

@StacyKennedyRD



Nutrition, Exercise & Cancer

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DANA-FARBER/BRIGHAM AND WOMEN'S



CANCER CENTER



Dana Farber Nutrition Media

- DFCI largest RD outpatient group
- Website: Ask the Nutritionist, recipes, resources
- Award-winning App launched in 2010
- You Tube Videos – Eating Well During Cancer Series – Bell Ringer Silver Award 2015
- Social Media, blogs & Web Chats, Twitter chats
- TV, Print, radio interviews on nutrition & cancer



How Nutrition Can Help

- *Prevention, Treatment, Survivorship*
- *Symptom Management*
 - *Nausea, Fatigue, Bowel irregularities, Taste & Appetite changes*
- *Weight management*
- *Boost energy levels*
- *Support immune system*
- *Overall health and wellness*



Healthy Smoothies

- ★ Great way to hydrate with Phytonutrients!
- ★ Promotes fullness and hunger or craving control
- ★ Stabilizes blood sugar
- ★ Electrolyte and protein rich
- ★ Combine fruits & veggies
- ★ Help fatigue, bowel irregularities, Highly Customizable!
nausea, taste changes
- ★ Have fun being creative!



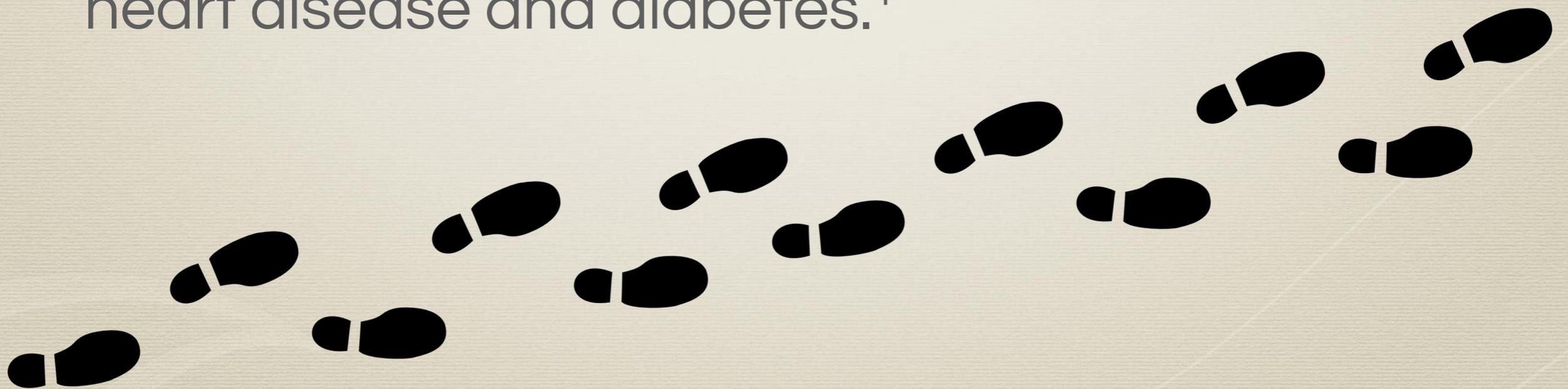
Small Changes



- Maintaining a healthy weight is important for overall health, and for cancer prevention.
- Research shows that in women who are overweight, a 5-10% weight loss can make a big difference
- Exercise and a healthy diet are key factors.
- Sleep, stress management, relationships matter too

Small Steps – Big Results

- No time? Try again. Fitting in fitness to your busy daily routine is simple. Even the smallest steps count.
- Engaging in physical activity improves your overall health while lowering your lifetime risk of cancer, heart disease and diabetes.¹



¹ <http://www.cancer.org/healthy/eathealthygetactive/getactive/fitting-in-fitness>

Make the Switch

- Take the stairs instead of the elevator
- Walk or bike to work
- Take a quick break and walk for 20 minutes, invite others!
- Skip the e-mail and visit your co-worker instead



Obesity related to increased risk of and reduced survival for:

- **ER+ Breast Cancer**
- Prostate Cancer
- Esophageal Cancer
- Liver Cancer
- Pancreatic Cancer

- ★ Lymphoma
- ★ Melanoma
- ★ Head & Neck Cancers
- ★ Endometrial Cancer
- ★ Colorectal Cancer

Cancer & Fitness



- Benefits: Increases energy during treatment/recovery
- Exercises will improve both physical and emotional aspects, even while undergoing treatment
- Feeling tired? Exercise fights against fatigue, a common symptom and complaint during treatment
- Before getting started, ask your doctor. Depending on treatment you may need a recommended pace to begin exercise (example: receiving surgery)

