

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

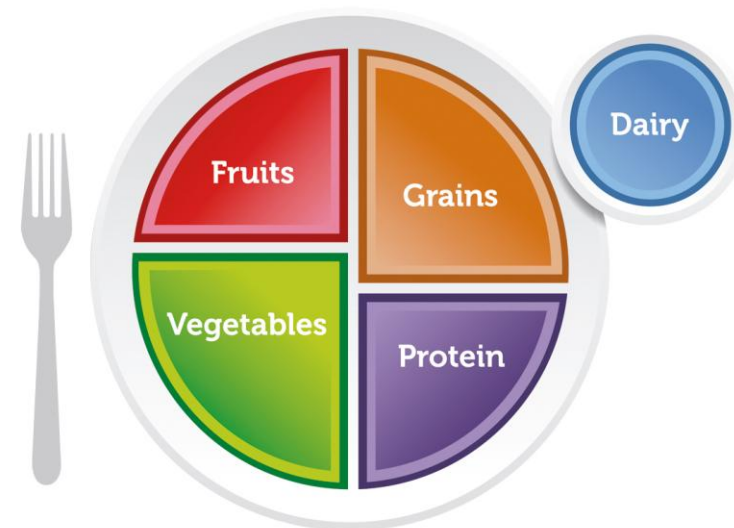
Water

Avoid dehydration

Nutrition During Cancer: Pre-Treatment

Goals

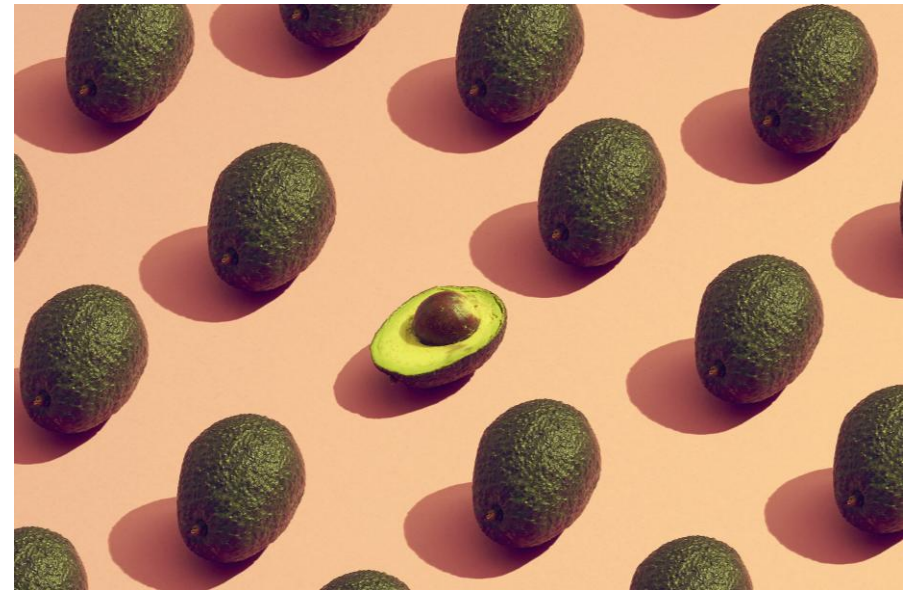
- When feeling well, eat well
- Work out treatment timeline
- Identify support group
- Plan and stock up!



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



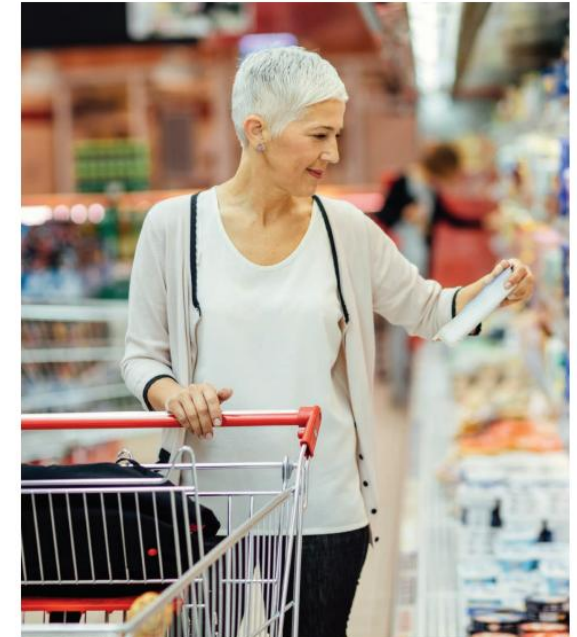
Resources

- American Cancer Society
- Eatright.org

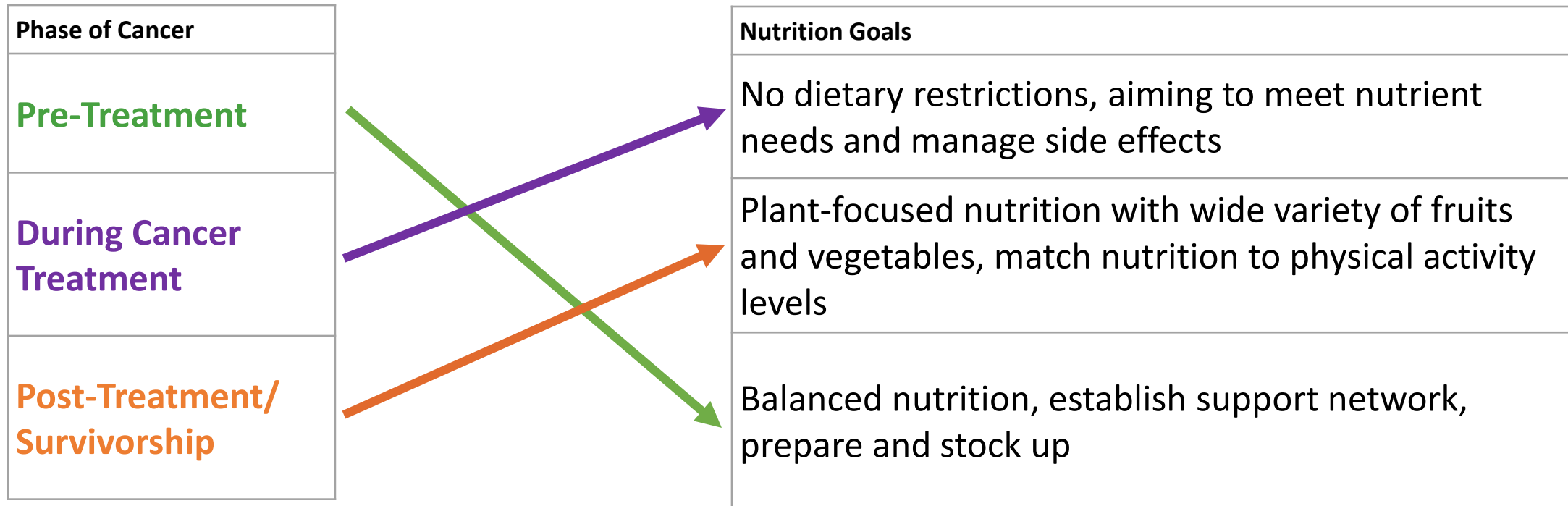


Nutrition for the Person With Cancer During Treatment

A Guide for Patients and Families



Test your knowledge: Match stage and goals



Thank You!

