



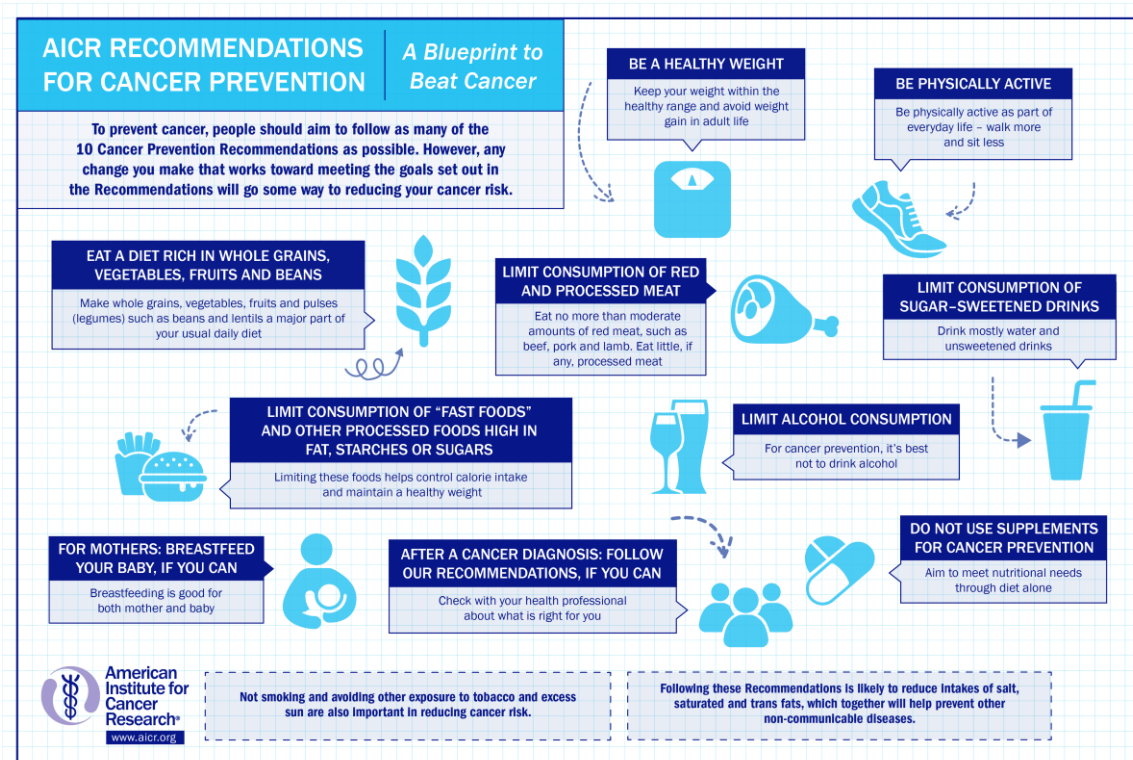
Nutrition for Survivorship: Translating Guidelines into Daily Practice

Ray Palko, MS, RD, CSO, CD
Clinical Dietitian III
Medical Nutrition Therapy Services
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Cancer research organization recommend plant-based diets

American Institute for Cancer Research

- Whole grains
- Vegetables
- Fruit
- Beans



Cancer research organization recommend plant-based diets

American Cancer Society

Tips for healthy eating after cancer treatment

- Check with your cancer care team to see if you have any food or diet restrictions.
- Ask your dietitian to help you create a nutritious, balanced eating plan.
- Try to eat a variety of vegetables—dark green, red, and orange, fiber-rich legumes (beans and peas), and others.
- Include fruits, especially whole fruits with a variety of colors in your diet.
- Eat plenty of high-fiber foods, like whole-grain breads and cereals.
- Try to buy a different fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries.
- Avoid or limit your intake of red (beef, pork, or lamb) and processed meats.
- Avoid or limit sugar-sweetened beverages and refined grain products.
- Choose low-fat milk and dairy products.
- It is best not to drink alcohol. If you drink, limit the amount to no more than 1 drink per day for women, and 2 for men. Alcohol is a known cancer-causing agent.

