

BALANCING  
**WORK & CANCER**  
WEBINARS

# Strategies for Eating Well on the Job

December 11, 2019

# CEU REQUIREMENTS

If you plan on requesting continuing education credits, you **MUST** complete all of the following steps:

1. You must have registered online for today's session
2. Dial-in to the audio portion of the webinar  
*Please note that participants who "listen-in" on another participant's line will NOT be eligible for credit.*
3. Within **2 WEEKS** of this session:
  - ✓ Complete the evaluation\*
  - ✓ Complete the post-test & earn a passing grade\*

**\*An email with links to the evaluation and post-test will be sent Friday afternoon (12/12/19) by 5:00 PM ET.**

**\*\*Certificates will be emailed within 4-6 weeks\*\***

# SPEAKERS

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# NUTRITION DURING TREATMENT

During treatment, the way your body uses nutrients may change, causing your energy and protein needs to increase.

Eating well while you're being treated for cancer might help you:

- Keep up your strength and energy
- Maintain your weight and your body's store of nutrients
- Better tolerate treatment-related side effects
- Lower your risk of infection
- Heal and recover faster

# NUTRITION AFTER TREATMENT

Eating well post treatment will help you:

- Regain your strength
- Rebuild tissue
- Feel better overall

# NUTRITION BASICS

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## PROTEIN

- Good sources include lean poultry, meat, fish, eggs, nuts and nut butters, legumes and tofu



## FATS

- Olive oil, canola oil, peanut oil, nuts, nut butters and avocado



## CARBOHYDRATES

- Bread, grains, cereals, pasta and rice. During treatment, if you can tolerate high-fiber foods, choose whole-wheat bread, whole-grain pasta, brown rice, oatmeal and quinoa



# NUTRITION BASICS

## FLUIDS

- Water or fluids are vital to health. All body cells need water to function. Try to drink at least 8 to 10 (8-ounce) cups of liquids daily





# NUTRITION BASICS

## Tips to help you stay hydrated:

- Try to drink before you feel thirsty
- Sip fluids throughout the day
- Add flavor with a squirt of lime or lemon to naturally freshen your water or infuse your water with mint, watermelon, or a slice of cucumber to give it a refreshing flavor
- Eat foods with a high water content, such as melons, strawberries, peaches, tomatoes, lettuce, cabbage, and broccoli
- Keep track of your fluid intake and share it with your health care provider
- Replace Electrolytes, When Needed



# VITAMINS AND MINERALS

# VITAMINS AND MINERALS

- Fruits and vegetables are an excellent source of vitamins and minerals. To ensure adequate intake of these nutrients, eat a variety of fruits and vegetables daily



# VITAMIN/MINERAL SUPPLEMENTATION

- Taking large doses of vitamins and minerals during treatment is not recommended and may even have a negative effect on your treatment
- It is best to consume antioxidants naturally in foods and avoid supplements during treatment
- A one-a-day multivitamin containing 100% of the daily value may be recommended during treatment.
- Discuss any vitamins or supplements with your healthcare team prior to taking



# MANAGING SYMPTOMS AT WORK

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Cancer treatment can cause side effects that affect how well you can eat and drink. Here are some of the more common symptoms and tips on how to deal with them...

# MANAGING SYMPTOMS AT WORK

## NAUSEA

- Try smaller, more frequent meals
- Eat more when feeling better
- Eat drier foods with fluids in between
- Try cold foods, saltier foods (e.g., keep crackers, dry cereal or pretzels at work)
- Avoid fatty or overly sweet foods
- Talk to your healthcare team about anti-nausea medications



# MANAGING SYMPTOMS AT WORK

## TASTE CHANGES

- Foods may taste better if served cold or room temperature
- If red meat tastes different, try chicken, turkey, fish, tofu, beans or eggs
- Adding small amounts of honey or maple syrup to some foods can help decrease salty or bitter tastes



# MANAGING SYMPTOMS AT WORK

## TASTE CHANGES

- Try tart foods and beverages, such as lemonade or lemon yogurt
- Try plastic utensils if there is a bitter or metallic taste in your mouth
- Maintain good oral hygiene — rinse before and after meals with a non-alcoholic mouth rinse. Bring a travel-size bottle of mouth rinse to work



