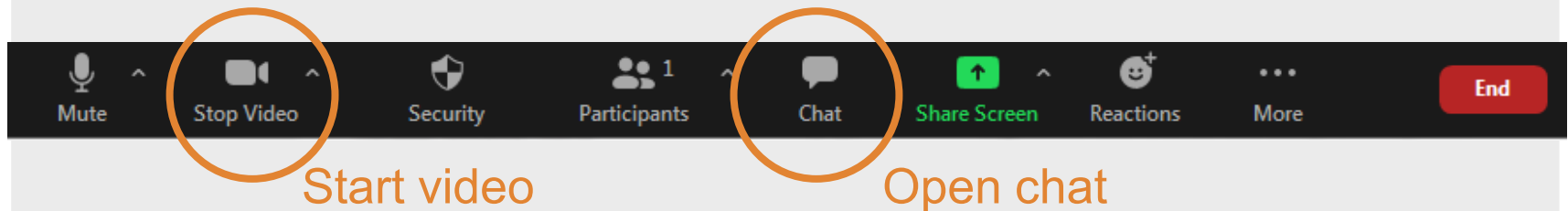


Nutrition Myths and Cancer



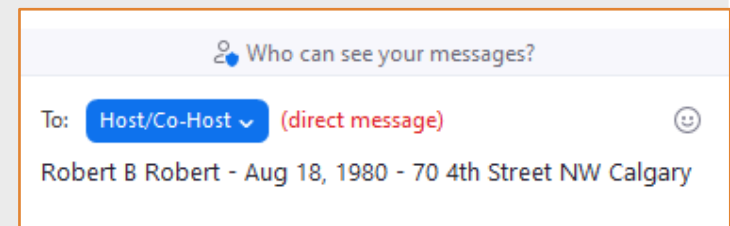
Check in

Start video (turn on your camera)



Send a private chat message to the host/co-host with your:

- Full legal name
- Date of birth
- Location (in case of emergency)



Disclaimer

Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

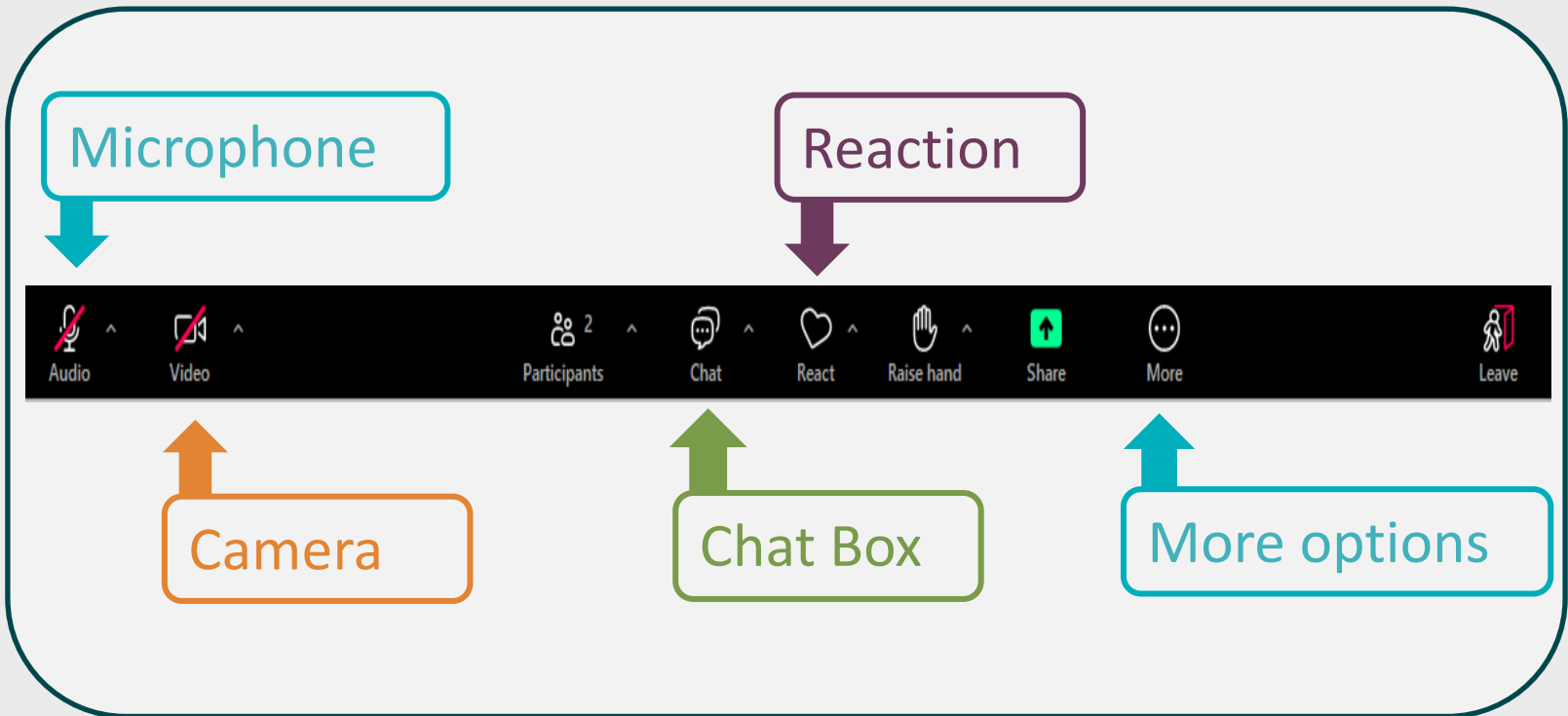
Webinar attendees **must be in Alberta** to attend today. This is due to regulations with the College of Dietitians of Alberta.