- Variety of vegetables
- Fruits
- High fiber foods
- Different foods



Cancer research organization recommend plant-based diets

National Comprehensive Cancer Network & American Society for Clinical Oncology

The National Comprehensive Cancer Network (NCCN) and the American Society for Clinical Oncology (ASCO) recently published guidelines for cancer survivors and their clinicians outlining diet, nutrition, and physical activity recommendations.^{14, 17, 18} Highlights include:

- Recommendations to eat a healthy diet pattern, with adequate macronutrient and micronutrient content from both animal-based and plant-based food options but with a preference to plant-based diet patterns;
- Caution regarding the overuse and misuse of dietary supplements during and after treatment;
- Adherence to food safety procedures to avoid foodborne illnesses; and
- Being as physically active as possible.

- Healthy diet pattern
- Adequate macro and micronutrients
- Both animal and plant foods
- Preference for plant-based diet patterns

Plant-based diets

Definition

- No uniformly accepted definition of the term “plant-based diet”
- Research often refers to exclusively plant-based or vegan diets
- Popular media often refers to plant-based meat analogs (IE Impossible/Beyond products), non-food items like soaps and lotions, and even things that have always come from plants (IE “plant-based beer”)
- From AICR:
 - “In it’s broadest definition, a plant-based diet is a diet built around a plate filled with mostly vegetables, fruits, whole grains and beans.”
 - Goal: 2/3 or greater plant foods, 1/3 or less animal

Plant-based diets in practice

Plant foods include everything edible from the plant kingdom:

- Vegetables
- Fruits
- Whole grains
- Beans/lentils/legumes
- Nuts and seeds
- Herbs and spices
- Tea and coffee