# MANAGING SYMPTOMS AT WORK

## DRY MOUTH

- Aim for at least 8 cups of liquid daily. Sip water or other beverages through a straw throughout the day. Keep a bottle of water on your desk
- Avoid salty foods
- If your mouth is not sore, try tart foods and beverages, such as lemonade in small amounts, which may help your mouth produce more saliva

# MANAGING SYMPTOMS AT WORK

## DRY MOUTH

- Eat foods moistened with broth, gravy, sauces and salad dressings
- Avoid alcohol. This includes avoiding commercial mouth rinses that contain alcohol
- If your dry mouth is severe, speak with your healthcare team about products that coat and protect the mouth. There are a variety of saliva substitutes, mouth moisturizers and saliva stimulants

# MANAGING SYMPTOMS AT WORK

## MOUTH/THROAT PAIN OR SORES

- Choose soft, smooth and moist foods, including bananas, applesauce, canned fruits, fruit nectars, pureed or mashed vegetables, oatmeal or cooked cereal, cottage cheese, yogurt, custards, puddings, scrambled eggs, ground meats, macaroni & cheese
- Foods to avoid include citrus fruits, spicy or salty foods, pickled foods, tomato-based foods, rough, course or dry foods

# MANAGING SYMPTOMS AT WORK

## FATIGUE

- Fatigue is often made worse by not eating or drinking enough. Choose high-calorie, high-protein foods and stay hydrated. Aim for 8–10 cups of fluid daily
- Have healthy snacks on hand (e.g. dried fruit, nuts, whole-grain crackers and nut butter)
- Engaging in physical activity may actually increase your energy levels. Talk with your doctor about doing light-to-moderate intensity activities like walking

# MANAGING SYMPTOMS AT WORK

## FATIGUE

- Feeling tired can make it harder to prepare meals. Consider asking friends and family to help prepare meals, try frozen meals, or when feeling better, prepare extra portions of your favorite dishes and freeze them
- Consider using a home meal delivery service, gourmet meal and ingredient boxes like Blue Apron and Hello Fresh, or meal delivery online calendars like Meal Train and Take Them a Meal

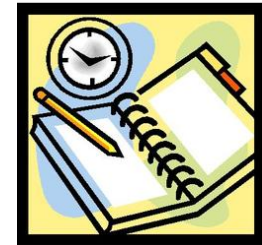


# WEIGHT MANAGEMENT

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## MANAGING WEIGHT LOSS

- Eat small amounts more frequently
- Schedule mealtimes
- Eat more when you're hungry
- Limit fluids during meals
- Keep snacks handy
- Try nutritional supplement drinks





# WEIGHT MANAGEMENT

## WEIGHT GAIN AND MAINTENANCE

- Watch portions, especially with high-calorie foods
- Read food labels
- Choose fish, poultry, or beans and peas instead of red meat
- Limit intake of refined carbohydrates, including pastries, candy, sugar-sweetened breakfast cereals, and other high-sugar foods



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

# WEIGHT MANAGEMENT

## WEIGHT GAIN AND MAINTENANCE

- Increase your intake of vegetables and whole fruit
- Limit high-calorie snacks between meals
- Avoid intake of sugar-sweetened beverages
- Choose low-fat cooking methods (such as broiling and steaming)
- Walk daily if you can and if it's OK with your doctor
- Include activities that will help manage stress

# STRATEGIES FOR HEALTHY EATING

# CHALLENGES TO EATING AT WORK

## Challenges in the Workplace

- Limited time
- Lack of options/access
- Stress
- Unreliable storage
- Peer pressure

## + Effects of Cancer & Treatment

- Restricted diets
- Appetite rollercoaster
- Unpredictable reactions to food — bowel changes, nausea, blood sugar
- Medication timing

# CHALLENGES TO EATING AT WORK

## If you choose to disclose:

- Be your own advocate
- Go upstream – discuss with your boss, HR
- Know your rights – *Americans with Disabilities Act*
  - » Cancer and Careers can assist you

# PLANNING FOR HEALTHY EATING

- Get organized
- Make lists
- Prioritize
- Write it down



# PLANNING FOR HEALTHY EATING

- What will be your breakfast, lunch, dinner, snacks?
- What do you need to buy from the supermarket?
- When are you planning to eat?
- Where will you eat? Home? Work? On-the-go?
- Do you need refrigeration? A microwave?