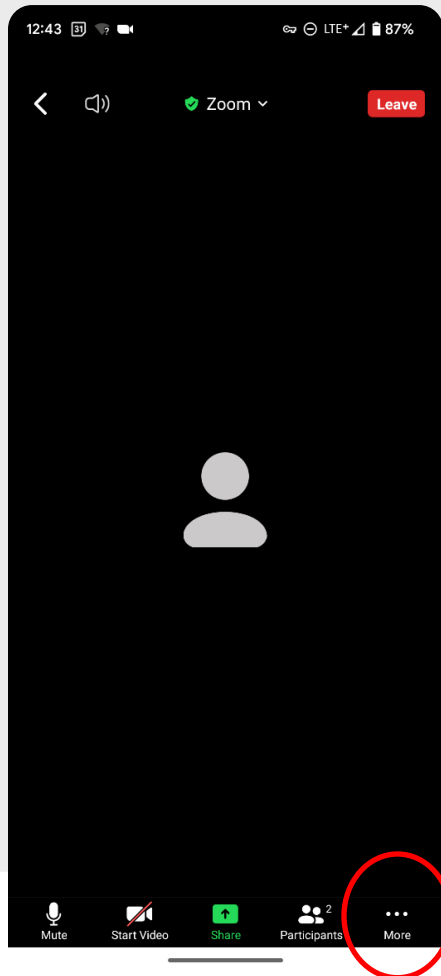


Perry, Metis Fusion

Your Zoom® toolbar



Smart phone or tablet



01

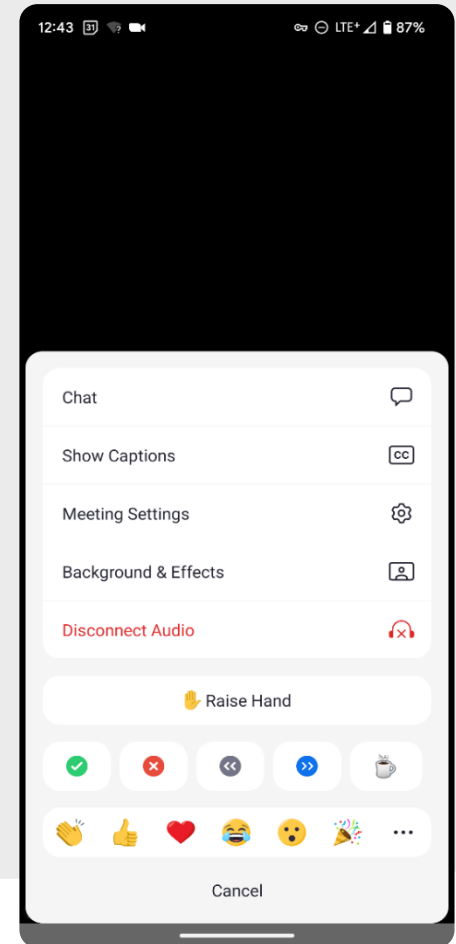
Tap your screen

02

Tap "More"

