

# UPSTATE

## CANCER CENTER

### *Nutrition Counseling*

#### TO MAKE AN APPOINTMENT:

Call 315 464-HOPE (4673)

or

Ask one of your providers for a referral

For more information, visit

[www.upstate.edu/cancer/cancer-care/support/nutrition.php](http://www.upstate.edu/cancer/cancer-care/support/nutrition.php)



## NUTRITION COUNSELING

### A SERVICE FOR CANCER PATIENTS



# UPSTATE

## CANCER CENTER

### *Nutrition Counseling*

750 East Adams St. • Syracuse, NY 13210



### MEDICAL NUTRITION THERAPY SERVICES

Nutrition is a crucial part of your cancer treatment. Proper nourishment can speed up recovery, improve tolerance of treatment, reduce side effects, lower the risk of infection, and decrease hospitalizations.

An estimated 80 percent of cancer patients will become malnourished at some point in their cancer journey.

Malnutrition is triggered by the complex interaction between:

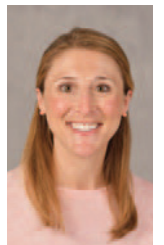
- reduced food intake
- increased energy expenditure from metabolic changes
- systemic inflammation
- tumor growth
- therapies used during treatment

Medical nutrition therapy provided by a registered dietitian has been shown to reduce the risk of malnutrition and improve outcomes during cancer treatment.



### STAFF AND SERVICES

Katie Krawczyk, MA, CDN, CNSC, is a registered dietitian and certified nutrition support clinician who is available to meet with you to provide individualized counseling based on sound science. During her appointment, she will work with individuals to:



- manage side effects related to treatment such as taste alterations, diarrhea, poor appetite, weight loss, dehydration, nausea and fatigue
- answer questions regarding the vast amount of conflicting nutrition information available on the internet
- prescribe alternate therapy such as oral supplements and tube feeding
- educate on diet and lifestyle to reduce risk of recurrence

Tell your care team if you are interested in learning more about how to optimize your nutrition status to help with your cancer treatment. Your provider can place a referral to Katie.

Cancer treatment can be overwhelming. Taking action to improve your nutrition can help ease the journey — and may improve both your outcome and quality of life.

315-464-HOPE (4673)

# MEDICAL NUTRITION THERAPY SERVICES

## UPSTATE CANCER CENTER *Nutrition Counseling*



### FREQUENTLY ASKED QUESTIONS:

#### Does sugar feed cancer?

To date, there are no randomized, controlled trials showing sugar causes cancer. There is, however, an indirect link between sugar and cancer. Eating a lot of high sugar foods such as cakes, cookies, and sweetened beverages can contribute to excess caloric intake. This may lead to weight gain and excess body fat.

Research has shown that being overweight or obese increases the risk of 11 types of cancers including colorectal, postmenopausal breast, ovarian and pancreatic cancer.

#### Recommendations

It is recommended to reduce added sugars such as table sugar, honey, agave and maple syrup. Instead, consume nutrient-dense, high-fiber complex carbohydrates such as fruit, vegetables and whole grains (e.g., quinoa, whole wheat pasta and brown rice).

#### Is soy safe to consume?

The safety of soy is often a concern for survivors of estrogen-receptor positive breast cancer. Soy does contain phytoestrogens. It is important to understand that phytoestrogens are plant estrogens, which is not the same as human estrogens. You cannot get human estrogen from eating phytoestrogens.

#### Recommendations

Research suggests that consuming 1-2 servings of whole soy foods a day is beneficial. This amounts to ½ cup of edamame, 1 cup of soy milk or ¼ cup of tofu. However, avoid concentrated soy in pill form and powders. If a food label says soy protein isolate, you might want to avoid it. Soy lecithin, soybean oil and soy sauce do not contain concentrated soy and are safe to consume.

#### Should I buy organic food?

Many people believe the healthiest fruit and vegetables are organic varieties found in the produce section of the grocery store. Research shows there is no nutritional difference between organic and conventional foods. The Environmental Protection Agency (EPA) sets upper limits of pesticide use with a margin of safety to ensure the levels are safe for vulnerable populations. Pesticide residue on produce is extremely low — 100 times lower than the EPA has established as safe for consumption over a lifetime.

#### Recommendations

Getting all the vitamins and minerals that plants provide is one of the most important things you can do to promote immune health. The benefits of eating enough fruits and vegetables far outweigh the risk of pesticide exposure! Both organic and conventional produce have the vitamins and nutrients your body needs.

#### Will superfoods help fight my illness?

#### Do we need to eat them in order to be healthy?

Superfoods are advertised as ultra-healthy foods having exceptional power for fighting or preventing health conditions. Many of these are simply colorful, phyto-nutrient rich foods that provide fiber and antioxidants just like regular plant foods. Scientific evidence of these foods having exceptional powers is sparse.

#### Recommendations

While they may not live up to their hype, superfoods can be part of a well-balanced diet. Add chia or ground flax seeds to smoothies, oatmeal or yogurt. Enjoy the occasional green tea or kefir beverage. Swap brown rice for teff or quinoa.



### CANCER COOKBOOKS

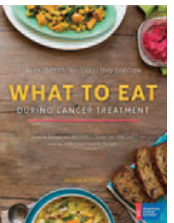
**The Cancer-Fighting Kitchen**  
Rebecca Katz  
Potter/Tenspeed/Harmony  
(Second Edition, 2010)



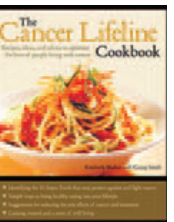
**One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Families**  
Mat Edelson and Rebecca Katz  
Healing Solutions, LLC (2008)



**American Cancer Society  
What to Eat During Cancer Treatment**  
Jeanne Besser, Kristina Ratley, RD, LDN  
Sheri Knecht, MS, RD, LDN  
Michele Szafranski, MS, RD, LDN (2009)



**The Cancer Lifeline Cookbook:  
Good Nutrition, Recipes, and  
Resources to Optimize the  
Lives of People Living with Cancer**  
Kimberly Mathai, MS, RD, with Ginny Smith  
Sasquatch Books (2004)



### TO MAKE AN APPOINTMENT:

Call 315-464-HOPE (4673)

or

Ask one of your providers for a referral

For more information, visit  
[www.upstate.edu/cancer/cancer-care/support/nutrition.php](http://www.upstate.edu/cancer/cancer-care/support/nutrition.php)