# PLANNING FOR HEALTHY EATING

## GO-TO MEALS/MEAL REPLACEMENTS

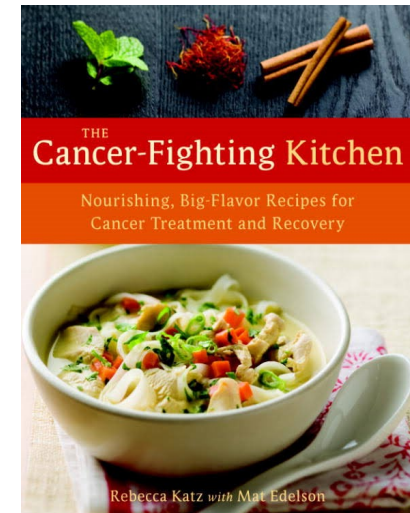
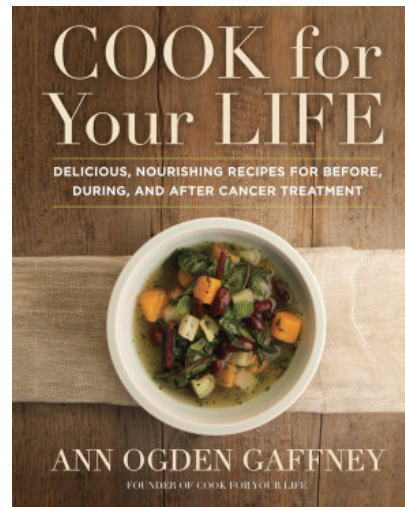
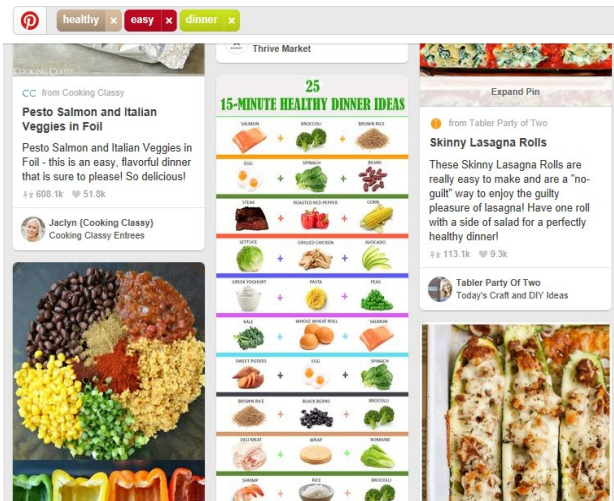
- Omelet
- Tomato sauce with pasta
- Chicken with stir-fry veggies

*What are your no-brainer meals?*



# PLANNING FOR HEALTHY EATING

## MAKE A LIBRARY OF RECIPIES



# HEALTHY SNACKING

- Snack food  $\neq$  junk food
- Pair carbohydrates with protein
- How much added sugar?
- How much added salt?

*\*Substituting 1–2 meals/snacks with meal replacements (e.g., KIND bar or portion-controlled bowl of cereal) is a successful weight-loss and weight-maintenance strategy. (Ditschuneit HH, et al. Obes Res 2001)*

# NUTRITION FACTS

## Nutrition Facts

Serving Size 172 g

### Amount Per Serving

**Calories** 200      Calories from Fat 8

% Daily Value\*

**Total Fat** 1g      1%

Saturated Fat 0g      1%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 7mg      0%

**Total Carbohydrate** 36g      12%

Dietary Fiber 11g      45%

**Sugars** 6g

**Protein** 13g

Vitamin A      1% • Vitamin C      1%

Calcium      4% • Iron      24%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