AICR'S NEW AMERICAN PLATE



FLEXITARIAN DIET



LACTO-OVO VEGETARIAN DIET



VEGAN DIET



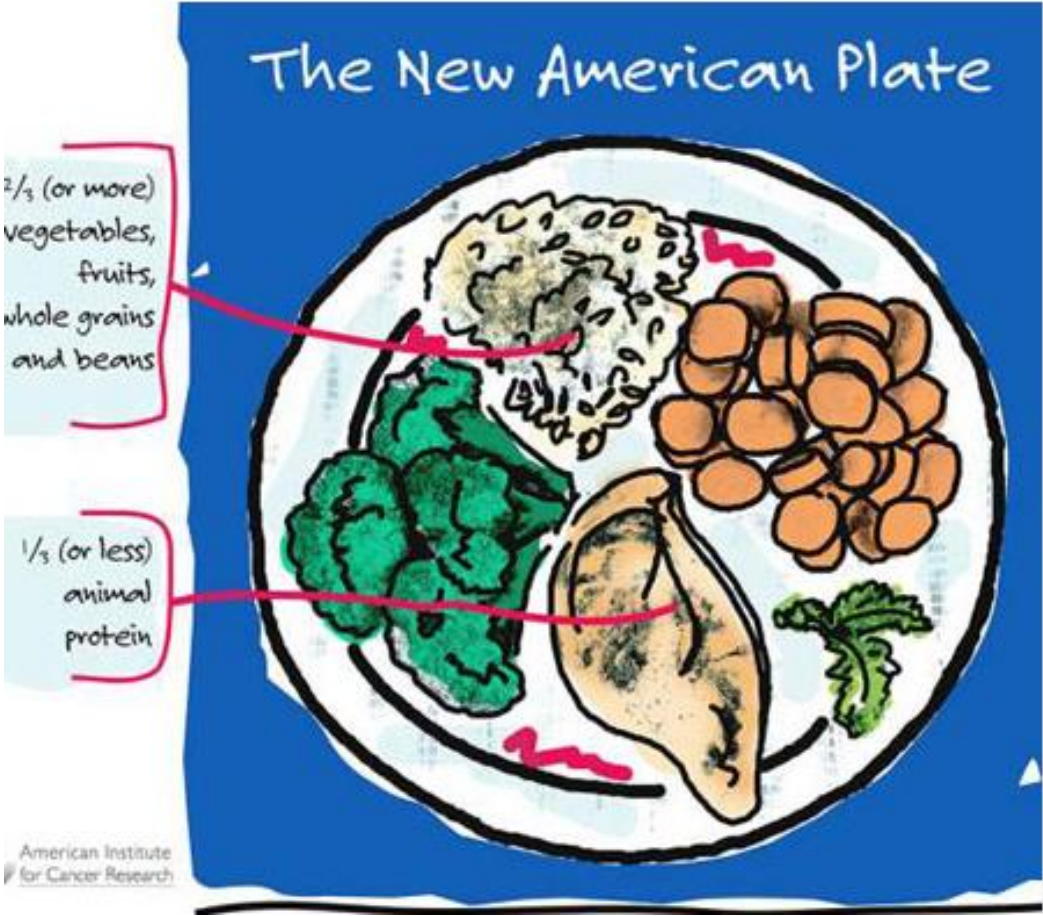
MEDITERRANEAN DIET



PESCOVEGETARIAN DIET (OR PESCATARIAN)

* The Mediterranean Diet is just one example of healthy, traditional, plant-based eating patterns that have been followed around the world for millennia prior to the modern food system

Arranging your plate



Not all plant foods are created equal

Corn or corn syrup?



Not all plant foods are created equal

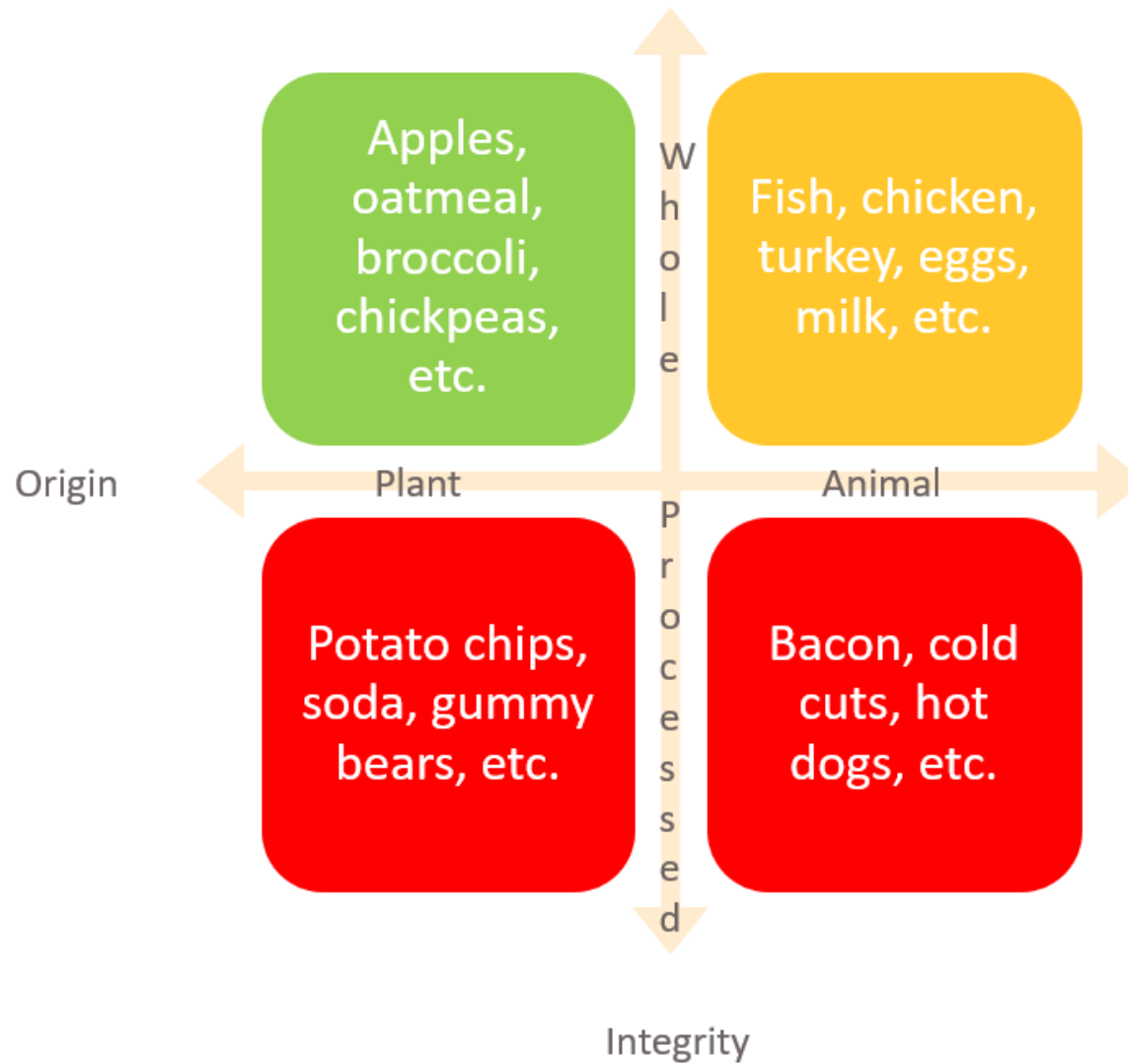
Whole or refined grains?



