Eat Right Live Well
Medical Nutrition Therapy for Melanoma

Kate Ueland, MS, RD
Medical Nutrition Therapy at Seattle Cancer Care Alliance

Better together.
Objectives

• The role of nutrition in cancer development
• What foods to eat to reduce your risk of recurrence
• Mindful Eating – what it is and techniques to practice
• Fad Diets

“Now that treatment is over, your body may be different. This presentation will explore how you can redefine your eating and behavioral patterns to promote wellness and achieve a leaner profile.”
What Can You Do to Minimize Risk of Recurrence?
Eat a Plant Focused Diet

• In cell and animal studies, nutrients and phytochemicals found in plant foods show effects on
  – Cell cycle regulation
  – Processes of angiogenesis (blood vessel growth)
  – Apoptosis (programed cell death)
  – DNA repair
  – Inflammation
Plant Focused Diet is High in Fiber

- Plant foods are higher in fiber so there is decreased absorption of carbohydrate and lower circulating insulin and related growth factors (IGF-1).

- Higher fiber will decrease circulating estrogen levels because of decreased reabsorption from the digestive tract.
Plants are Antioxidants

- Antioxidants protect DNA from damage
  - Carotenoids
  - Flavonoids
  - Sulfur compounds
  - Carotenoids are known to promote cell-to-cell communication that helps control cell growth
Eat the Rainbow!

Seattle Cancer Care Alliance
Fred Hutch • Seattle Children's • UW Medicine

IFM Phytonutrient Spectrum

© 2011 The Institute for Functional Medicine
Eat More Plant Proteins

Legumes are a great source of plant proteins and also provide antioxidants, fiber, vitamins and minerals.

Garbanzo beans
Kidney beans
Adzuki beans
Soybeans
Black beans

Lentils
Dried peas
Lima beans
Mung beans
Broad beans
Cow Peas

www.meatlessmonday.com
Eat Foods Rich in Omega 3 Fatty Acids

- Dark green leafy vegetables
- Wild cold-water fish such as wild salmon, sardines, mackerel, bluefin tuna, albacore tuna, bluefish
- Walnuts, macadamia nuts
- Soybeans, edamame and tofu
- Flaxseed, chia and pumpkin seeds
- Flaxseed, walnut, wheat germ and hemp oils
- Game meat or grass-fed meats, dairy products from grass-fed animals
- Omega 3 eggs
Eat Nuts and Seeds

• Consume in moderation.
  – 1 serving = ¼ cup

• Excellent source of fiber minerals and healthy fats.

• As a snack; measure out a small handful and close the container to avoid mindless or over-eating.

• Quality matters and rancid nuts and seeds should be avoided. Keep them in the freezer.
Soy Consumption

• **Soy** is a rich source of **isoflavones**, a category of phytoestrogens (plant estrogens)

• Based on recent epidemiological studies, soy is considered safe to eat for survivors in whole soy food forms.

• Traditional, whole forms of soy foods include edamame, roasted soybeans, tofu, tempeh, and miso.

• **Recommendation:** Consume soy foods in moderation. Soy foods may be consumed as part of a general diet.

• **Avoid** processed foods made from soy isolates, such as soy analogs (“fake” meats) and textured vegetable protein.
• Flaxseeds contain Lignans and alpha-linolenic acid (ALA).

• Research has focused on breast, colon and prostate cancers.

• Recommendation: a small amount of ground flaxseed (1-4 Tablespoons) is safe and may provide general heart healthy benefits.

• If consuming flaxseed oil, do not cook with it and use 1 tablespoon drizzled over vegetables after cooking or use in salad dressings.

• Store flaxseed and flaxseed oil in refrigerator.
Spices and Herbs are Plants

- The anti-cancer activities of spices are mediated through the suppression of inflammation.
- Example curcumin suppresses inflammatory markers in the body.
- Cinnamon is a powerful anti-inflammatory.
- Garlic, and onion also help control conditions that contribute to diabetes and metabolic syndrome.
Limit Consumption of Red Meat

• Red meat includes; beef, lamb, and pork

• Red meats generally contain a higher amount of fat than fish or skinless poultry.

• Thus, the recommendation to limit red meats will help to limit fat intake.