03

Tap the feature
you wish to use



Please respect privacy




Do not record the session



Do not share names



Do not share private medical information

A photograph of a group of people in a meeting. A woman with brown hair in a ponytail, wearing a dark blue V-neck top, is looking towards a man. The man is Black, has a beard, and is wearing a dark blue polo shirt over a light-colored collared shirt. He is looking at the woman with a slight smile. To his right, another man in a grey suit is partially visible. They are sitting at a wooden table. A black coffee cup is on the table in front of the woman. A white speech bubble is positioned above the man in the polo shirt.


I heard from my
uncle that you
should try...



Fact or fiction



Seek evidence

A woman with a grey knit beanie is shown in profile, looking out a window. She is leaning her head against a light-colored wall. The background outside the window is a blurred cityscape. A large black thought bubble is positioned to the right of her head, containing white text.

How can I...where do I...
what about...what did
they say... I feel lost.

Outline



Caffeine



GMOs



Hormones
in food



Organic
foods



Plastic
containers



Red &
processed
meat



Red wine



Special
diets



Sugar



Superfoods



Supplements
& herbs

Caffeine



An aerial photograph of a rural landscape. On the left, a large field of bright yellow rapeseed flowers stretches towards the bottom. A narrow, winding path lined with green trees separates this field from a vast, green agricultural field on the right. The green field shows distinct horizontal furrows from plowing. Long shadows are cast across the green field, suggesting the sun is low in the sky. A semi-transparent purple banner is overlaid on the left side of the image, containing the text 'GMOs' and 'Genetically Modified Organisms' in white.

GMOs

Genetically Modified Organisms



Hormones in food



Soy foods & flaxseed

Soy foods

- Safe up to 3 servings daily

Flaxseeds

- Safe up to 2 Tbsp (30 mL) daily
- Caution with flaxseed oils

Soy and flaxseed supplements & natural health products

- Use caution: No current recommendations



Organic foods



Same nutrition content



Plastic containers



Safely store and reheat food



Meat

Red & processed



Nitrates & nitrites



Cooking methods



Red wine



Alcohol use & cancer

American Cancer Society
(for cancer risk reduction)



Females:

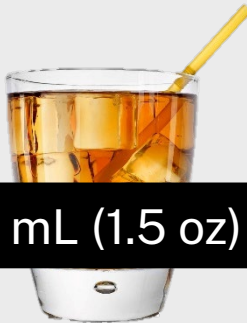
- 1 drink or less per day

Males:

- 2 drinks or less per day



142 mL (5 oz)



43 mL (1.5 oz)



341 mL (12 oz)



**Nutrition
Services**

Essential partners
in health

Alkaline diet



Low carb & keto diets



Juicing





Sugar

Carbohydrates (sugar)





Superfoods

Supplements & herbs



Food first



Supplements & herbals



Supplements & herbals



Supplements & herbals



Always check with your cancer doctor or pharmacist
before taking supplements or herbals.