Benefits of Physical Activity

- **Lowers stress** – *endorphins, your “feel good” neurotransmitters, are activated while exercising*
- **Improves sleep** – *exercise fights against fatigue*
- **Boosts mood** 😊 - *while activating your endorphins, exercise can also increase your confidence and relax you*



Getting Started on Fitness

Flexibility/Stretching

Aerobic/Cardio

Resistance Training

Recommended amount of exercise includes an adequate amount of both cardio and resistance training as it improves your overall health.¹

¹<http://www.dana-farber.org/Health-Library/Questions-about-exercise-during-and-after-cancer-treatment.aspx>

Flexibility & Stretching

Stretching is recommended to do before any type of exercise, preparing your body and muscles for strenuous activity will prevent injury & limit soreness.



Aerobic & Cardio



- Exercising your heart, reducing any risk of diabetes or even heart attacks.
- Try running or going for a brisk walk.
- If you have issues with balance, try swimming or riding a stationary bike.

Resistance Training

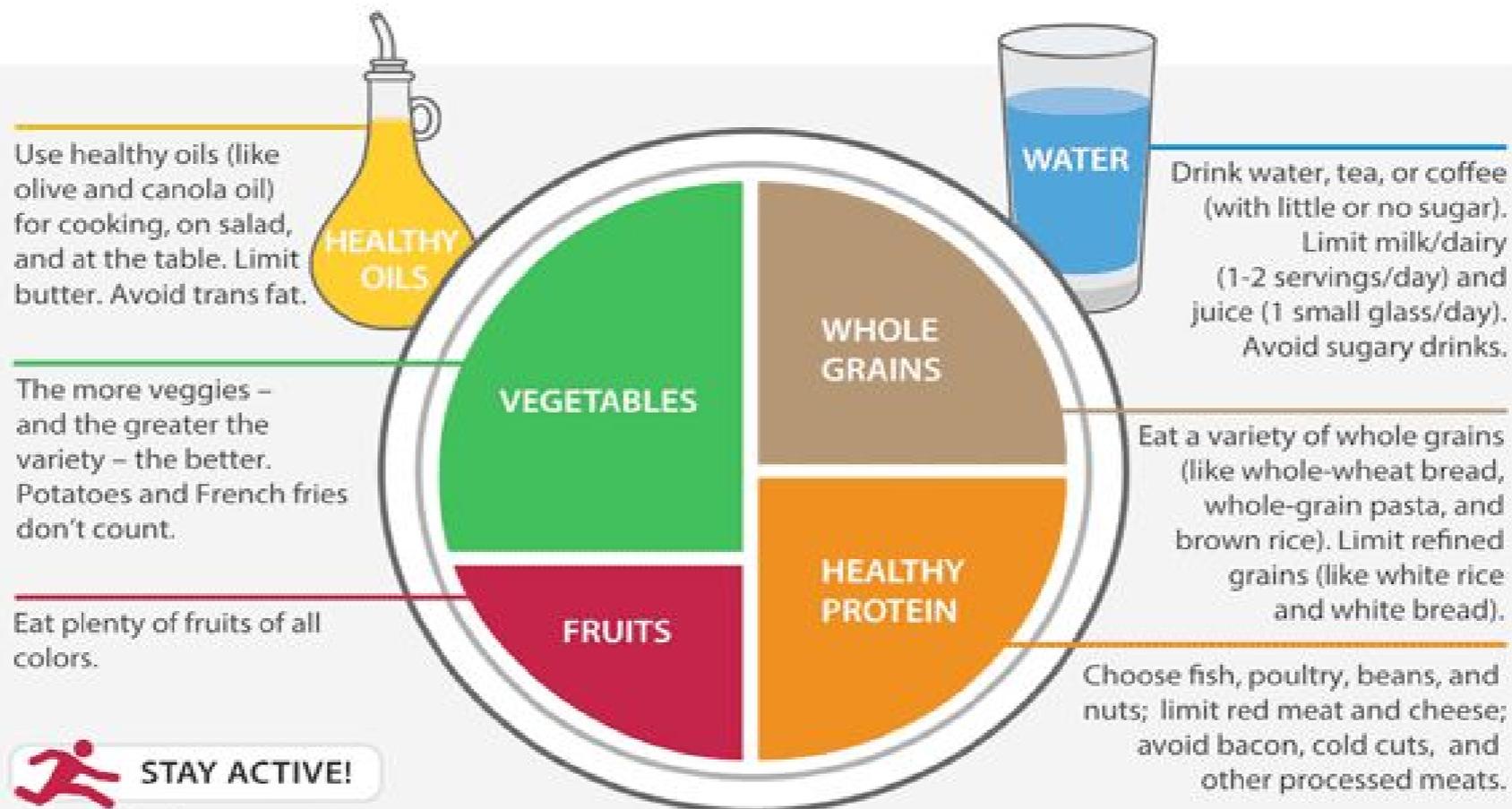


Weight lifting can aid in building muscle which is crucial, as a common side effect of cancer treatment is losing muscle.

