

# Nutrition During Chemotherapy

## Part 2- Nutrition-related Side Effects

Presenter: Joanna Lipp, MS, RD, CSO, CSNC  
Pluta Integrative Oncology and Wellness Center  
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THE HIGHEST ORDER



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# Overview- Part 2

- Objective:
  - Review tips to help manage nutrition-related side effects from chemotherapy
- **Note:** these are general nutrition guidelines. For individualized recommendations based on your cancer site, treatment plan, medical history and side effects, consult with your medical oncology team and/or registered dietitian.
- **To schedule a free nutrition consultation:**
  - Pluta Integrative Oncology and Wellness location: (585) 486-0654
  - Wilmot (Strong Hospital location): (585) 275-5823



# Common Nutrition-related Treatment Side Effects

- Swallowing difficulty
- Poor Appetite/Early Satiety
- Altered Taste and Dry Mouth
- Nausea
- Diarrhea
- Constipation
- Fatigue



# Swallowing Difficulty

- Modify Textures – use blender or food processor to chop or puree
- Blend foods if texture variances are a problem
  - Soup is 2 textures! (solid in liquid)
- Avoid bread unless modified (toasted or soaked)
  - Grilled cheese +/- soup for dipping
  - Chicken a la king over bread or biscuit
- Add moisture with gravy and sauces
  - Premade gravy, alfredo sauce, cheese soup/sauce, pesto or flavored oils
- Thin casseroles with extra butter and/or milk
- Thickened liquids, if needed
- Commercial supplements, homemade shakes and smoothies
- May need to consider feeding tube
- Consider Speech therapy consultation, especially if RT to mouth/throat



# Smoothies vs. Juicing



- Smoothies:
  - Include a protein source- soy, cow’s or plant-based milk, nut butter, tofu, yogurt, protein powder
- “Juicing”
  - Does not include a protein source; not a balanced “food”- high carbohydrate, low fiber
- Tips:
  - Use only edible parts– do not include pits of stone fruits, melon rinds, etc.
  - Do not juice more fruits and vegetables than you typically eat in a day
  - Wash produce well
  - Use organic produce, when possible
  - Include more vegetables than fruits
- Not a complete source of nutrition – intended to “supplement” other foods in diet



# Poor Appetite/Early Satiety

- Small, frequent meals- every 2–3 hours
  - Set a timer or have a family member remind you
  - Include protein food and at least one other food group
- Eat what is appealing at that time of day
- Light physical activity
- Make the most of each bite
- Have snacks visible and close by as a visual reminder



# Poor Appetite/Early Satiety

- Ideas for mini-meals

- Cereals with milk and fruit
- Soup and crackers
- Hummus with pita bread or vegetables
- Trail mix or homemade granola-type bars (such as, “Anytime Bars”)
- Yogurt/cottage cheese with fruit
- Premade nutrition supplements or homemade smoothies
- ½ sandwich with Egg salad, tuna salad, chicken salad
- Frozen meals, especially items like pot pies, tuna noodle casserole, macaroni and cheese
- Frozen fish fillets/fish sticks, frozen breaded chicken patties or nuggets
- Store bought quiche or hard-cooked eggs



# Altered Taste and Dry Mouth

- Mouth Rinse
  - 1 qt water + 1 tsp salt + 1 tsp baking soda
- Focus on flavor profile that tastes good to you
  - Salty vs. Sweet vs. Tart
- Use plastic utensils (if metallic taste)
- Have others assist with meal preparations
- Cold or room temperature foods may be more appealing
- Avoid strong food odors
- Sip fluids throughout the day
- Mouth moisturizers
  - Biotene, Xyliments
- Add moisture to foods



# Nausea



- Small, frequent meals
- Bland foods (soups, toast, yogurt)
- Proactively use anti-nausea medications
- Try dry foods first thing in the morning and as needed throughout the day
- Liquids may be better tolerated than solids
- Ginger
- Limit food aromas (and other odors)
  - Cover foods/drinks
  - Use exhaust fans or open windows while cooking foods
  - Have others prepare food
  - Cold or room temperature foods maybe more appealing
- Focus on fluids between meals



# Diarrhea

- Small, frequent meals
- In general, follow a low fiber diet
  - Limit- raw fruits/vegetables, skins, seeds, legumes, whole grains
  - But - Include foods that have soluble fiber and pectin
    - Bananas, applesauce, oatmeal, white rice, barley, canned pears, rice congee soup
- Moderate intake of sweets and fats
- Consider food sources of probiotics (yogurt, kefir)
- Drink plenty of fluids to replace fluid losses (limit fruit juice and caffeine)
- Use anti-diarrheal medications
- Rest in a reclining position after meals



# Constipation

- Adequate fluid intake
  - Drink a hot beverage about 30 minutes prior to your usual time for a bowel movement
  - Prune juice
- Dietary Fiber Intake
  - Fruits/vegetables/whole grains/nuts/seeds
  - Psyllium fiber (such as, Metamucil or Konsyl)
- Physical Activity
- Follow bowel regimen instructions provided by oncology team
  - Have medications on hand
  - Use medications proactively



# Tips to Manage Fatigue

- Light Physical activity
- Small, frequent meals
- Batch cooking of meals when you are feeling well
- Enlist the help of others with shopping and meal preparation
  - [www.mealtrain.com](http://www.mealtrain.com)
- Consider grocery shopping and delivery services
  - Insta-Cart, WalMart
- Meals on Wheels
- Ready-to-use produce or frozen fruits/vegetables
- Keep easy snack foods on hand: dried fruit, crackers, yogurt, cheese, canned soups or stews, frozen entrees or soups



# Wilmot Cancer Institute Website- On-line Nutrition Resources

- [Healthy Foods to Increase Calories and Protein Cookbook](#)
- [Wilmot Cancer Institute Diet and Nutrition Services](#)
- [Pluta Integrative Oncology and Wellness services](#)
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# Thank you!!