Not all plant foods are created equal

Fruit or juice?





AICR's Foods that Fight Cancer™

No single food can protect you against cancer by itself.

But research shows that a diet filled with a variety of vegetables, fruits, whole grains, beans and other plant foods helps lower risk for many cancers. In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. By including more foods that fight cancer into your diet, you will help reduce your risk of developing cancer.



APPLES



ASPARAGUS



BLUEBERRIES



BROCCOLI AND
CRUCIFEROUS
VEGETABLES



BRUSSELS SPROUTS



CARROTS



CAULIFLOWER



CHERRIES



COFFEE



CRANBERRIES



FLAXSEED



GARLIC



GRAPEFRUIT



GRAPES



KALE



ORANGES



**PULSES: DRY BEANS,
PEAS, AND LENTILS
(LEGUMES)**



RASPBERRIES



SOY



SPINACH



SQUASH (WINTER)



STRAWBERRIES



TEA



TOMATOES



WALNUTS



WHOLE GRAINS

Increasing Vegetable Intake

Greens



- Always keep a container of greens in your fridge. They go with just about everything
- Add to eggs & sandwiches
- Start each plate with greens
- Leftover salad
- Add to smoothies, soups and beans

• Kale fennel salad



Dressings



Increasing Vegetable Intake

Carrots

- Always keep a five-pound bag of carrots in your fridge:
 - They last a long time – great “backup” veggie
 - Very versatile with many raw and cooked uses
 - Inexpensive (<\$1/pound)
- Baked root vegetables fries with Mexican crema





Increasing Vegetable Intake

Winter squash

- Stuff with grains, beans and/or other veggies
- Leftovers are delicious with scrambled eggs
- Puree wonderfully for a soup base (especially red kuri squash)

- Swiss chard wild rice stuffed squash



Increasing Fruit Intake

Apples

- An apple a day...
- Paired with a handful of nuts makes a great snack
- Sliced apples in a salad add additional texture and flavor
- Baked apples are a delicious, no added sugar dessert
- Apple tart





Increasing Bean Intake

- The most economical protein source
- Enjoy as a main dish, like chili, stuffed bell peppers, tacos/burritos, vegetarian curries, etc.
- Use bean spreads like humus on veggie sandwiches or as a snack/side with cut vegetables
- Roasted chickpeas are a great crunchy snack alternative to chips and/or a great salad topping
- Kale Caesar salad with chickpea croutons



Kitchen Strategy

Stay one step ahead:

- When preparing a meal consider future uses for those ingredients
- If cutting 4 carrots to roast with dinner, cut up a fifth one for a snack tomorrow
- Roasting cauliflower for dinner? roast 25% more and save for “leftover salad”
- Mix any leftover cooked vegetables with eggs and serve with whole wheat toast for a plant-based breakfast
- Cook whole grains (barley, quinoa, brown rice, etc) in large batches to use in a variety ways

Time and Money Saving Strategy

Frozen produce

- Frozen fruits and vegetables are often more nutrient dense than fresh versions
- Less expensive than fresh versions
- Less spoilage/waste
- Be careful to avoid options with added sugars or fats