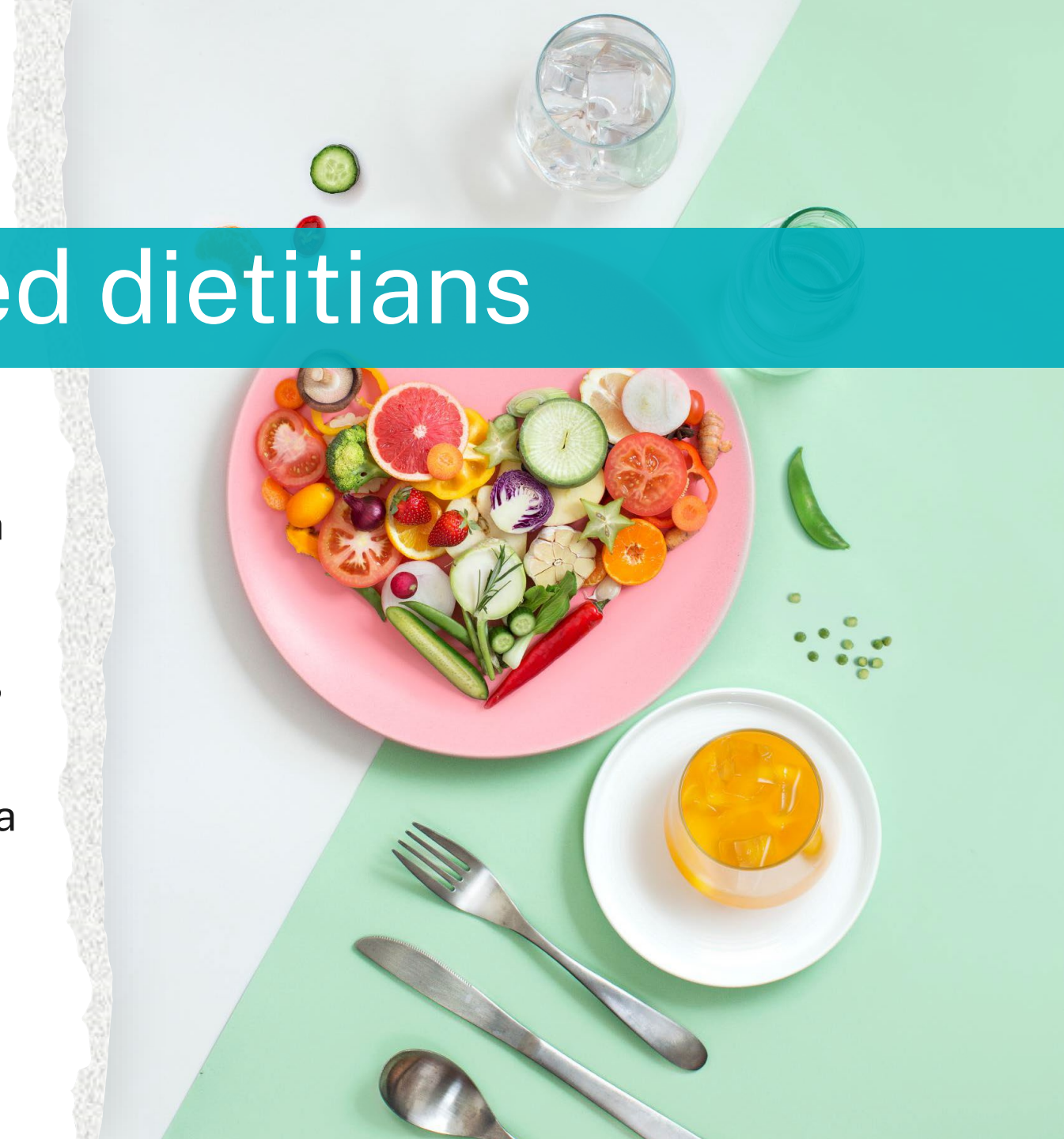
If a claim sounds too good to be true,
it probably is.



