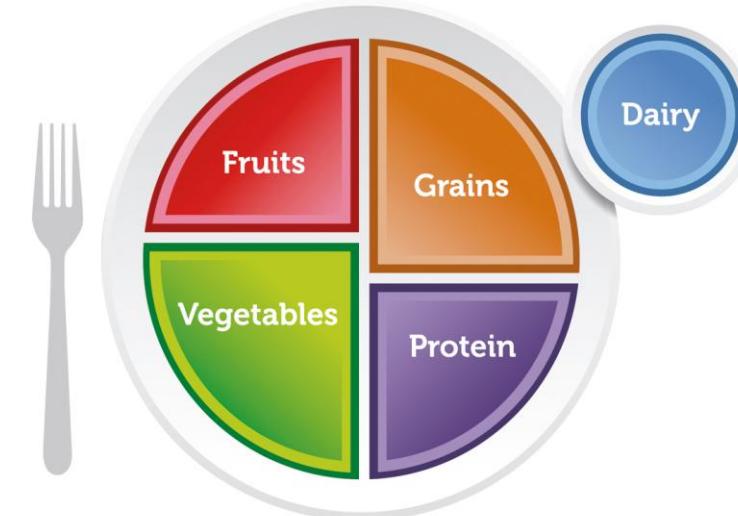
Restrictive diets are unrealistic and difficult to maintain

Yo-yo dieting

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

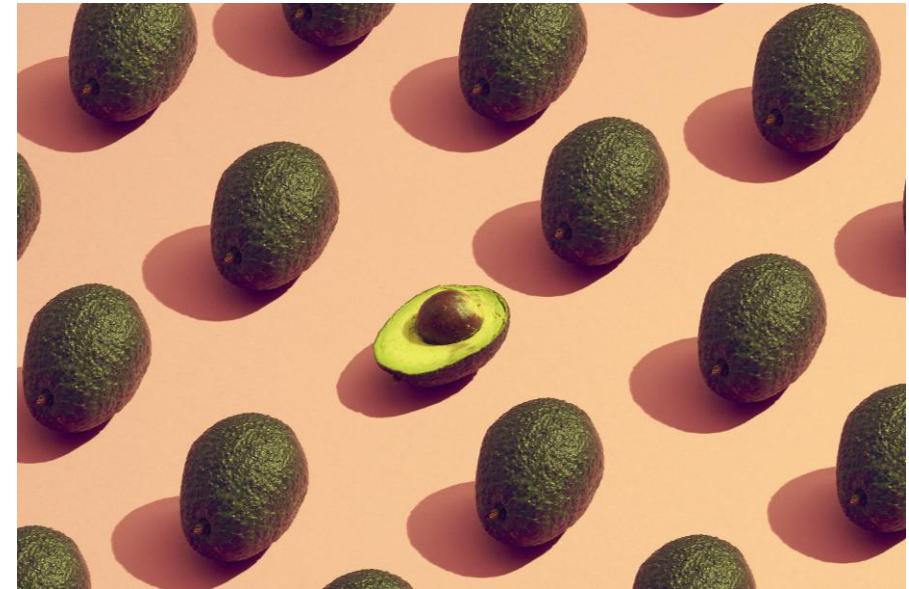
Goals

- 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

Mindset

Think positive!

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

Manage stress



Thank You!



MemorialCare