Plant Based Diet

Plant based foods provide a variety of Phytonutrients, each with unique benefits

HEALTHY EATING PLATE



© Harvard University



Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Eat & Drink a Rainbow!



Top Cancer Fighting Foods

- Carrots, Sweet Potatoes & Squash (beta-carotene)
- Tomatoes & Watermelon (lycopene)
- Strawberries, Cherries, Raspberries, Walnuts (Ellagic acid)
- Broccoli & Kale (Indole-3-Carbinol, Cruciferous family)
- Lemons, Limes & Oranges (limonene) - go for zest!
- Berries, Bell Peppers, Cauliflower, Kiwi, Tomato (Vitamin C)



Diet & Cancer = Controversies

- Dairy
- Sugar – Read the Blog
- Organics – EWG Dirty Dozen Plus & Clean 15
- Grass-fed vs. Conventional Red Meat
- Wild vs. Farm Raised Fish



Sugar

- Fruit & "Natural Sugar"
- Sugar sweetened beverages
- Added Sugars
- Artificial sweeteners
- GI/GL/Insulin
- Take home messages



Take Home Messages on Sugar

- Eat balanced meals and snacks.
- Include a protein-rich and fiber-rich food with each meal and snack.
- Stay well hydrated.
- Include walking and other physical activity regularly.
- Eat plenty of vegetables and other plant-based foods.
- Choose fresh or whole fruit over dried fruits and fruit juices. Add fresh/frozen fruit to plain Greek yogurt instead of purchasing flavored options with fruit already included.
- Choose whole grains and starchy vegetables like quinoa, brown rice or sweet potatoes over refined grains like white rice, breads and potatoes.
- Use fresh or dried herbs and spices, like cinnamon, to flavor foods and add nutrients.
- Focus on getting adequate sleep and managing stress levels.

Environmental Working Group

www.ewg.org

EWG'S SHOPPERS GUIDE TO PESTICIDES IN PRODUCE™

DIRTY DOZEN™

2013 DOZEN™ 2013

APPLES	NECTARINES
CELERY	IMPORTED
CHERRY	PEACHES
TOMATOES	POTATOES
CUCUMBERS	SPINACH
GRAPES	STRAWBERRIES
HOT PEPPERS	SWEET BELL PEPPERS

PLUS

- COLLARDS & KALE*
- SUMMER SQUASH & ZUCCHINI*

*PESTICIDES OF SPECIAL CONCERN

EWG'S SHOPPERS GUIDE TO PESTICIDES IN PRODUCE™

CLEAN FIFTEEN™

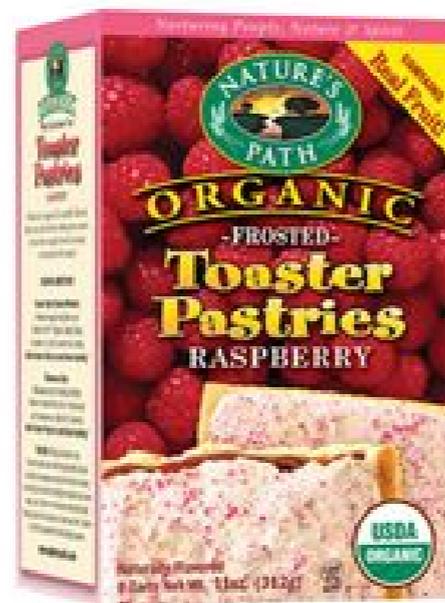
2013 FIFTEEN™ 2013

ASPARAGUS	ONIONS
AVOCADO	PAPAYAS
CABBAGE	PINEAPPLES
CANTALOUPE	SWEET PEAS FROZEN
CORN	SWEET POTATOES
EGGPLANT	
GRAPEFRUIT	
KIWI	
MANGOS	
MUSHROOMS	

QUESTIONS ABOUT PESTICIDES IN PRODUCE? VISIT US AT FOODNEWS.ORG

Is organic better? Eat locally!