## GUIDE YOUR CHOICES

- Calories >300 = Meal
- Keep Sodium <270mg
- Sugar <10g

# HEALTHY SNACKING

## Carbohydrates

- Fruit
- Crackers (Look out for sodium)
- Bread
- Vegetables: baby carrots, celery, bell peppers
- Yogurt (Look out for sugar)
- Cereal (Look out for sugar)

## Protein

- Nuts/seeds
- Nut/seed butters
- Cheese (Look out for sodium)
- Hard-boiled eggs
- Sliced turkey/chicken (Look out for sodium)
- Hummus/edamame

# PLANNING FOR HEALTHY EATING

- Shop the perimeter
- Stock up on produce
- Choose your grains
- Keep canned goods low in sodium
- Look for lean proteins

# PREPARING YOUR GROCERY LIST

Dairy/Eggs

Meat/Poultry/Fish/Shellfish

Deli

Frozen  
Food

Grains, Canned Beans and Tomatoes,  
Nut Butters, Cooking  
Oils/Seasonings

Fresh  
Produce

Fresh  
Breads

# PREPARING YOUR GROCERY LIST

- Create a food budget
- Use the grocery store circulars
  - Flipp app, grocery store app
- Use coupons for dry goods
  - Ibotta app
- Choose versatile ingredients



# PREPARING YOUR GROCERY LIST

- Breakfast items
- Single-serving snacks
- Refrigerated snacks
- Bars
- Shakes
- Frozen meals
- Canned goods





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# HEALTHY EATING WITH COWORKERS

## DECIPHER YOUR MENU

- Avoid foods served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed or stuffed. Instead, **look for steamed, broiled, baked, grilled, poached or roasted foods**
- Limit intake of foods **high in sodium**, including sauces, cured meat and fish, cheese, pickles and olives, salted nuts and seeds
- **Ask your server**
- Check the menu for items marked **“healthy”**

