

# Managing Side Effects with Nutrition

Kristin Cuculovski, MS, RDN, CSO, LD/N  
Oncology Nutrition Coordinator



# Presentation Goals

- Review nutrition interventions / tips for before, during, and after treatment
- Discuss food safety guidelines

# Before Treatment Starts

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- Manage problems that may make eating difficult
- Prevent unintended weight loss
- Help your body keep the strength it needs to respond to treatment

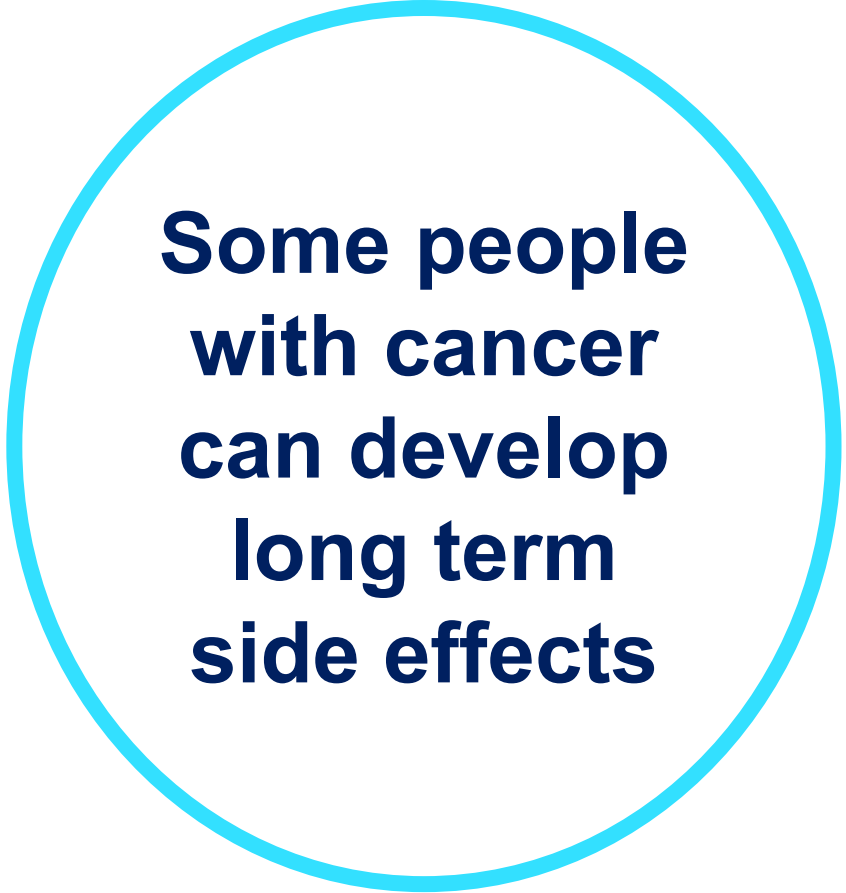


# Nutrition During Treatment

- Cancer and / or the treatment can cause side effects like nausea, diarrhea, or taste changes
- Goal = maintain body weight & muscle mass with nutrition
  - Prevent delays or breaks in treatment
  - Prevent hospital stays or reduce the time you are in the hospital
- Eating problems like nausea or decreased appetite are common during cancer treatment

# Nutrition After Treatment

- Continue to manage side effects and weight changes that are present post treatment
- Prevent other chronic health conditions like osteoporosis, heart disease and diabetes



**Some people  
with cancer  
can develop  
long term  
side effects**

# Common Side Effects of Cancer Treatment

- Appetite Changes
- Nausea + Vomiting
- Constipation
- Diarrhea
- Fatigue
- Dry Mouth
- Mouth Sores
- Thick Saliva
- Swallowing Difficulty
- Taste Changes
- Weight Loss
- Managing Weight
- Cold Sensitivity

# Nutrition Interventions to Manage Side Effects

# Decreased Appetite / Early Satiety

- Eat 5 to 6 small meals instead of 3 large meals - try to eat something every 2-3 hours
- Schedule your meals / snacks instead of waiting for your body to tell you when you're hungry - set an alarm if needed
- Keep your pantry and freezer well stocked with foods that make quick and easy meals and snacks, such as single-serving entrées and ready-to-eat packaged foods
- Eat a bedtime snack. This will give you extra calories without affecting your appetite at your next meal
- Make every bite count by choosing higher calorie foods
- Drink liquids throughout the day even when you do not feel like eating. Choose liquids that add calories and other nutrients
- Drink only a small amount of liquids when you are eating meals. Many people feel too full if they eat and drink at the same time