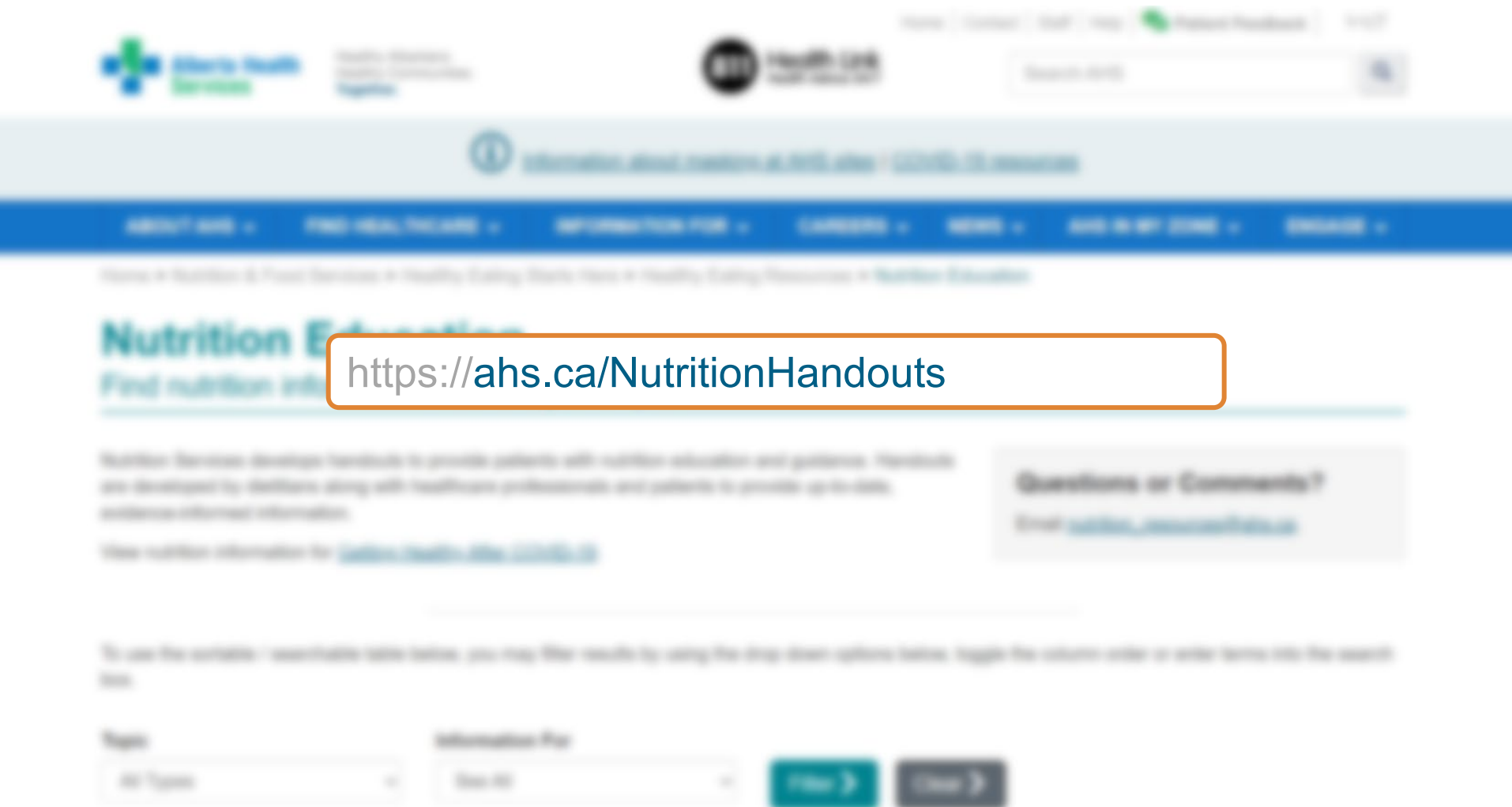
Registered dietitians

Ask your cancer doctor or nurse for a referral.

Nutrition questions?
Call Health Link 811
and ask to speak to a dietitian.



Nutrition Services



The screenshot shows the Nutrition Services website. At the top, there are logos for "Alberta Health Services" and "HealthLink BC". A search bar is visible on the right. Below the header, a blue navigation bar contains links: "ABOUT AHS", "FIND HEALTHCARE", "INFORMATION FOR", "CAREERS", "NEWS", "AND WHAT'S NEW", and "CONTACT". The main content area is titled "Nutrition Education" with the subtitle "Find nutrition information". A text box highlights the URL <https://ahs.ca/NutritionHandouts>. Below this, there is a paragraph about the purpose of the handouts and a link to "View nutrition information for". To the right, there is a section titled "Questions or Comments?" with a link to "Email us". At the bottom, there is a search filter section with "Type" (set to "All Types") and "Information For" (set to "You"), followed by "Filter" and "Clear" buttons.



Getting More Calories and Protein

Adding Protein to Your Diet

Protein helps to build and maintain muscle, heal tissue, and keep the immune system healthy.

Some illnesses and treatments can affect appetite. You may be eating less and not meeting your protein needs.

Eating foods with protein can help you meet your protein needs and maintain your muscle mass.

How much protein do I need?

You may need to eat more protein if you:

- are sick
- receive treatment for cancer
- take certain medicines
- live with a chronic illness
- are recovering from surgery

- Mix lentils and soft meats into soups, stews,

[COVID-19 resources](#)

Nutrition Supplements

What is a nutrition supplement?