• Recommendation: *Limit red meat intake to less than or equal to 18 oz per week.*
  • 3 oz = deck of cards
Drink More Fluids

- Water hydrates your cells and flushes out waste products from food, medications and the environment

- Aim for 8 cups daily

- Drink more on hot days and with exercise
Mindful Eating

Principles of Mindful Eating

• Learning to be aware of physical hunger and satiety cues to guide decisions to begin and stop eating.
• Allowing oneself to become aware of the positive and nurturing opportunities that are available through making and eating food.
• Respecting your own inner wisdom
• Noticing your response to food (likes and dislikes) **WITHOUT** judgement
• Choosing to eat food that is both pleasing and nourishing by using **ALL** your senses to explore, savor and taste.

*Making Peace With Food*
How to Increase Mindful Eating Patterns

Try Food Journaling: For a day or two, or for the whole week write down:

• What you eat
• When you eat
• Where you eat
• Why you eat
<table>
<thead>
<tr>
<th>What you ate</th>
<th>Where you ate</th>
<th>When you ate</th>
<th>Why you ate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt</td>
<td>Home, while getting ready for work</td>
<td>6 am</td>
<td>I know it is important to eat breakfast</td>
</tr>
<tr>
<td>Sandwich</td>
<td>Work, in front of computer</td>
<td>11:30 am</td>
<td>Hungry</td>
</tr>
<tr>
<td>Candy</td>
<td>Work</td>
<td>12:30</td>
<td>Frustrated about something at work</td>
</tr>
<tr>
<td>Apple</td>
<td>Work</td>
<td>2:30</td>
<td>Hungry</td>
</tr>
<tr>
<td>Nuts</td>
<td>On the way home from work</td>
<td>5:30 pm</td>
<td>They were in my car - a reward after a long day at work</td>
</tr>
<tr>
<td>Crackers and Cheese</td>
<td>Home, standing in the kitchen talking</td>
<td>6:30 pm</td>
<td>Social - relaxation</td>
</tr>
<tr>
<td>Fish, Rice vegetables</td>
<td>Home, in front of TV</td>
<td>7:30 pm</td>
<td>Dinner was ready</td>
</tr>
</tbody>
</table>
How to Increase Mindful Eating Patterns

Focus on where and how you eat

• For a week, eat all of your meals sitting at a table. Put away distractions like electronics, bills, magazines and TV.
• Pay attention to how long you chew your food. Chew thoroughly.
• Practice paying attention to the flavor of your food and savoring every bite.
• Put your fork down between bites. Talk with your family at meal times.
• Slow down and listen to your body throughout each meal.
Barriers to Mindful Eating

• **Comfort**
  – Look at non-food ways to be comforted: Mindfully enjoy a good book, take up a hobby, volunteer to help someone else.

• **You need to be Social**
  – Drink more water, initiate conversation, remove yourself from the table when you have eaten

• **Boredom**
  – Recognize the boredom and make advanced plans on how to manage it

• **Stress**
  – Pace your day, declutter your environment, avoid overscheduling, or overcommitting
Reconnect with your hunger and fullness signals.

The Hunger Scale:

1. Starving and feeling weak/dizzy.
2. Very hungry, irritable, low energy, large amounts of stomach growling.
3. Pretty hungry, stomach is beginning to growl.
4. Beginning to feel hungry.
5. Satisfied, neither hungry nor full.
6. Slightly full/pleasantly full.
7. Slightly uncomfortable.
10. So full you feel sick.
Oh well, it’s the weekend. I’ll get back on track Monday.

Tasting the food during cooking doesn’t count.

I can’t let all this good food go to waste, I’ll just take those last few bites.

It’s only 1 piece of chocolate, what could it hurt.

It’s my birthday so I am going to have what I want.
Maintain a Healthy Weight
Overweight and obesity are associated with a constant state of low-grade chronic inflammation that can promote cancer development.

Abdominal adiposity has clear associations with increased risk of breast, pancreas, colon and endometrial cancers.
Alcohol – Less is Better

- 1 Drink a day for women
- 2 Drinks a day for men

12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits (whiskey, gin, rum, vodka, tequila, etc.)

