

The Wellness Community Nutrition Handbook

THE THREE STAGES OF CHANGE IN A CYCLE OF NUTRITION AND CANCER

1. Preventive Nutrition (when you are well)

- High in unrefined carbohydrates such as beans, pasta, whole grain breads and root vegetables. Low in simple sugars.
- Reasonable in protein, i.e. 3-4 oz servings (about the size of a deck of cards) of fish, lean meat, poultry or larger 6-8 oz servings (1 cup) of mixed beans and rice at lunch and dinner.
- Oils and fats from olives, tree nuts (almonds, walnuts, etc.), avocado, oily fish in preference to fatty meats, cheese or other saturated animal fat food sources.
- Plenty of antioxidants and botanical factors found in whole grains, beans, vegetables and many fruits, e.g. beta carotene, vitamins C and E. Dark colored items are richest.
- Moderate quantities overall - eat to maintain steady weight.
- Wide variety of foods, especially seasonal fruits and vegetables. At least 5 servings each day - more is better.

2. During Treatment (Expedient Diet)

- Sufficient small, frequent meals to maintain body weight.
- A little more protein, e.g. more egg whites, fish and poultry.
- Choose lactose free dairy products to avoid possible lactose intolerance resulting from the treatment.
- Avoid gas-producing foods such as incompletely cooked beans, excessive amounts of the cabbage family, melons. Use "Beano" or other digestive enzymes with these foods.
- Avoid highly spiced foods, unless they agree with you.
- Avoid more than RDA levels of antioxidant supplements.

3. Regenerating Nutrition (as you Recover)

- As for Prevention but with special focus on the foods rich in nutrients needed for regenerating the immune system, e.g. vitamins B complex, C, E, selenium and zinc. Some of these are found in wheat germ - add 1-2 tablespoons to morning cereal.
- 8 - 10 servings of fruits and vegetables each day, especially those rich in beneficial phytonutrients such as blueberries, dark green leafy vegetables and garlic.
- Include a daily multivitamin and mineral supplement.

SUGGESTIONS FOR EATING TO PROVIDE MAXIMUM IMMUNITY

When you make wise eating choices you may be able to fortify your natural defenses as well as help you better handle treatments. Remember, also, to take extra care with personal and foot hygiene at this time. Listen to your body's needs for rest and sleep. You will benefit from being in natural surroundings and by keeping company with those who don't drain you of energy.

As each person's nutritional needs are very individual, I suggest that you see a nutritionist or dietitian at this time to assist you in making healthy food choices. Make a weekly food and exercise diary and place it on the refrigerator. This way you can monitor your changes in a way that is valuable for you, your family and your health practitioners.

The following essential nutrients maintain healthy immunity:

| Nutrient | Food Source |
|------------------------------------|---|
| Vitamin A | Fish liver oils, liver |
| Beta Carotene (provitamin A) | Orange, yellow and dark green leafy vegetables including carrots, cantaloupe, apricots, spinach |
| Vitamin B2 (Riboflavin) | Whole and enriched cereals and breads. Lean meat, milk, eggs, liver, dried yeast |
| Vitamin B6 (Pyridoxine) | As for B2, and bananas |
| Folic Acid | Leafy green vegetables, meats |
| Pantothenic Acid | Brewer's yeast, legumes, salmon, whole grains |
| Vitamin C | Citrus; fruits, berries, broccoli, bell peppers |
| Vitamin E | Leafy green vegetables, egg yolk, liver, wheat germ |
| Selenium | Garlic, legumes, fish, asparagus |
| Iron | Liver, peas, egg yolk, asparagus |
| Zinc | Liver, oysters, soybeans, sunflower seeds |
| Magnesium | Green leafy vegetables, nuts, seafood |
| Manganese | Bananas, bran, pineapple, nuts |
| Protein | Lean meat, poultry, fish, shellfish, eggs, legumes, broccoli, sunflower seeds |
| Antioxidants | Citrus fruits, legumes, whole grains |
| Botanical Factors (Phytonutrients) | All plant sources of food, especially dark and brightly colored fruits and vegetables. |