

MultiCare Health System

**MultiCare Regional Cancer Nutrition
& Exercise Webinar Q&A**

November 2022



Nutrition Q&A

Q: Are natural meats without preservatives ok, such as deer and elk?

A: These are still considered red meats, although they may be more optimal. Recommendations are to keep red meat to 4-6 servings per week, 3 oz. per serving.

Q: Should I stay away from all supplements?

A: It is best to get all your required nutrients, vitamins, etc. through the foods you eat whenever possible.

Q: Are certain teas more beneficial?

A: Green teas are a great source for antioxidants.

Q: Is there a formula for weight loss when it comes to healthy eating?

A: There is no one formula for all body types. Use the 80/20 rule as a guide: 80% healthy choices and 20% what sounds good or is easy. When possible, choose whole foods, and combine healthy eating with healthy movement.

Q: Is Intermittent fasting a good option?

A: This is a newer approach without much research and seems to be more calorie restrictive. It is not always best to have a restrictive dieting plan.

Q: Are protein drinks ok?

A: They can be, especially if you are trying to get a certain amount of protein and/or calories. When looking for the best protein drink for you, evaluate the amount of protein as well as sugars. When possible, choose the one that provides fewer sugars.

Q: Is beef broth ok, or should I stick with chicken or vegetable broth?

A: Yes, beef broth is ok. There is no difference, so use whichever you prefer.

Q: Do you have an example of a meal plan?

A: Meal plans can be rigid and difficult to follow. Dietary changes are best made individually. The dietitians at MultiCare can help make recommendations. If interested, contact your provider and request a referral.

Q: What If I am struggling to keep or put weight on?

A: It is helpful to begin eating within one hour of waking and eat every two hours. Protein and calorie packed foods are important. Whole grain toast with peanut butter, trail mix and protein drinks are good options for healthy calories.

Q: Is chicken or rabbit good from a white meal perspective?

A: Yes. If you are looking for the healthiest option, meat that has been subject to less processing is recommended.

Q: What are SMART goals?

A: SMART goals stand for Specific, Measurable, Achievable, Relevant and Time-Bound. Defining these parameters as pertains to your goals will help ensure that your objectives are attainable within a given timeframe.

- **Specific:** Don't use vague language. For example: I want to eat five servings of fruits and vegetables every day.
- **Measurable:** Your goal should be measurable and trackable.
- **Achievable:** Make sure your goal is realistic and achievable.
- **Relevant:** Does this goal get you closer to your end target?
- **Time-Bound:** Set an end date for when you will achieve your goal.

Q: How much water should I drink each day?

A: This can vary, but a general guide is to take your weight in pounds and divide it by two. This is the amount of water, in ounces, you should drink each day. For example, if you weigh 120 pounds, you should be drinking 60 ounces of water each day.

Nutrition resources

- American Cancer Society – www.cancer.org and <http://csn.cancer.org>
- American Institute for Cancer Research – www.aicr.org/reduce-your-cancer-risk/physical-activity/reduce_physical_getting_started.html
- American Society of Clinical Oncology – www.cancer.net/survivorship
- CancerCare – www.cancer.org
- Centers for Disease Control and Prevention – www.cdc.gov/cancer/survivors
- National Cancer Institute – <https://cancercontrol.cancer.gov/ocs>
- National Cancer Institute and the American Cancer Society – <https://survivorship.cancer.gov>
- National Coalition for Cancer Survivorship – www.canceradvocacy.org
- Oncology Nursing Society – <https://voice.ons.org/conferences/how-to-use-onss-putting-evidence-into-practice-resources>
- World Cancer Research Fund and American Institute for Cancer Research – www.wcrf.org/dietandcancer

Exercise Q&A

Q: Is there a formula for weight loss and exercise?

A: There is no perfect formula for all body types. Moving each day, even if a small amount, is beneficial. Set goals that are attainable and measurable. Find an activity you enjoy, which will reframe the word “exercise.” The YMCA has programs that can help with personalized plans.

Q: What can I do to decrease joint pain from endocrine therapy?

A: Regular stretching and exercise, such as low impact chair exercises including bands, cans of soup or whatever you have at home. You can increase your movement as you begin to feel stronger.

Q: Are there exercises I can do to alleviate neuropathy?

A: Wearing supportive shoes is important to protect your feet and toes. Encourage yourself to do some movement, as blood flow to the areas of neuropathy can be very helpful. Regular movement, in small amounts, can be beneficial.

Q: Is there advice for exercise after a long day working on my feet?

A: Do what you feel you can do. You may find that doing a little can be helpful, or you may find it is too much. Find your balance. Give yourself a day off every now and then so you don't burn out. Don't be hard on yourself if you aren't able to achieve your goal each day.

Q: Are there exercises to help with lymphedema?

A: If you have lymphedema, the most important thing to do is to wear the garment your therapist prescribed. This should be worn while up at all times. Physical activity is not limited, if you are wearing your garment. The garment is essential to give your muscles a resistive surface to push against during exercise. This helps increase the efficiency and effectiveness of your lymphatic system to pump the fluid out of the extremity. Exercises can include range of motion/stretching, resistance and strengthening if your therapist has prescribed.