# Nausea + Vomiting

- Eat 5 to 6 small meals a day instead of 3 large meals
- Drink clear liquids as often as possible after vomiting to prevent dehydration
- Keep your mouth clean
- Freshen your mouth by rinsing it with a solution made of 1 teaspoon of baking soda, 1 teaspoon of salt, and 1 quart of warm or cool water
- Eat bland foods, instead of foods that are very sweet, fatty, greasy, or spicy
- Eat dry foods (such as crackers, toast, dry cereal, or bread sticks) when you wake up and every few hours during the day when you are taking medications or when you feel nauseated
- Try these tips to avoid strong odors, which can cause nausea:
  - Eat cool foods or room-temperature foods instead of hot foods (Food odors are stronger when foods are hot)
  - Eat in a well-ventilated room that does not smell of strong food or cooking odors
  - Avoid strong odors such as perfume, aftershave, and scented body lotions
  - Cook outside on the grill or use boiling bags to reduce odors

# Constipation

- Eat around the same times each day – our bodies like routine
  - Drink plenty of liquids (at least 8 cups daily)
    - For variety, drink water, prune juice, warm fruit or vegetable juices, decaffeinated teas, or hot water with added lemon juice and honey
    - Fluids also include foods that are liquid at room temperature, like frozen ice pops, gelatin, or ice cream
  - Eat foods high in fiber
    - Work up to 25-38 grams of fiber a day. Be sure to increase fiber slowly. Increase the amount of fiber you eat by no more than 5 grams each day
- \*People with certain types of cancer may not be able to eat a lot of fiber

# Diarrhea

- Avoid high fat and spicy foods
- Choose low fiber, bland foods
- Sip on broth and sports drinks to help replenish electrolytes
- Add foods with soluble fiber to help thicken stool (banana, applesauce, oats)
- Limit lactose, sugar and sorbitol
- Limit hot, caffeinated beverages
- Watch for medications containing magnesium

# Fatigue

- Enlist the help of family and friends!
- Cook in bulk on days you have more energy
- Move more, as you are able, in order to help fight fatigue
- Take it one day at a time and look at each day as a new day
- Set a menu and eating schedule and follow it, even if you are not hungry

# Dry Mouth

- Choose soft, moist foods (use gravies and sauces when possible)
- Sip on liquids throughout the day
- Avoid tough meats and dry foods
- Try hard candies, popsicles, and ice chips
- Provide oral care throughout the day
- Try products made for dry mouth (ex. Biotene, Lubricity, Moi-Stir, etc.)



# Mucositis / Mouth Sores

- Choose soft, bland foods
- Avoid acidic foods and beverages
- Choose moist foods, use gravies and sauces when possible
- Avoid hard, dry foods (crackers, raw vegetables, etc.)
- Drink from a straw
- Try ice chips to help numb and soothe the mouth
- Provide oral care throughout the day

# Thick Saliva / Copious Secretions

- Oral care rinse: 1 tsp. baking soda, 1 tsp. salt with 1 quart of water. Rinse several times during the day.
- Caphosol up to 10 x day – mouth rinse
- Elevation of head while in bed to 30 degrees
- Cool mist vaporizer
- Lorazepam – may block gagging & nausea
- Portable suction machine
- Increase fluid intake can help thin secretions
- Mucinex
- Glutamine rinses 5 grams 3x/d
- Try pineapple, kiwi, papaya juice & seltzer water to break these thick secretions.
- Magic Mouth Wash
- Gelclair
- Honey – 1 Tbsp. dissolved in 1 cup warm water

# Dysphagia / Difficulty Swallowing

- Choose easy to chew and swallow foods
  - Milkshakes, scrambled eggs, custards, cooked cereals
- Modify diet consistency as appropriate
- May need SLP consult if difficulty swallowing
  - Pre-hab with SLP for head and neck cancer patients to help learn exercises to maintain swallow function
- Choose cold or room temperature foods
- Choose moist foods and avoid dry foods
- Moisten foods with sauces and gravies
- Provide mouth care throughout the day



# Taste Changes

- Choose foods with tart flavors, such as lemon wedges, lemonade, citrus fruits, vinegar, and pickled foods. (Caution: avoid these acidic foods if you have a sore mouth or throat.)
- Marinate foods
- Try sugar-free lemon drops, gum or mints
- Add lemon juice or other flavorings to water
- **Season Foods:** Use herbs, spices, and other seasonings, such as onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, ketchup, or mint
- Eat frozen fruits, such as whole grapes, mandarin orange slices, or chopped cantaloupe or watermelon
- **Oral Care:** Rinse your mouth with a solution of 1 quart water, 1 teaspoon salt, and 1 teaspoon baking soda – can use before and after meals
- **Metallic Taste:** Try using plastic flatware, glass cups, and plates

# Cold Sensitivity with Oxaliplatin

- Cover your skin, nose, and mouth if it is cold outside
- Cover up with a blanket or wear a winter hat on your head
- Avoid setting your air conditioning to a low temperature that makes you feel cold
- Do not eat cold or frozen foods or drink cold beverages
- Make sure all foods and drinks are at least at room temperature
- Do not touch or use ice packs or ice cubes
- Do not touch cold or frozen food
- Use gloves when handling any cold or frozen food