Organic Label Does Not Guarantee It's Healthy



Wild Fish & Grass Fed Beef vs. Conventional

	Type	Amount	Reason
Beef	Grass-fed beef.	<18 oz/week; consume in moderation as part of a balanced diet with other plant-based foods; coincides with AICR dietary guidelines.	Grass-fed beef contains an improved nutrition profile and is more environmentally sustainable than grain-fed beef. Beef should be consumed in moderation given the proposed risks of consuming red meat in relation to the development of chronic diseases.
Fish	Wild caught salmon as well as other high-fat fish.	At least twice per week; coincides with AHA and WHO dietary guidelines.	Wild salmon contains lower levels of contaminants than farm-raised salmon and is more environmentally sustainable. High-fat fish should be included in the diet because of its EPA and DHA content, which are proposed to prevent against chronic diseases.
Other Sources of Dietary Protein	Poultry, lean meat, eggs, legumes, tofu, beans, and nuts.	Consume in moderation as part of a balanced diet; should make up 1/4 of the balanced plate.	Dietary protein promotes satiety and helps regulate blood sugars. Plant-based sources of protein as well as lean meats contain less saturated fat and are higher in fiber, which may be beneficial for the prevention of chronic diseases.

Food vs. Supplement

- Many beneficial compounds have shown positive effects when they are consumed from food sources.
- Supplements may be harmful because they can provide too-high doses and can interact with treatment or other medications.



Guide to Evaluate Supplements

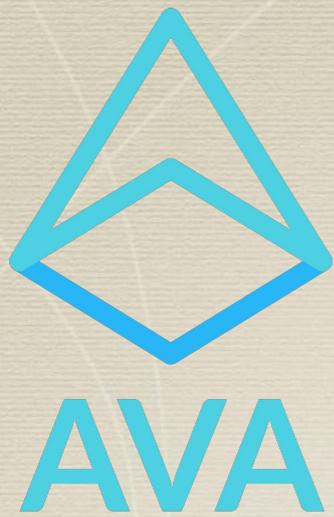
- Safety First, Efficacy Second
- Communicating to patients that supplements are not federally regulated for purity, safety or content
- Natural Medicine Database
- ConsumerLabs.com
- Memorial Sloan Kettering Cancer Center's About Herbs app



How to Build Your Healthy Eating Plan

- Plant based diet
- Timing of meals and snacks
- Taste changes, likes & dislikes
- Ease of preparation
- Meet with a nutrition specialist to customize your plan.

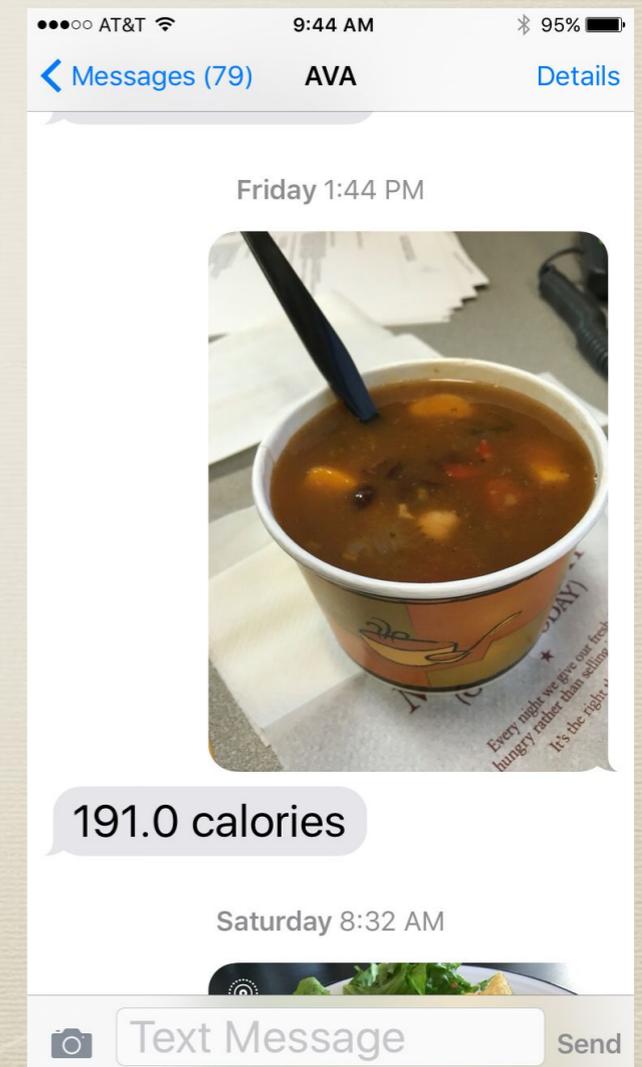




Free Beta-Test Photo Journal, Calorie Tracker & Nutrition Programs

- AVA lets users track calories and build a food journal just by texting photos of what they eat
- Using our proprietary platform, AVA's coaches estimate calories based on users' photos, then text users their calorie count with a link to their food journal.
- AVA is fun, easy-to-use and interactive, with its own database for searching food items.

EatWithAva.com



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App for iPhone & Android

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