Nutrition supplements come in many forms, including bars, drinks, powders, and capsules. They have different amounts of protein, carbohydrates, vitamins, and minerals.

Special nutrition supplements

Where can I buy nutrition supplements?

Adding Calories and Protein to Your Diet

Getting enough calories and protein is important for your health. It can help you:

- fight infection

Plan ahead

- When you can, make extra food and freeze it for later. This extra food on low days can help you not feel like making

Your daily protein

You need _____

Tips to get more protein

- Choose extra protein sources like [Canada's food guide](#).
- Eat 5–6 times a day. Add protein to each meal. Use the list of food sources on this page.
- Add soy protein or milk powder to your meals. Mix them into mashed potatoes, soups, and pharmac...
- Melt cheese on top of eggs, and casseroles.
- Add nuts, seeds, and wheat germ to your meals.

Making Smoothies with More Calories and Protein

Smoothies are one way to add calories and protein to your diet. Use the ideas below to make a smoothie. Choose one or more items from each column. Combine and blend until smooth. Use more liquid for a thinner drink. Use frozen fruit to make a thicker drink.

Fresh, frozen, or canned fruit 1 cup (250 mL)	+ Liquid 1 cup (250 mL)	+ Calorie booster	+ Protein booster	Optional
Apple	Buttermilk	Avocado (½)	Chia, flax, hemp, sesame or sunflower seeds (2 Tbsp/ 30 mL)	Chocolate, strawberry, or vanilla syrup
Banana	Evaporated milk	Canned coconut milk or cream (½ cup/ 125 mL)	Cooked lentils or white beans (¼ cup/ 60 mL)	Extracts like vanilla, lemon, or almond
Blueberries	Kefir	Cream (5% M.F. or higher) (½ cup/ 125 mL)	Cottage cheese (¼ cup/ 60 mL)	Hot chocolate mix or cocoa powder
Cherries	Milk	Frozen yogurt, ice cream or non-dairy frozen dessert (½ cup/ 125 mL)	Greek or Icelandic yogurt (¼ cup/ 60 mL)	Instant coffee
Kiwi	Nutrition supplement drink (for example, Ensure Max®, Boost Plus®, Carnation Breakfast Essentials®, or a store brand)	Maple syrup, pasteurized honey, or sugar (1 Tbsp/ 15 mL)	Pasteurized egg whites (¼ cup/ 60 mL)	Orange, lemon, or lime zest
Mango			Peanut, nut or seed butter (2 Tbsp/ 30 mL)	Spices, like ginger, cinnamon, nutmeg, cardamom, or turmeric
Melon				
Nectarine				
Peach				
Pear				
Pineapple				

is (don't need to be ever you go.

g, vehicle, office, and in house. This will make less and enjoy. Try:

- Protein bars
- Trail mix
- Peanut butter or cheese-filled crackers

ready-to-eat or easy-to-

y when you don't feel like

rgy days:

it vegetables and fruits. meals.

ood. Keep some in the he next day. Freeze the

Group classes



Power of Nutrition During Cancer Treatment

Nutrition During Breast Cancer Treatment

Nutrition for After Breast Cancer Treatment

- Virtual
- Register: ahs.ca/NutritionWorkshops

Cancer Recovery: Cooking for Taste & Swallowing Difficulties

- In-person cooking class in Calgary
 - Register: ahs.ca/NutritionWorkshops
-

QUESTIONS



Reliable websites

- <https://food-guide.canada.ca/en/> (Canada's Food Guide)
- www.aicr.org (American Institute for Cancer Research – Reduce your Cancer Risk and Healthy Recipes)
- www.unlockfood.ca (Dietitians of Canada)
- www.cancer.ca (Canadian Cancer Society – Prevention and Screening)
- www.bccancer.bc.ca (British Columbia Cancer Agency – Nutrition Support)
- www.nourishonline.ca (Nourish Magazine)

Reliable websites

- www.cancer.org (American Cancer Society)
- www.ellicsrkitchen.ca (Princess Margaret Cancer Centre in Toronto)
- <https://www.eatright.org> (Academy of Nutrition and Dietetics)
- <https://www.mskcc.org> (Memorial Sloan Kettering Cancer Center)
- <https://www.nccih.nih.gov/health/cancer-in-depth> (National Center for Complementary and Integrative Health)