



# CANCER NUTRITION<sup>TM</sup> CONSORTIUM

Nutritional Guidance & Support

TREATMENT COMPENDIUM | **Issue No. 7**  
RESEARCH, RESOURCES, AND RECIPES TO HELP PEOPLE  
DURING CANCER TREATMENT AND RECOVERY

RESOURCE

# Recipe Guidelines

## FOR CANCER NUTRITION

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### CONSIDERATIONS FOR RECIPE DEVELOPMENT

- › Create recipes that are **easy to prepare** and do not require a lot of effort and energy
- › **Consider the aromas/smells** that might arise when cooking
- › Use **foods that are common**, easy to source
- › Limit number of ingredients (ideally no more than 7)
- › Use **natural ingredients** for the recipes
- › In the case of desserts - a small amount of a natural, **plant based sweetener** may be used (i.e. Stevia)
- › Test all recipes prior to submitting
- › Each recipe should make **4 servings**
- › Use **household measures** in your recipe (i.e. cups, tablespoons, teaspoons, etc)
- › Use **household equipment** (blender or food processor)
- › **Avoid heating/cooking in microwave**

### GENERAL GUIDELINES FOR RECIPES

- › Include foods that have **protein**  
Goal is 20g / serving
- › Include **some vegetarian** recipes that use plant based sources of protein (beans, nuts, legumes)
- › Use foods that have a **high nutrient** content (variety of greens, whole grains, sweet potato, beans, legumes, nuts)
- › Maximize the **calories** by using some healthy fats (olive oil, canola oil, nuts, etc).  
Goal is 500 calories/serving

**DO YOU HAVE A RECIPE  
YOU'D LIKE TO SHARE?  
SUBMISSIONS WELCOME!**

Send all recipes submissions  
to [kmcmamus@partners.org](mailto:kmcmamus@partners.org)

## RESOURCE

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# Digestion

## DURING TREATMENT

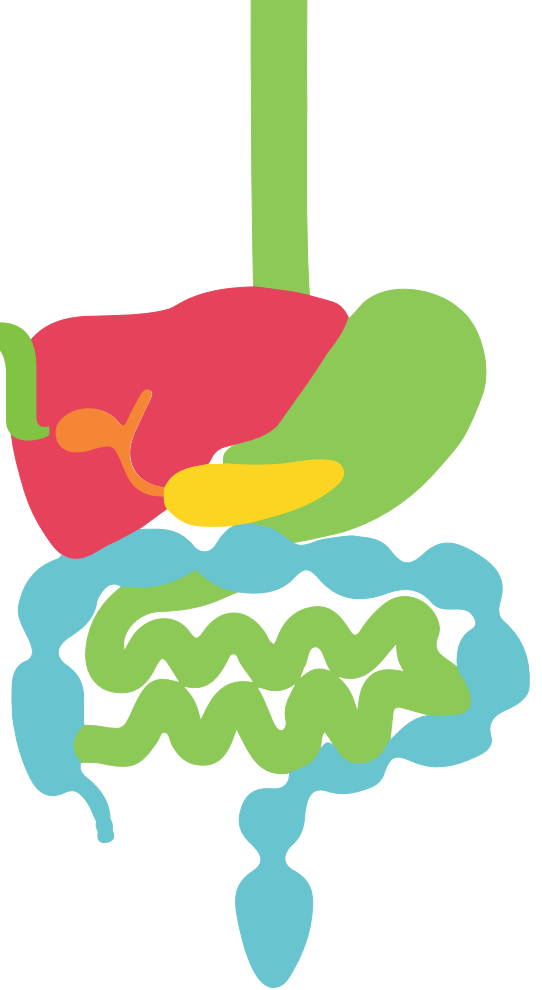
It's a question you'll likely hear many times throughout treatment, "are you experiencing diarrhea or constipation?" At first, it can be an uncomfortable question to answer, although it's important to communicate any concerns so your care team can best support you. Let's discuss nutritional recommendations for symptoms of diarrhea and constipation during treatment.

