



University of Arizona
Cancer Center

Nutrition and Cancer

Supportive Care Education

Nutrition and Cancer

PRIMARY PREVENTION

ACTIVE TREATMENT

RECOVERY/SURVIVORSHIP

Active Treatment

- Decreased performance status
- Decreased quality of life
- Decreased response to treatment
- Increased toxicity
- Increased surgical complications
- Decreased survival

Nutritional Program

Active Treatment

- Managing symptoms
 - Anorexia
 - Nausea
 - Taste changes
 - Weight changes
- Therapeutic nutrition
- Nutrition support
- Making a plan

Nutrition Guidelines During Cancer Treatment

- Avoid significant weight changes
- Assure an adequate protein intake
- Stay well hydrated
- Shift toward a plant-based diet
 - 2-3 servings of fruits and vegetables daily
 - Choose whole grains
- Minimize alcohol intake

Nutrition Guidelines During Cancer Treatment

- Eat less red meats
- Avoid processed meats
- Choose less processed foods that are high in added sugar and fat and low in fiber
- Choose supplements carefully – ask
- Avoid stress related to diet

Priorities for Intervention

Diet modifications to limit recurrence

Protein

Most common deficiency

- Limit muscle loss
- Support immune function and healing/recovery

Calories and Fluid

Bottom line need is to fuel metabolism

Nutritional Program Survivorship

- Evidence-based
- Weight management
- Site specific
- Patient specific
- Recipes/tips
- Resources
- Supplements
- Referral

Practical Tips

- Counseling available to all patients
- No referral necessary
- Currently no fee
- Flexible scheduling



University of Arizona Cancer Center

Mission Statement:

We exist to make a difference in people's lives
through excellent patient care.

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