Nutrition Diet & Cancer

NUTRITION PLAYS AN IMPORTANT ROLE IN CANCER MANAGEMENT

Malnutrition Relates To Cancer

- **Malabsorption**
  - Chemotherapy-induced diarrhea
  - Altered metabolism

- **Involuntary weight loss**
  - Anorexia/Cachexia
  - Sarcopenia

- **Involuntary weight gain**
  - Obesity
  - 1 Pro-inflammatory cytokines
  - Chronic low-grade inflammation: TNF-α, CRP
  - Sarcopenic obesity

Malnutrition
- Chemotherapy-induced xerostomia, altered taste, nausea, vomiting
- Anorexia

Anemia
- B12 deficiency
- Iron-deficiency
- Anemia of chronic disease
- Impaired erythropoiesis

Cancer-Related Fatigue

- **Malnutrition**
  - Chemotherapy-induced diarrhea
  - Altered metabolism

- **Anemia**
  - B12 deficiency
  - Iron-deficiency
  - Anemia of chronic disease
  - Impaired erythropoiesis

- **Protein**
  - Increased protein needs/abnormal protein metabolism
  - Gluconeogenesis

Sites Of Cancer

- **CENTRAL NERVOUS SYSTEM, BRAIN, EYE**
- **HEAD & NECK**
  - Including: mouth, throat, tongue, nasal
- **ENDOCRINE**
- **BREAST**
- **HEPATOBILIARY**
  - Including: pancreas, liver, biliary
- **GASTROINTESTINAL**
  - Including: colon, rectal, anorectal, stomach, intestinal, esophageal
- **SARCOMA**
  - Including: soft tissue, osteosarcoma
- **SKIN CANCER, MELANOMA**
- **GYNECOLOGIC**
  - Including: uterine, cervical, ovarian, vaginal, vulvar
- **BLOOD**
  - Including: leukemia, lymphoma, Hodgkin’s and non-Hodgkin lymphoma, multiple myeloma
- **GENITOURINARY**
  - Including: bladder, kidney, prostate, testicular

CANCER- A DISEASE IN WHICH ABNORMAL CELLS DIVIDE UNCONTROLLABLY AND DESTROY BODY TISSUE.
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Cancer Prevention Recommendations

1. Be a healthy weight.
   Keep your weight as low as you can within the healthy range.

2. Move more.
   Be physically active for at least 30 minutes every day, and sit less.

3. Avoid high-calorie foods and sugary drinks.
   Limit high-calorie foods (particularly processed foods high in fat or added sugar, or low in fibre) and avoid sugary drinks.

4. Enjoy more grains, veg, fruit and beans.
   Eat a wide variety of wholegrains, vegetables, fruit and pulses, such as beans.

5. Limit red meat and avoid processed meat.
   Eat no more than 500g (cooked weight) a week of red meat, such as beef, pork and lamb. Eat little, if any, processed meat, such as ham and bacon.

6. For cancer prevention, don’t drink alcohol.
   For cancer prevention, it’s best not to drink alcohol. If you do, limit alcoholic drinks and follow national guidelines.

7. Eat less salt.
   Limit your salt intake to less than 6g (2.4g sodium) a day by adding less salt and eating less food processed with salt.

8. For cancer prevention, don’t rely on supplements.
   Eat a healthy diet rather than relying on supplements to protect against cancer.

Special Populations:

9. If you can, breastfeed your baby.
   If you can, breastfeed your baby for six months before adding other liquids and foods.

10. Cancer survivors should follow our Recommendations.
    After cancer treatment, the best advice is to follow the Cancer Prevention Recommendations

And, always remember – do not smoke or chew tobacco.

Cancer Cachexia - weight loss and muscle wasting that can’t be reversed simply by consuming more calories.

ALWAYS CONSULT A QUALIFIED DIETICIAN FOR A BETTER HEALTH.
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GOAL OF CANCER TREATMENT

The goal of cancer treatment is to achieve a cure for your cancer, allowing you to live a normal life span.

