

Welcome to Survivorship Week 2023

Active Living after Cancer :
Cooking Up Cancer Fighting Foods



Ask a Dietitian

Natalie Carmouche MS, RD, CSO, LD
Katie Roberts, MPH, RD, CSO, LD
Beverly Rodgers RD, LD, CNSC, CSO
Alyssa Tatum, RD, LD, CNSC



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

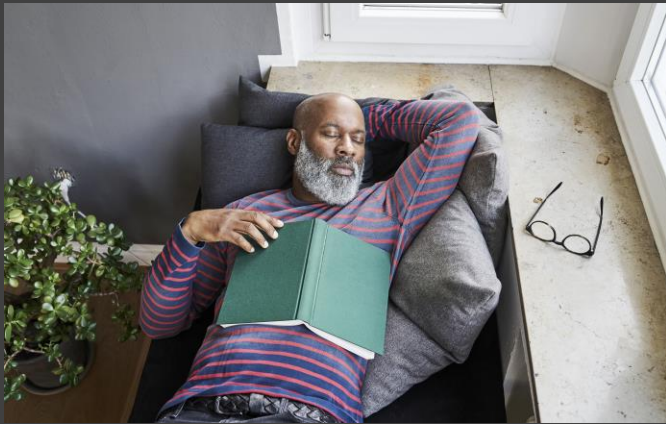


Anti-Inflammatory diet Plant based whole foods

- 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

[r](#)



Thank You

