Welcome to Survivorship Week 2023

Active Living after Cancer: Cooking Up Cancer-Fighting Foods
Ask a Dietitian

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How to consult with a Dietitian and What is a Nutrition assessment?

- Ask your medical team to place a nutrition consult
- Send a message via MyChart
- Call the Department of Clinical Nutrition 713-563-5167
- You can be scheduled for a phone, video or in person consult
- Consults are available at the main campus, each Houston Area Location, League City, Katy, Sugar Land, and The Woodlands

- Nutrition Assessments include:
  - Estimated nutrition needs (protein, calories and fluid)
  - Evaluation of diet, medical, lab history
  - Education on nutrition related topics
  - Diet education and symptom management discussion
Anti-Inflammatory diet Plant based whole foods

- A plant-based diet is best
- Make sure 2/3 of your plate comes from plants
- All plants are nutritious so load up
- Examples include:
  - fruits and vegetables
  - whole grains
  - beans and legumes
  - nuts and seeds
  - herbs and spices
- Whole foods are the best choice
- Lean protein choices like fish, chicken, protein and legumes
- Healthy fats such as avocado, olive, canola, and peanut oil
- Foods that are high in sugar and fat, and are processed, should be limited
Fatigue

• **Causes**
  • Pain
  • Anemia
  • Loss of muscle mass
  • Hypothyroidism
  • Other comorbidities such as DM or heart disease
  • Depression
  • Lack of sleep
  • Poor diet
  • Not drinking enough fluids
  • Lack of exercise or activities
  • Medications

• **Tips**
  ▪ Make your most important task a priority (don't overwhelm yourself)
  ▪ Pick 3 tasks you need to complete and do them when you have the most energy
  ▪ Ask for help from others around you and delegate activities to them
  ▪ Make things that you need convenient to you by placing them near you
  ▪ If you do have any chronic diseases like diabetes or heart disease, make sure you are treating them
  ▪ Drink plenty of fluids
  ▪ Eat a plant-based diet low in processed foods
  ▪ Exercise (remember before you start any exercise program, discuss it with your care team)
  ▪ Take care of your mental health (meditate and reduce stress)
  ▪ Take breaks when needed but alter with activity (rest periods for 30 minutes or less)
Survivorship Overview

• Eat a plant-based, whole foods diet
  • Aim for a plate with 2/3 plant based foods, 1/3 animal foods
• Stay hydrated
• Be physically active
  • 150 minutes of moderate aerobic exercise weekly
  • 75 minutes of vigorous aerobic exercise weekly
  • Or a combination of the two each week
• Maintain a healthy weight
• Limit alcohol, no alcohol is best for cancer prevention
  • Men: no more than 2 servings per day
  • Women: no more than 1 serving per day
  • Alcohol increases the risk for up to 10 types of cancers
• Stress Management
• Sleep well
• Support groups
QUESTIONS
- 32 Oz Mason Jar
- ½ cup avocado dressing
- 1 cup black beans – *drained and rinsed*
- 1 cup cooked chicken breast – *chopped*
- ½ cup grape tomatoes – *sliced in half*
- ⅓ cup canned corn – *drained*
- handful of mixed greens
- ½ cup tortilla chips – *crushed*
Visit the Survivorship Week calendar

mdanderson.org/survivorshipweek
Thank You