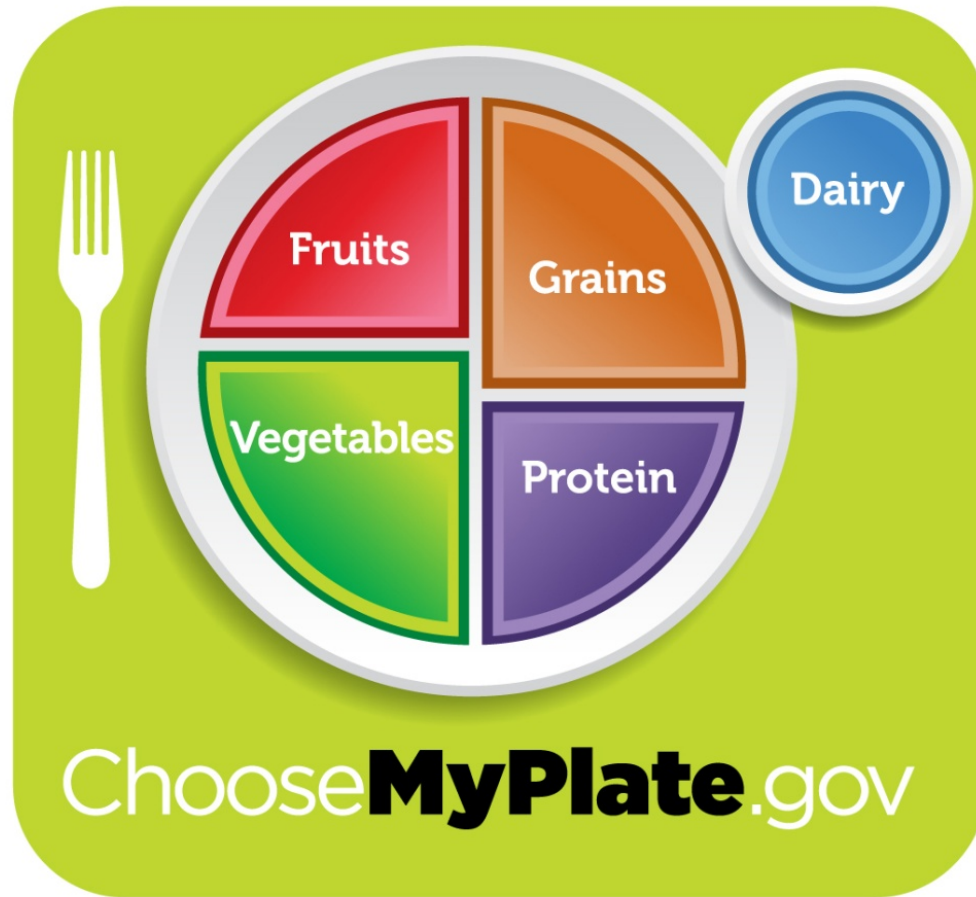
# HEALTHY EATING WITH COWORKERS

- Make wise choices
  - Take a lap before filling your plate
  - Order first
- Portion control
- Pack your food





# HEALTHY EATING WITH COWORKERS



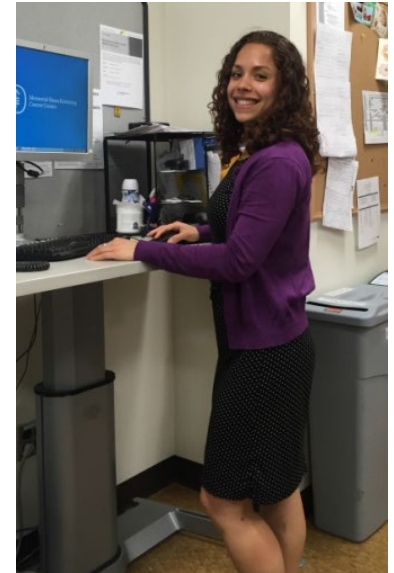
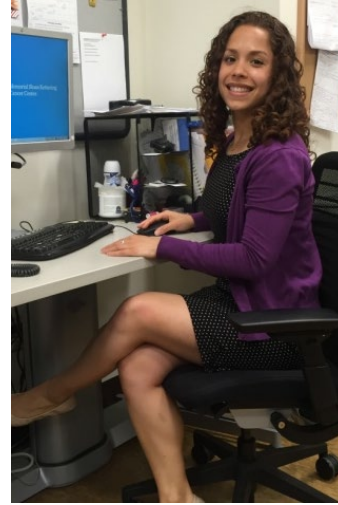
# STRESS MANAGEMENT

- Step away from your desk
- Take a walk
- Smell lavender, mint, lemon
- Meditation apps



# MOVE MORE

- Standing desk
- Take stairs
- Walk at lunchtime
- Active commuting
- Chair stretches/marches



# NUTRITION HOT TOPICS

# SUGAR AND CANCER

- Change in insulin levels
- Consider where you are in your treatment/recovery
- Where is sugar coming from?
- Pair carbohydrates with protein/fat-rich foods
- Manage your anxiety

# ORGANIC FOOD

- Food labeling
- Why choose organic?
- Dirty Dozen List

# VEGETARIAN & VEGAN DIETS

- Protein sources
- Limited intake of saturated fats
- Limited intake of some vitamins/minerals
- Difficult to adhere to following surgery/treatment
- Mostly plant-based diet also has benefits

# SUMMARY

1. Make a healthy-eating grocery list
2. Plan and balance your meals/snacks
3. Practice portion control
4. Move more
5. Stress less



# UPCOMING EVENTS

## 2020 Webinars:

Schedule to be released soon! Stay tuned!

<http://www.cancerandcareers.org/en/community/events/webinars>

## 2020 Conferences:

**MIDWEST CONFERENCE ON WORK & CANCER** – Friday, March 27th, 2020, Chicago, IL\*

<https://www.cancerandcareers.org/en/community/events/midwest-conference>

**NATIONAL CONFERENCE ON WORK & CANCER** - Friday, June 19th, 2020, New York City

<http://www.cancerandcareers.org/en/community/events/conference>

*\*Travel scholarships available*

## Contact:

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