

# Nutrition Goals for Survivors

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# Goal Setting Objectives

- Review the AICR top 10 life style recommendations for reducing cancer risk / risk of recurrence
- Define goals and goal setting
- Develop individual nutrition and health SMART goals

# 10 Cancer Prevention Recommendations

1. Be a healthy weight
2. Be physically active
3. Eat a diet rich in whole grains, vegetables, fruits & legumes
4. Limit consumption of “fast foods” & other high in fat, starches or sugars
5. Limit consumption of red & processed meats
6. Limit consumption of sugar-sweetened drinks
7. Limit alcohol consumption
8. Do not use supplements for cancer prevention
9. For mothers: breastfeed your baby - if you can
10. After a cancer diagnosis: follow these recommendations - if you are able

# Goals

- Goal = the end toward which effort is directed: an aim / purpose
- Goal Setting = the process of identifying something that you want to accomplish and establishing measureable goals and timeframes
  - Developing an action plan



# Think About the Following

- What is a goal that you accomplished in the past year?
- Why was it important to you?
- What steps did you take that helped you to be successful in reaching that goal?

# Why Set Goals?

- People who set realistic and achievable goals are more likely to have behavior change than those who do not set goals
- Goals are a roadmap to get you from where you are to where you want to be
- You are much more likely to take action when **you set** your own goals and **you develop** your own action steps

# Types of Goals

- Process Goals: describe how to get where you want to be. They use the technique and focus your attention on what you need to do to achieve your goal.
- Outcome Goals: Not concerned with the actions you take as long as you reach your goal. These can be affected by other people's behavior.
- Performance Goals: these are about your own behaviors – used to monitor achievement of process goals.

# Examples of Goals

- Process goal: I will eat a salad every day for lunch
- Outcome goal: I will eat 5+ servings of vegetables daily
- Performance goal: I will have 2-3 servings of different color vegetables at lunch



# Examples of Goals

- Process goal: I will wake up every morning and run for 30 minutes before work
- Outcome goal: I will place in the top ten in my age group at my next half marathon
- Performance goal: I will run a nine minute mile

# Examples of Goals

- Process goal: I will put money into my savings account every pay period
- Outcome goal: I will save \$10,000 this year
- Performance goal: I will transfer \$385 per pay period to savings

# Defining Your Goals

- Defining your goals is the first step once you've identified something you want to accomplish – helps to make your action plan.
  
- Make your goals SMART
  - S – Specific
  - M – Measurable
  - A – Attainable
  - R – Relevant
  - T – Time-based

# SMART Goals

## Specific Goals

- Easier for you to achieve & help to motivate you
- Include as much detail as possible that include a timeframe for when you will make the change
- Include anyone else who will be involved
- Example:
  - “I want to eat better” (vague, not specific) vs.
  - I will pack my lunch 5 days per week and pack fruit instead of chips for my afternoon snack.

# SMART Goals

## Measurable Goals

- Is your goal easy to measure?
- Example:
  - Have you or have you not met the goal.
  - Did you pack your lunch? Yes or No?
  - Did you pack fruit instead of chips? Yes or No?
- Other considerations
  - How much?
  - How many?
  - How will you know when it is accomplished?

# SMART Goals

## Attainable Goals

- Consider any barriers that could prevent you from reaching your goal.
- Is your goal realistic and achievable?
- Ask yourself: How can I accomplish this goal?
- Example:
  - Someone new to running / exercise who sets a goal to run a full marathon next month.
  - A more attainable / realistic goal would be to participate in a 5k race.

# SMART Goals

## Relevant Goals

- Does this goal matter to you?
- Does it seem worthwhile?
- Is it the right time?

# SMART Goals

## Time-based Goals

- A goal should be grounded within a time frame
- Having a deadline can create urgency and it also keeps you accountable
- Set a target date for your goal to be complete
- If it's a long-term goal – set milestones and check-in times to make sure you're on track.