Protein in Plant-Based Diets

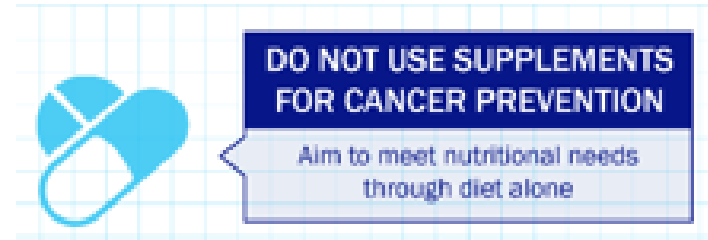
Beware of the “protein trap”

- A common misunderstanding about plant-based diets is that they are too low in protein
- A 150-pound adult with average levels of physical activity needs 55 grams of protein per day
 - 1/2 cup oatmeal (5), 2 tablespoons peanut butter (7), 1 cup lentils (18), ¼ cup sunflower seeds (7), 1 cup cooked spinach (5), 3 ounces tofu (13) = 55 grams protein
- Beans, lentils, legumes, nuts and seeds are all high protein foods
- Whole grains and some vegetables are medium protein foods
- Even when eating vegan diets most Americans meet or exceed protein needs

Micronutrients in Plant-Based Diets

Micronutrients of concern on exclusively plant-based/vegan diets

- Iodine
- Zinc
- Omega-3 fatty acids
- Vitamin B-12
- Iron
- Vitamin D

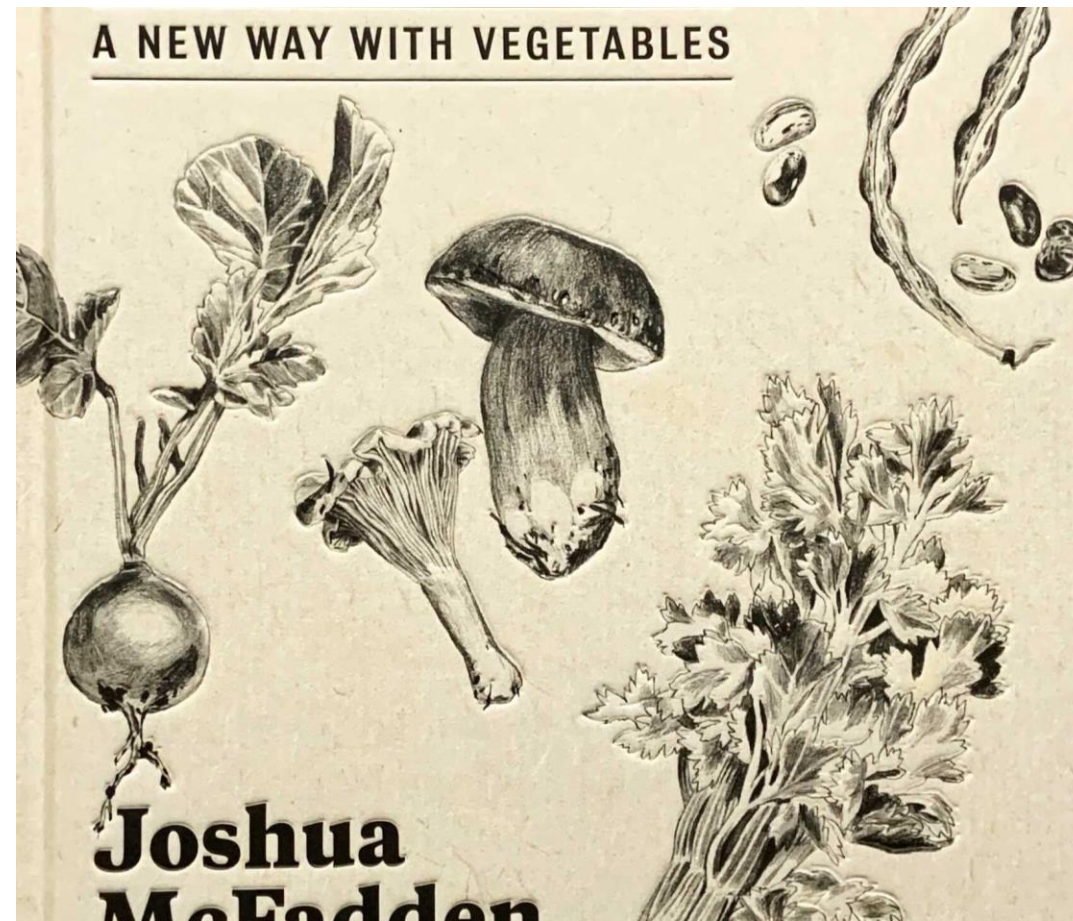
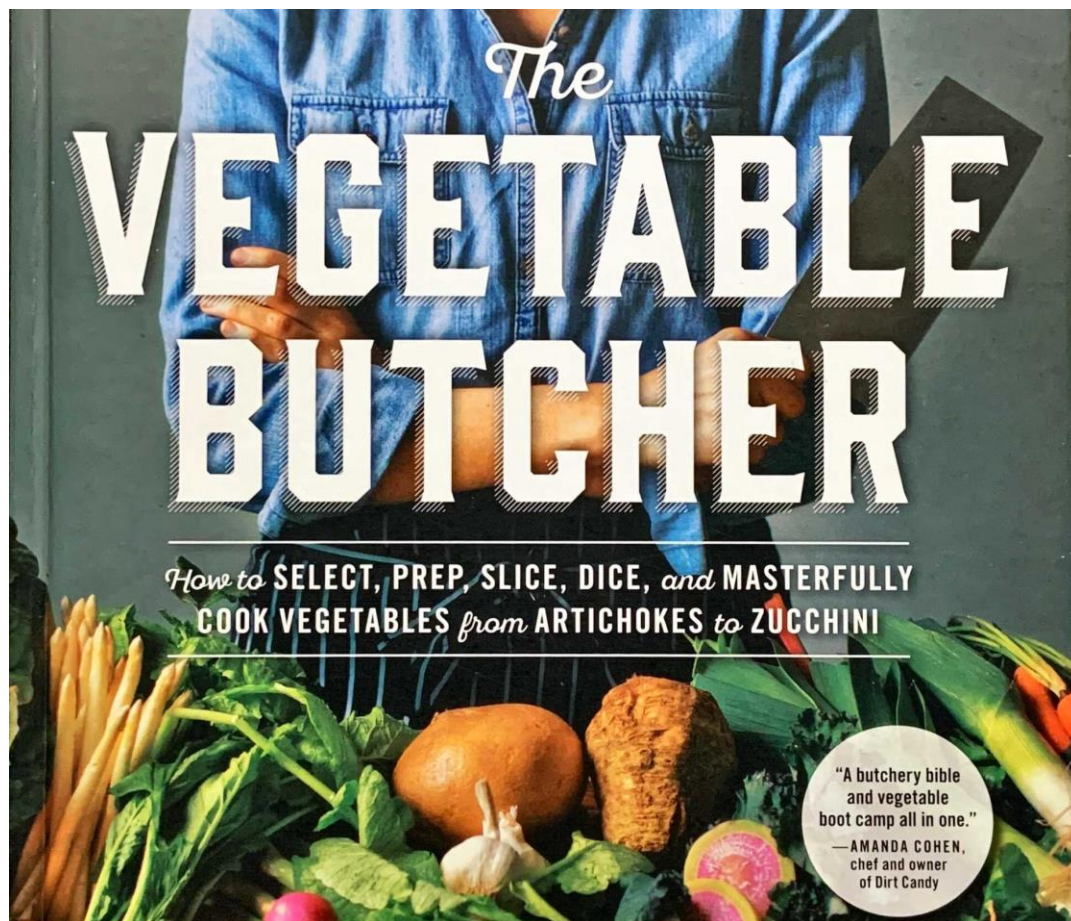