# Food Safety

# Food Safety Basics

- Keep hot foods **hot** (above 140°F), and cold foods **cold** (below 40°F)
- Avoid cross-contamination of foods
- Refrigerate leftovers as soon as you are done eating
  - Throw away prepared food after **72 hours (three days)**.
  - Date foods placed in the refrigerator to keep track of refrigerator to keep track of their age
- Throw away the entire food package or container with any mold present, including yogurt, cheese, cottage cheese, fruits (especially berries), vegetables, jelly, bread, cereal, and pastry products.
- Wash your hands, all utensils, and food prep surfaces before and after preparing foods
- Thaw meats in the refrigerator or defrost them in the microwave. DO NOT leave them sitting out
- All dairy products must be pasteurized
- Meats must be well done
- Avoid raw nuts
- Avoid soft cheese and cheeses with molds (ex: Blue, Gorgonzola, Feta, Brie & queso fresco cheeses)



# Fruits and Vegetables

All fresh produce (whether organic, natural, or general produce) may carry dangerous bacteria or other organisms that can cause foodborne illness. The following guidelines will help you handle ALL produce safely:

- Refrigerate fruits and vegetables promptly
- Do not purchase produce that has been cut at the grocery store (such as melon or cabbage halves)
- Do not eat any type of raw vegetable sprouts (including alfalfa sprouts, clover sprouts, mung bean sprouts, and others) due to high risk of Salmonella and E. coli contamination. Cooked mung bean sprouts are acceptable.
- Throw away fruits and vegetables that are slimy or show mold

# How to Wash Produce

- Rinse produce thoroughly under clean, running water just before use, including produce that is to be peeled (such as bananas, melons, and oranges) or cooked.
- Do not wash fruits and vegetables with soaps, detergents, or chlorine bleach solutions. Produce can absorb these cleaning agents. They have not been shown to be more effective for removing bacteria than washing under running water.
- Use a clean vegetable scrubber to scrub produce that has a thick, rough skin or rind (such as cantaloupe or potatoes) or has visible dirt on the surface.
- Rinse leaves of leafy vegetables (such as lettuce, spinach, and cabbage) individually under running water.
- Rinse packaged salads, slaw mixes, and other prepared produce under running water, even when marked pre-washed. Using a colander can make this easier.
- Check for “use by” dates.

# Dining Out

- Eat early to avoid crowds
- Ask that food be prepared fresh if you eat at a fast food restaurant
- Avoid self-serve bulk condiment containers – use single serving condiment packages
- Don't eat raw fruits or vegetables when eating out
- Don't eat from salad bars, delis, buffets, or sidewalk vendors
- Make sure utensils are wrapped in a napkin and not set directly on the table
- If taking food home ask to put the food in the container yourself instead of having the server do it

# Recipe Resources

## Books

- Dinner Through a Straw: A Handbook for Maxillary Trauma, revised edition, by Patti Ran Thigpen. Dethero Enterprises, 2006. [www.dinnerthroughastraw.net](http://www.dinnerthroughastraw.net) .
- Eating Well Through Cancer: Easy Recipes & Tips to Guide You Through Treatment and Cancer Prevention, 3rd edition, by Holly Clegg and Gerald Miettello. Southwestern Publishing Group, 2016.
- The Essential Cancer Treatment Nutrition Guide and Cookbook, by Jean Lamantia, RD, and Neil Berinstein, MD. Rose, Robert Incorporated, 2012.
- The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery, 2nd edition, by Rebecca Katz and Mat Edelson. Ten Speed Press, 2017.
- What to Eat During Cancer Treatment, 2nd edition, by Jeanne Besser and Barbara Grant. American Cancer Society, 2018.

## Websites

- Cook for Your Life: Healthy Cooking for Cancer Patients: [www.cookforyourlife.org](http://www.cookforyourlife.org)
- Memorial Sloan Kettering Cancer Center, “Recipes for People With Cancer”: [www.mskcc.org/experience/patient-support/nutrition-cancer/recipes](http://www.mskcc.org/experience/patient-support/nutrition-cancer/recipes)
- American Institute for Cancer Research, recipes: [www.aicr.org/cancer-prevention/recipes](http://www.aicr.org/cancer-prevention/recipes)
- Cancer Support Community, “Recipe Gallery”: [www.cancersupportcommunity.org/recipe-gallery](http://www.cancersupportcommunity.org/recipe-gallery)



# Website Example: Recipes by Concern

cookforyourlife.org/recipes/



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## All Recipes

Health Considerations

Meals

Preferences

- All Recipes
- By Meal Type
- By Preparation
- By Health Consideration
- By Dietary Preference
- Recipe Collections
- Conversion Chart

- Bland Diet
- High Protein
- High Calorie
- Low Fiber
- Anti-Nausea
- Easy To Swallow
- Fatigue
- Taste Changes

1157 Recipes Found



# Final Thoughts

- Side effects that lead to trouble eating are very common during cancer treatment
- Goal = maintain body weight & muscle mass with nutrition
  - Prevent delays or breaks in treatment
  - Prevent hospital stays or reduce the time you are in the hospital
- Work with a dietitian for individual recommendations - oncology dietitians are available to patients at Northside Hospital Cancer Institute

# Questions?