# Setting Yourself Up for Success

- Don't try to change all of your behaviors at one time – start with a few changes & add more as you achieve your goals or develop habits
- Manage your goals with a daily “to do” list of your action plans – check off items when you’ve completed it
- Review your goals list weekly – check off completed goals, add new goals or measure your progress towards your goal
- Adjust when needed

# Samples of Goals

- Exercise XX days a week for at least XX minutes
- Eat at least \_\_\_\_ servings of fruits & vegetables at least \_\_\_\_ days a week
- Pack lunch \_\_\_\_ days per week
- Limit sodas to \_\_\_\_ days per week
- I will keep a food record for one full week
- I will increase my vegetable intake from 1 serving per day to 2 servings of different vegetables per day this week.

# Samples of Goals

- Limit sweets to \_\_\_\_ per week
- I am not going to consume any alcohol this month
- Drink \_\_\_\_ glasses of water per day
- I will create a meal plan for next week's menu including breakfast, lunch, and dinner before I grocery shop on Saturday.
- I will go to the new Zumba class being offered at my gym this week

# Samples of Goals

- I will try one new vegetable every month for 2023
- I will replace refined grains with higher fiber, whole grain options
- Every Monday will be a “Meatless Monday”
- I will walk 8,000 - 10,000 steps per day
- I will increase my weights from 5 lbs. to 8 lbs. in two weeks during my workout

# Work on Your Goals

- What is a goal that you would like to accomplish in the future?
- Why is it important to you?
- What steps do you need to take that will help you to be successful in reaching that goal (outline your action plan)?

# Stay Accountable

- Write your goals & action plan down
- Share your goals & plan with someone who will support you
- Create an accountability challenge with others working on the same or similar goal
- Track your goals & progress

# \*Celebrate\*

Set-up a **non-food** related reward system to celebrate your successes along the way!

- A Massage
- Pedicure/Manicure
- New Workout Outfit
- Fresh Flowers
- Go to the Movies
- A New Hairstyle
- New Running Shoes
- Plan a vacation
- New Water Bottle

# Let's Make a Goal & Action Plan (Worksheet)

- Initial Goal = Eat healthier
- Specific = I'm not eating enough vegetables each day – just 1-2 per day so I want to eat more vegetables to meet the recommendations of 5 servings/day.
- Measureable = I will be successful if I am consistently eating 5 servings of vegetables each day
- Achievable = yes, I like vegetables I just haven't prioritized them
- Relevant = vegetables have nutrients that may help to reduce my cancer risk
- Time-bound = by the end of this month I will be consistently eating 5 servings of vegetables
- **SMART GOAL = I will consistently eat 5 servings of vegetables everyday by the end of February**



# Action Plan Items

## **SMART GOAL = I will consistently eat 5 servings of vegetables everyday by the end of February**

- I will keep a food journal this week to determine how many vegetables I eat each day and which meals provide the most vegetables and which meals I can change to increase vegetables
- I will review what amount is considered a serving of vegetables
- I will make a list of all the vegetables I like to help with meal planning
- I will attend the monthly CSC cooking demos for new recipe ideas
- I will buy a variety of frozen vegetables to have on hand
- I will write down each day what vegetables I ate until I am in a routine

# Let's Make a Goal & Action Plan (Worksheet)

- Initial Goal = workout more
- Specific = I do not currently workout so I would like to be physically active most days of the week
- Measureable = I will be successful if I do some form of physical activity
- Achievable = yes, I need accountability but I like walking and yoga
- Relevant = physical activity may help to reduce my cancer risk and help me sleep better at night
- Time-bound = by the end of this March I will be consistently doing physical activity every day.
- **SMART GOAL = I will consistently exercise 30 minutes 5-7 days per week**

# Action Plan Items

**SMART GOAL = I will consistently exercise 30 minutes 5-7 days per week by the end of March**

- This month (January) I will exercise 15 minutes, 5 days per week
  - I will walk during my lunch break for 15 minutes
  - I will join the gym and commit to doing 15 minutes 5 days/week on different equipment to learn what I like to do
- I will invite a friend to go hiking twice a month
- I will attend 2 CSC exercise classes (nature walk, yoga, tai chi, etc.)
- I will increase my exercise to 20 minutes, 5 days/week in February
- I will increase my exercise to 30 minutes, 5-7 days/week in March

Would anyone like to share their goal, plan or reward system?

# Questions?