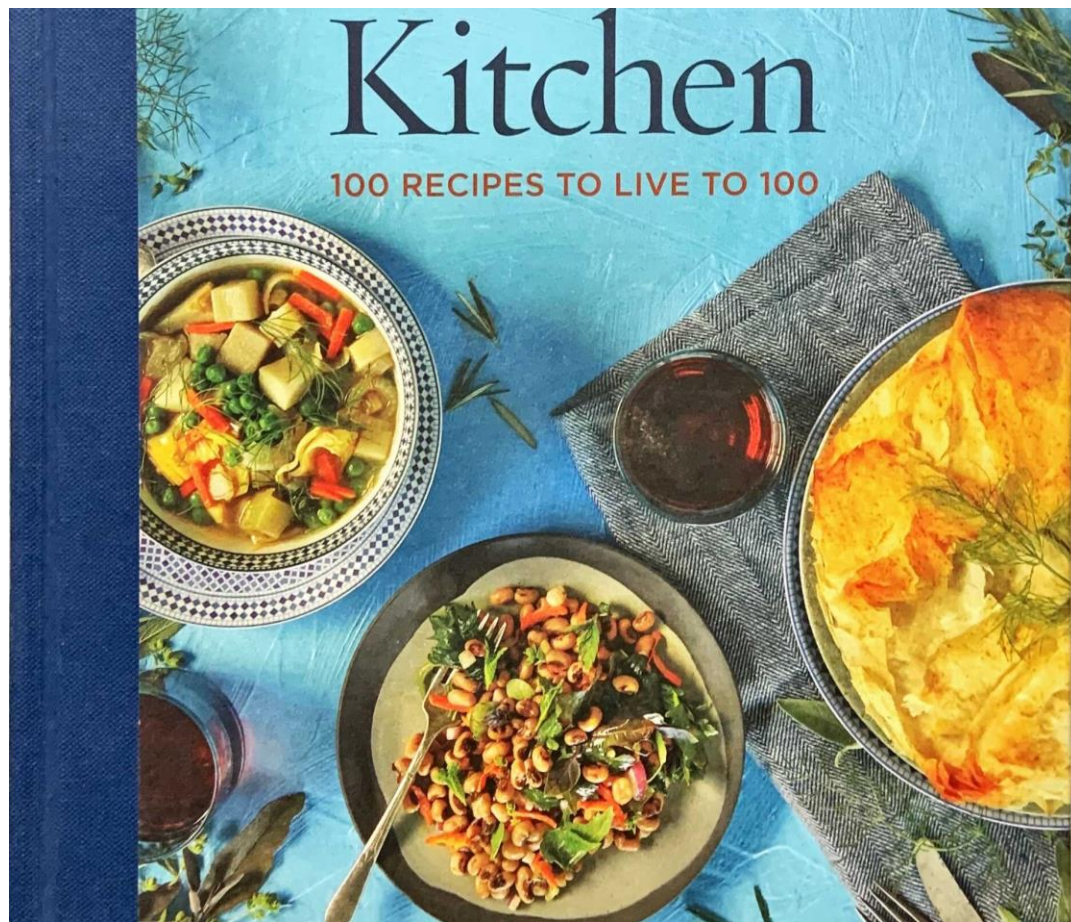
- Free education handouts written by Registered Dietitians for each nutrient and other topics of concern for plant-based diets available at <https://www.vndpg.org/resources/vegetarian-dietitian-resources>

Additional Resources

Plant based cookbooks and recipe sites

- Cook For Your Life (Ann Ogden Gaffney)
- The Vegetable Butcher (Cara Mangini)
- The Mediterranean Vegan Kitchen (Donna Klein)
- The Cancer Fighting Kitchen (Rebecca Katz)
- ruffage (Abra Berens)
- The Blue Zones Kitchen: 100 Recipes to Live to 100 (Dan Buettner)
- Six Seasons: A New Way with Vegetables (Joshua McFadden)
- <https://www.cookforyourlife.org>
- <https://www.aicr.org/cancer-prevention/recipes>
- <https://www.vndpg.org/resources/recipes>





Grow Your Own Resources

Freshest possible, save money, get exercise



- The Timber Press Guide to Vegetable Gardening in the Pacific Northwest (Lorne Edwards Forkner)
- Tilth Alliance’s Maritime Northwest Garden Guide
- The Vegetable Gardener’s Container Bible (Edward C. Smith)
- Master Gardeners of King County (<https://extension.wsu.edu/king/gardening>)
- “To plant a garden is to believe in tomorrow” Audrey Hepburn

Questions?