**Primary Treatment**: The goal of a primary treatment is to completely remove the cancer from your body or kill all the cancer cells

**Adjuvant Treatment**

**Palliative Treatment**
A healthful diet and lifestyle can help you reduce your risk of breast cancer.
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NUTRITION PLAYS AN IMPORTANT ROLE IN CANCER MANAGEMENT

Foods should be included for a cancer patients:
- Hard or processed cheeses and soft cheeses from pasteurized milk.
- Fully cooked smoked fish or seafood
- Fully cooked fish
- Fully cooked eggs
- Fruits and vegetables that are washed thoroughly (even those with skin that will be peeled or those items stating they are prewashed)
- Cooked vegetable sprouts.
- Dry fruits namely almond walnut 40-50 grams daily for an adult,

Foods should be avoided for a cancer patients:
- Deep fried, grilled, barbequed, baked meats since subjecting animal protein to high heat creates carcinogenic by products called heterocyclic amines
- Excessive intake of salt, sugar, and oily foods
- Red meat and processed meats such as bacon, ham, sausages
- Preserved foods like pickles, jams, kiam chye (salted mustard green), and century eggs as they contain nitrites which are carcinogenic
- Minimise alcohol & avoid street foods
- Refined flour, maida products instead opt multi grain even chapaties
- Avoid foods with added colours. Chinese preparation. Indians sweets like jalebi, gulab jamun etc.
- Avoid sabudana products.
A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition. Fluid, macronutrients, micronutrients, and adequate calories.
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PHYSICAL ACTIVITY PYRAMID FOR ADULTS

- Limit physical inactivity and sedentary habits
  - Long hours on the computer
  - Driving to a short distance

2 – 3 TIMES A WEEK
- Participate in activities that increase flexibility, strength and endurance of the muscle
  - Stretching
  - Push up
  - Partial sit up
  - Leg press
  - Sit and reach exercise
  - Weight lifting (dumb bell)

5 – 6 TIMES A WEEK
- Accumulate at least 30 minutes per day of moderate intensity physical activity
  - Brisk walking
  - Aerobic exercise
  - Hiking
  - Dancing
  - Skipping rope
  - Cycling
  - Sports e.g. Football, badminton, basket ball, swimming, sepak takraw, tennis

EVERYDAY
- Be active everyday in as many ways as you can
  - Walk up the stairs
  - Walk to the office
  - Walk to the shop
  - Park your car a distance away
  - Housework
  - Increase walking each day
  - Gardening
  - Increase walking up and down stairs
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With Us You Will Get Safe Food
We Follow These 12 Golden Rules

<table>
<thead>
<tr>
<th>Hygiene Rule Codes</th>
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<tbody>
<tr>
<td>1</td>
<td>Keep premise clean and have regular pest control</td>
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<td>Wear clean clothes/uniform</td>
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<td>2</td>
<td>Use potable water for food preparation</td>
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<td>Wash hands before &amp; after handling food and after using toilets, coughing, sneezing, etc.</td>
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<td>3</td>
<td>Cook food thoroughly. Keep hot food above 60°C and cold food below 5°C</td>
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<td>Use water proof bandage to cover cuts or burn wounds</td>
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<td>4</td>
<td>Store veg &amp; non veg food, raw &amp; cooked food in separate containers</td>
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<td>Do not handle food when unwell</td>
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<td>5</td>
<td>Store cold food below 5°C and frozen products at -18°C or below</td>
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<td>Use clean and separate dusters to clean surfaces and wipe utensils</td>
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<td>6</td>
<td>Use separate chopping boards, knives, etc. for raw/cooked &amp; veg/non veg food</td>
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<td>Keep separate &amp; covered dustbins for food waste</td>
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If any concern
Give your Feedback to Company Name
An oncology dietitian specializes in helping cancer patients and their care givers develop a plan for good nutrition. By achieving good overall health, proper nutrition can help reduce the risk of cancer, keep patients healthier during treatment, and combat side effects and illness.