

Managing Nutrition during Cancer and Treatment

Nutrition plays a major role in cancer development and treatment. Malnutrition, a condition that occurs when the body is lacking nutrients, it is a common problem in cancer patients that has been recognized as an important component of poor outcomes and treatment delays. Both malnutrition and weight loss can affect the body's ability to regain acceptable blood counts between chemotherapy cycles, this can directly affect treatment schedules and achieving successful treatment outcomes.

Malnutrition can be prevented through a healthy diet that provides enough fluid, calories and nutrients to maintain lean body mass and hydration. The basic first need of the body is to take in enough energy (calories) to support functioning of organ systems, muscle repair and daily activity. As long as appetite is good and you are maintaining your weight, it's a good idea to eat a balanced diet and include a variety of healthy foods.

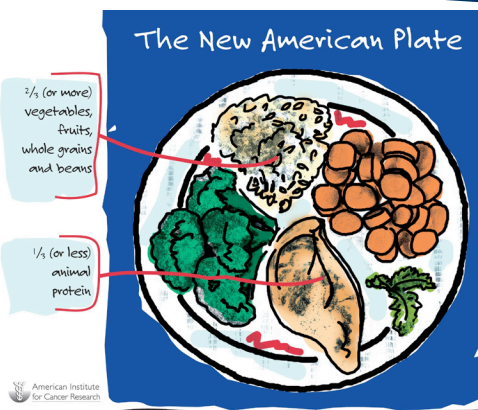
FOODS TO ENJOY:

- * Fruits and Vegetables (Choose a variety of colorful fruits and veggies)
- * Protein Foods (beans, lentils and nuts, lean animal protein like chicken)
- * Low Fat Dairy and Dairy Alternatives (cow, soy, almond, rice, milk, cheese, yogurt)
- * Whole Grains and Starchy Vegetables (oats, quinoa, barley, wheat, popcorn, corn, potatoes, pasta, cereal, crackers)
- * Beverages (Water, tea, coffee, milk, 100% juice)

FOODS TO LIMIT:

- * Sugar (sweetened beverages, cereals, granola bars, candy, cookies, cakes)
- * Refined carbohydrates (white flour, white bread, white rice, white pasta)
- * Red meat and processed meat (beef, pork, lamb, luncheon meats, pepperoni, sausage, bacon ham)

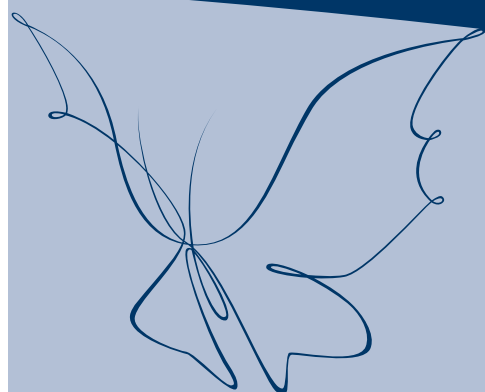
The preferred way to obtain vital nutrients is through the diet. The vitamins, minerals and phytochemicals needed to help our bodies fight cancer are found in a well-balanced diet emphasizing plant-based foods.



When planning your plate, 2/3 should include plant based foods such as leafy greens and whole grains. The remainder of the plate (1/3) can include animal foods like meat, fish, cheese and yogurt.

You may find that during treatment your appetite is not great or that you struggle with side effects that interfere with eating. When you are not able to maintain your weight with foods that we traditionally consider healthy, it is acceptable to expand idea of healthy foods to include all foods that provide calories and protein as these will meet our basic need for energy.

Resource: chemocare.com



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Recipe

Fruity Morning Oatmeal

- 2 serving
1 ¾ cups low-fat milk
1/8 teaspoon salt
1 cup old-fashioned rolled oats
1 apple, peeled, cored, and chopped
1 teaspoon light brown sugar, optional



In a saucepan over medium-high heat, combine the milk and salt and bring to a boil. Reduce the heat to medium, stir in the oats and apple and cook, stirring occasionally, until thickened. Just before serving, sprinkle with brown sugar.

Calories 270; Sugars 17g; Protein 13g; Carbohydrate 46g; Fat 5g

Upcoming Events

Survivorship Program...Road to Wellness

When: Thursday, September 10th

Time: 4-6pm

Where: Unity Medical Pavilion – Boardroom

Open to Lafayette Cancer Care patients, family and their caregivers. Please RSVP by calling (765) 446-5050.

Light the Night

When: Thursday, September 24th

Time: 5pm - ?

Where: Columbian Park, Rush Pavilion

Fundraiser for the Leukemia and Lymphoma Society

Carry the Torch

When: Sunday, September 27th

Time: 3pm - ?

Where: Riehle Plaza, Downtown Lafayette

Fundraiser for Community Cancer Network.

Ultimate Pink Party

When: Friday, October 2nd

Time: 5pm – 10pm

Where: Purdue Memorial Union

It's Ladies Night! Dinner, Entertainment, Spa service, Silent Auction and Goody bag for each ticket holder. All proceeds raised go to the YWCA's Women's Cancer Program.

Survivorship Program...Road to Wellness

When: Thursday, December 10th

Time: 4-6pm

Where: Unity Medical Pavilion – Boardroom

Open to Lafayette Cancer Care patients, family and their caregivers. Please RSVP by calling (765) 446-5050.



Lafayette Cancer Care
T-Shirts on Sale NOW,

\$7 Each

Community Cancer Network

Community Cancer Network (CCN) serves patients and families in eleven mid-northern Indiana counties. CCN started up in 2007 and is a non-profit organization. All services are provided to clients at no charge, supported by individual donors, health care providers and the allied non-profit agencies in our service area.

CCN offers practical support through individual consultation. Their help may be with food, direct assistance or transportation.

CCN's mission is to provide free or discounted non-clinical cancer support services to benefit the citizens of north central Indiana. CCN engages in the following activities:

- * Develop educational activities related to cancer-related issues
- * Encourage and develop support groups for cancer patients and their significant others
- * Provide guidance to cancer patients and their significant others related to community programs and resources available to support their basic needs.
- * Conduct, sponsor, support, promote, develop, own and operate charitable and educational program and activities and other activities and programs ancillary to and in support of the foregoing.

If you would like to donate or volunteer, contact CCN at 446-5464.

If you would like a referral for assistance, please speak with a LCC staff member at 446-5050.

Recipe

Veggie Pita Bread Salad

1 pint grape tomatoes, halved
1 cucumber, peeled, seeded and cut into bite-sized pieces
1 red, yellow, or green bell pepper
Seeded and cut into bite sized pieces
2 tablespoons finely chopped red onion
15 kalamata olives pitted and chopped
1 whole wheat or plain pita bread,
Toasted, split, and cut into bite size

Pieces

1 cup crumbled feta cheese
¼ cup chopped fresh mint
2 tablespoons chopped fresh dill
2 to 3 tablespoons olive oil
1 to 2 tablespoons red wine vinegar
Salt and freshly ground black pepper

1. In a bowl, combine the tomatoes, cucumber, bell pepper, and onion. Add the olives, pita bread, feta cheese, mint and dill.
2. In a separate bowl, combine 2 tablespoons of the red wine vinegar. Add to the salad and stir gently to incorporate. Season with salt and pepper. Add more oil or vinegar if necessary.



Makes 7 Servings
Calories 145g
Total Fat 10g
Carbohydrate 11g
Protein 5g
Sugars 3g

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Treating one patient and one family at a time.