### CONSTIPATION

There are some medications known to commonly cause constipation, such as anti-nausea medications and pain medications. While taking either of these medications, it's a good idea to adjust your diet and take any bowel medications as recommended by the team. Focus on insoluble fiber, the type of fiber that can't be fully broken down, to help to move things through your digestive system. Think of roughage - salads, fruits and vegetables with skins, seeds, nuts, prunes, whole grains, and bran. Make sure that you also drink enough fluid. The fiber won't be able to effectively move through your body without enough fluid. Water is not the only beverage that counts as a fluid. Seltzer, flavored waters, juice, popsicles, pudding, decaf coffee and tea, among others, also count. In particular, try emphasizing warm beverages such as tea, which can be especially helpful for constipation. Most people need about 2 liters (64 oz) of fluid daily, although ask your dietitian for your personalized recommendation. If you are interested in a fiber supplement, such as those that dissolve in water or other fluids, this is also something to ask your dietitian about.

### DIARRHEA

There are some diagnoses and treatment regimens that unfortunately can cause diarrhea. As long as you are having symptoms of diarrhea, it is important to take any bowel medications and take the appropriate dietary adjustments. You'll want to focus on soluble fiber when having diarrhea. Soluble fiber will help to slow down movement through your digestive tract while also absorbing fluid. Some examples of foods that contain soluble fiber include banana, applesauce, ground flaxseed, barley, and oats. The key is to also try and limit insoluble fiber - roughage, skins, and seeds. Some people may notice dairy is a trigger, even if it is normally well tolerated. Try dairy-free or plant-based dairy products instead. You may have also heard of the "BRAT" diet (bananas, rice, applesauce, toast). While this is a good starting point, it is important to speak with your dietitian who can guide you through an "expanded BRAT diet," making sure you have enough choices. It is also important to get an adequate amount of fluid to avoid dehydration. Look for beverages that contain electrolytes (such as sodium and potassium) to replace losses.



Some examples include commercial electrolyte beverages, sports drinks, and coconut water.

**Tip:** Before treatment, your care team will review potential side effects and advise which (if any) bowel medications (for example: senna, colace, miralax, imodium, or lomotil) to pick up and have on hand. Definitely pick up these medications. If you end up needing them, you'll be glad you don't have to make another trip to the pharmacy.

If, despite dietary adjustments, something with your digestion is still not quite right, don't be afraid to speak with your care team. Most people find they need a balance between diet and medications to best treat their symptoms. Untreated bowel side effects can unintentionally cause or worsen other issues such as nausea, dehydration, etc.

Remember everyone is different — ask your healthcare team, including your dietitian, for your own personalized recommendations.

### BOTTOM LINE:

If you are experiencing gastrointestinal side effects of treatment, such as diarrhea or constipation, make sure to communicate your concerns. In addition to bowel medications, diet adjustment can help.

#### CONSTIPATION — Make sure to prioritize:

- Insoluble fiber which cannot be fully broken down, adds bulk, and moves more quickly through your digestive system (roughage such as salads, fruits and vegetables with skins)
- Fluid including water, and warm beverages such as tea

#### DIARRHEA — Make sure to prioritize:

- Soluble fiber which helps slow down digestion and absorb fluid (banana, applesauce, and oats)
- Electrolyte containing fluids

### SPECIAL NOTE:

If you have a GI (gastrointestinal) cancer diagnosis or a diagnosis that inadvertently affects the GI system, you might need an even more specific diet to help better manage your symptoms. These diagnoses may include pancreatic cancer, NET, colon cancer, rectal cancer, and gynecological cancers, among others.

# New Year's Resolutions

## FOR CANCER PREVENTION & SURVIVORSHIP

At the start of a new year, many of us make resolutions to be healthier. Some of the most common New Year's resolutions, like maintaining a healthy weight, eating fewer processed foods, and exercising more, can also help decrease cancer risk.

Overweight and obesity, a poor diet, and physical inactivity have been linked to increased risk for several cancers, including colorectal, post-menopausal breast, ovarian, endometrial, kidney, pancreatic, esophageal and stomach cancer, among others. This year make a resolution to improve the quality of your diet and get active. But forget the crash diet of years past. You don't need to cut out entire food groups or spend hours at the gym to make changes that reduce your cancer risk. Shifting to a plant-forward diet and including regular exercise are beneficial for cancer prevention and survivorship.