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.
Organic vs. Non Organic

**Dirty Dozen**

- Apples
- Celery
- Cherry Tomatoes
- Cucumbers
- Grapes
- Nectarines
- Hot Peppers & Kale/Collard Greens

**Clean Fifteen**

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Onions
- Papayas
- Pineapples
- Sweet Corn
- Sweet Peas (Frozen)
- Sweet Potatoes
Tips for Eating a Plant Based Diet

- 2/3 of your plate from plant foods.

- Eat at least 25 grams of fiber daily. More is better!

- Consume at least 3 cups of non-starchy vegetables

- Enjoy 1.5 cups fruit daily
Easy Ways to Add Healthy Foods to Your Diet

• Add ground flaxseeds to oatmeal or yogurt
• Add chopped chard, kale or dark leafy greens to soups and salads
• Make variations of hummus using white beans, edamame or lentils
• Snack on roasted pumpkin seeds instead of chips
• Add chopped walnuts to salad or hot cereal
• Make homemade salad dressings using olive or flaxseed oils
• For meat-eaters, use grass-fed meats and wild fish or eat less animal protein
# One Day Meal Plan

## Breakfast
- 1 serving oatmeal with 1 tablespoon ground flax seeds, 1 tablespoon hemp seeds and 1 apple diced up and mixed in oatmeal, 1 teaspoon cinnamon

## Morning Snack
- 1 medium orange
- 2 ounces almonds

## Lunch
- Hummus wrap with ¼ cup kale, 1 shredded carrot, ½ sliced red pepper and 3 oz tofu
- 1 cup cooked brussels sprouts
- ½ cup blueberries

## Dinner
- 6 ounces salmon
- Spinach salad (1 cup spinach, ½ cup cabbage, 1 shredded carrot, 2 ounces cheese, ½ tomato
- 1 cup cooked broccoli

## Evening Snack
- 2 cups popcorn
Fad Diets

• Ketogenic Diet – very low carbohydrate diet
  – Hypothesis – tumors rely on glucose to meet their energy demands and thus you can starve the tumor and reduce its growth
  – Based on this hypothesis - **Sugar feeds cancer**

  **NOT THE WHOLE PICTURE**

  The relationship between sugar and cancer is about obesity and insulin resistance verses sugar as fuel for cancer cells.

• Acid/Alkaline Diet – eating to manage your pH
  – Hypothesis – tumors cannot grow in an alkaline environment
More on Fad Diets

• Low methionine Diet – Vegan like diet
  – Hypothesis - Methionine dependent pathways are disrupted in tumors and can slow tumor growth

• Intermittent fasting
  – Hypothesis – Intermittent fasting can help regulate obesity, type 2 diabetes and cardiovascular diseases by
    • Limiting food intake to daytime ONLY
    • End the day with a little fat in your diet to help you feel satiated for the nights fast if you are prone to late night eating
    • “obese” microbiota vs. “lean” microbiota
Studies show that long term adherence to restricting any one macronutrient from the diet is low and most of the time people regain the weight and in some instances gain more than their previous start weight.

So.........
Eat food, mostly plants and not too much.

Michael Pollen
Recommendations from American Institute for Cancer Research

• Be as lean as possible without becoming underweight.
• Be physically active for at least 30 minutes every day.
• Avoid sugary drinks, and limit consumption of energy-dense foods (particularly processed foods high in added sugar, low in fiber or high in fat).
• Eat a variety of vegetables, fruits, whole grains and legumes such as beans.
• Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
• If consumed at all, limit alcoholic drinks to two for men and one for women a day.
• Limit consumption of salty foods and foods processed with salt (sodium).
• Do not rely on supplements to protect against cancer.
• And always remember – do not smoke or chew tobacco.
Resources

• American Institute for Cancer Research [www.aicr.org](http://www.aicr.org)  
  – Cancer specific diet and lifestyle recommendations

• Cookbooks  
  – The Cancer Fighting Kitchen – Rebecca Katz  
  – The Longevity Kitchen – Rebecca Katz  
  – Feeding the Whole Family – Cynthia Lair  
  – Anti-Inflammatory Eating Made Easy – Michelle Babb

• Talk to a dietitian in your area
Questions?

Kate Ueland, MS, RD
206-288-1116
kueland@seattlecca.org