### AIM FOR A VARIETY OF COLORFUL FRUITS AND VEGETABLES

Fruits and vegetables contain important phytonutrients, which are natural chemicals with cancer-fighting properties. Phytonutrients give fruits and vegetables their vibrant colors. Aim for at least 2 ½ cups of fruits and vegetables in a variety of colors every day.

### MOVE TOWARD A PLANT-BASED DIET

Research shows that a plant-based diet is beneficial for both cancer prevention and survivorship. The American Institute for Cancer Research recommends a plant-based diet consisting primarily of vegetables, fruits, whole grains, beans and legumes, nuts, seeds, and some animal products. Aim to fill 2/3 of your plate with plant foods and 1/3 (or less) with fish, poultry, meat or dairy.

### CUT BACK ON SUGAR-SWEETENED BEVERAGES

Sugar-sweetened beverages contribute to excess calorie intake without adding much nutrient value to your diet. Stick to unsweetened beverages instead, such as water or unsweetened tea. Try infusing water with fruit or herbs to add flavor.

### CHOOSE FEWER ULTRA-PROCESSED FOODS

Fast foods and highly processed foods high in fat and sugar, like chips and candy, can contribute to weight gain. Save these foods for special occasions and be mindful of portion sizes.

### EAT LESS RED AND PROCESSED MEAT

Red meat (beef, pork, lamb, veal) and processed meat (bacon, sausage, deli meat) have been linked to increased risk for colorectal cancer. The American Institute for Cancer Research recommends limiting red meat to three portions per week, or about 12-18 ounces (cooked weight) weekly, and recommends avoiding processed meat altogether.

### BE PHYSICALLY ACTIVE

Regular physical activity has been shown to reduce risk of certain cancers. Exercise also helps with maintaining a healthy weight. The American Cancer Society recommends that adults should engage in at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise each week.

### SET SMART GOALS

Even with the best intentions, New Year's resolutions are often short-lived. How can you stay accountable this year? A goal-setting strategy called **SMART** goals can help. SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-bound. As you start to identify your resolution, ask yourself these questions:

- **Is your goal specific?** Instead of committing to eat more fruits and vegetables, your goal might be to have one ½ cup serving of fruits or vegetables with every meal and snack.
- **Is your goal measurable?** Keeping track of food intake and physical activity has been shown to be effective for weight management. You can track using an app, a wearable device, or pen and paper.
- **Is your goal attainable?** Make a plan that will allow you to succeed. If you know you won't have time to cook healthy meals every day, consider doing all your meal prep over the weekend or having a healthy meal kit delivered (if it's in your budget).
- **Is your goal realistic?** If you regularly drink multiple sodas in a day, it might not be realistic to stop cold-turkey. Start with small, realistic changes and build on them over time.
- **Is your goal time-bound?** Commit to a starting point and specify when and how often you'll do this new behavior or activity. For example, you might commit to going for a 30-minute jog on three days each week starting this Monday. It takes realistic, consistent changes to make resolutions stick. Start small and commit to building on your resolutions to be healthier throughout the year.

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Recipes from Ron DeSantis | Certified Master Chef

## Crispy Breakfast Bing



**SERVINGS: 4** CARB: 23.2g  
CAL: 189 FIBER: 1.1g  
FAT: 6.5g PROTEIN: 9.2g  
SAT FAT: 1.9g SODIUM: 399mg

### INGREDIENTS

14 WONTON WRAPPERS  
(INCLUDES EGG ROLL WRAPPERS)  
2.26 fl oz CORN AND CANOLA OIL  
8 EGGS - LIGHTLY BEATEN  
~1 cup ONIONS, SCALLIONS - SLICED  
2 tsp BLACK SESAME SEEDS - DRIED  
4 tbsp HOISIN SAUCE  
READY-TO-SERVE  
1 cup CILANTRO LEAVES  
4 tbsp SRIRACHA SAUCE  
(OPTIONAL)

#### BING BATTER

1/2 cup MUNG BEAN STARCH  
1/2 cup ALL-PURPOSE WHEAT FLOUR  
3/4 cup TAP WATER  
1/2 tsp KOSHER SALT

### DIRECTIONS

Fry wonton wrappers in oil until crispy,  
30-45 seconds  
Cool and break into 1" pieces  
Combine mung bean starch, all-purpose flour,  
water and kosher salt, whisk until smooth  
Spray a heated 10" or 12" skillet with  
cooking oil over medium heat  
Pour 1/4 of bing batter into the pan  
When edges of the batter start to curl  
up, spread 1/4 of the eggs over the crepe  
Top with 1/4 of the scallions and 1/4 of  
the black sesame seeds  
Cook for 2-3 minutes and flip over  
Spread hoisin over the crepe and add  
sriracha if desired  
Top with 1/4 of the crisped wontons  
and 1/4 of the cilantro leaves.  
Fold half and serve

## Avocado Hash with Sunnyside Egg



**SERVINGS: 4** CARB: 15.7g  
CAL: 414 FIBER: 5.8g  
FAT: 32.5g PROTEIN: 16.9g  
SAT FAT: 10.3g SODIUM: 173mg

### INGREDIENTS

1/4 tbsp EXTRA VIRGIN OLIVE OIL  
6.4 oz MOZART POTATOES - DICED  
1/2 cup RAW ONIONS - DICED  
1 pinch RED PEPPER FLAKES  
9.6 oz RAW AVOCADOS - DICED  
1 1/4 tsp LEMON JUICE  
1 tbsp PARSLEY  
1 1/4 tsp SALT  
8 EGGS  
2 3/4 tbsp UNSALTED BUTTER  
1 oz RAW RADISHES - THINLY SLICED  
1/2 oz MICROGREENS

### DIRECTIONS

Heat oil and add potatoes  
Cook over medium heat stirring  
occasionally for 8-9 minutes  
Add onions and red pepper flakes  
Continue to cook for another  
6-7 minutes until potatoes are tender  
Add avocado and cook for  
2-3 minutes until avocado is hot  
Add lemon juice, parsley, and salt  
Cook eggs sunnyside up in butter,  
season with salt and pepper  
Portion avocado hash, top with eggs  
Garnish eggs with radishes and  
microgreens



## COMFY T-SHIRTS FOR **CHAMPIONS BATTLING CANCER**

Each t-shirt purchase helps us accomplish our important mission to help more people get through cancer treatment.

T-shirts & other products available at [shop.CancerNutrition.org](http://shop.CancerNutrition.org)

## **CNC Carepack Grant Initiative Update** 1200+ Carepack donations as of December 2020!



Many people undergoing treatment don't have the resources they need to get adequate nutrition.

The CNC initiated a Carepack Grant program, with additional support from Hormel Foods to provide free nutritional care packs to help them in their time of biggest need.

**Anyone in need of additional nutritional support during their treatment can apply!**

» [CancerNutrition.org/Send-A-Carepack](http://CancerNutrition.org/Send-A-Carepack)



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CancerNutrition.org offers valuable resources, research, recipes, and answered questions from leading cancer experts in one convenient location. We're here to help!

### VALUABLE RESOURCES

Look at frequently asked questions, or ask your own. Read more articles and download our partner, Dana Farber's mobile nutrition app! All sources under the 'Resources' tab on [CancerNutrition.org](https://CancerNutrition.org) offer reliable suggestions and resources to help answer your questions about cancer nutrition.



### RECIPES FROM 16 CHEFS



Adi Goldberg & Ron DeSantis are only two of the chefs featured on the Cancer Nutrition Consortium. View all chef recipes & bios at [CancerNutrition.org/chef](https://CancerNutrition.org/chef)



### DONATE TO HELP OTHERS

We are providing healthy, tasty nutrition to patients during their cancer treatment, who may not be able to otherwise afford it. Your gifts provide much-needed nutrition to a patient in need. Any size donation is helpful and appreciated. Click the 'Donate' tab on [CancerNutrition.org/make-a-donation](https://CancerNutrition.org/make-a-donation)



### 120+ RECIPES

All recipes featured on our website were carefully crafted by chefs, nutritionists, and cancer patients. These unique recipes offer functional nutrition and great taste for those undergoing cancer treatments. View more recipes at [CancerNutrition.org/recipes](https://CancerNutrition.org/recipes)

## Our Mission

The Cancer Nutrition Consortium recognizes the importance of food and nutrition to positive medical outcomes of cancer treatment. Our recipes and recommendations incorporate a wide range of insights. Key among them is that they can be adopted at home to make life easier for patients to achieve optimal health during cancer treatment.

## Contact the CNC

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