

THE HEALTHY
GUT GUIDE:
PART 1

**MANAGING
GI HEALTH**

for people with
chronic myeloid
leukemia (CML).

Nourish

EXTRA

CANADA'S NUTRITION COMPANION
FOR ONCOLOGY PATIENTS
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Living well

No one understands the importance of those two words like someone who has a serious chronic illness. To experience a diagnosis, deal with side effects from medication and grapple with the implications that the disease has for your future, is tough. Learning to live with the 'new normal' is even tougher.

A few years ago, I met a man who had been living with CML for more than 10 years. He told me he was very happy, despite significant medication side effects like nausea and fatigue. When I asked him how he stayed so positive, he told me that he was careful to take care of his body so that it could be resilient. "This," he said, gesturing to his body, "is my sword."

Treating your body — and mind — with care can make such a difference to the quality of your life. It can soften the harsh physical effects of the drugs that we take every day. It can also help support our emotional well-being in incredible ways, lessening the impact of the anxiety and depression that often accompany a chronic illness.

In this *Nourish Extra*, a team of registered dietitians take a look at the gastrointestinal (GI) system. You'll learn how to make smart food choices so you can keep your gut healthy, and resilient. Remember, your body is your sword.

Live well,

Lisa Machado

Founder, The Canadian CML Network
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THE GUT IS CRITICAL TO *good health*

Your gut is best known for digestion of food, absorption of nutrients and elimination of waste from the body, but how your gut functions may also impact energy level, mood and your ability to fight infection. So how can you take care of this very important organ?

The road to a happier gut

These six changes to your lifestyle can help you get your gut on the right track and enjoy a better quality of life.



MEALS THAT ARE KIND TO YOUR GUT

Science has found that eating more vegetables, fruit, whole grains and legumes while cutting back on red meat and processed foods is good for the GI system, boosts immunity and improves overall health. This way of eating fits with cancer prevention guidelines and the healthy eating recommendations that dietitians have been promoting for years.

Health Canada's "**Eat Well Plate**" offers some easy to follow tips to help you build gut-friendly meals.



PROBIOTICS are good bacteria that live in our colon which improve digestion, form vitamins, activate health-promoting compounds and prevent infection. Yogurt, kefir products and aged cheeses that contain "live and active cultures" are the most common sources of probiotics.

If your immune system is weakened, probiotics may be harmful. Focus on foods with prebiotics instead.

PREBIOTICS are found in the non-digestible part of foods. This includes some types of fibre. Prebiotics provide nourishment for the good bacteria (probiotics) that live in our gut. Try to make prebiotics a regular part of your diet. Unless you are experiencing bloating, intestinal gas or diarrhea, include one or two foods that contain prebiotics in your diet every day (such as whole grains).



FIBRE FIXES

FIBRE, also known as roughage or bulk, is the part of plant food that is not digested or absorbed by the body. Fibre helps improve bowel regularity, feeds the gut's healthy bacteria and supports absorption of nutrients.

Adults need a minimum of 28 grams of fibre every day. That may sound like a lot, but here's an easy way to get started. Add 4 grams of fibre to your diet every 4 days, and eventually you will get to the recommended amount. It is important to increase your intake of fibre slowly, while at the same time, drinking more fluids. Water helps fibre work better and can prevent bloating, gas and diarrhea.

If you have discomfort, reduce the amount of fibre added to 2 grams.

Each of these fibre fixes provides **4 GRAMS OF FIBRE.**

INSTEAD OF ...	TRY
¾ cup flaked corn cereal	½ cup flaked bran cereal
½ cup corn (cooked)	½ artichoke (cooked)
½ cup potato chips	½ cup edamame (cooked)
¼ cup sour cream dip	¼ cup guacamole (pureed avocado)
ADD...	TO
1 tbsp ground flax seed	cereal
1 tbsp dried chia seeds	yogurt
¼ cup beans (navy, white, pinto)	soup or salad
¼ cup dried, shredded coconut	smoothies

Source: Canadian Nutrient File 2016



Foods with the nutrition claim "HIGH IN FIBRE" contain 4 grams of fibre per serving.

Food with the nutrition claim "EXCELLENT SOURCE OF FIBRE", "VERY HIGH IN FIBRE", "RICH IN FIBRE" contain 6 grams of fibre per serving.

Sample meal plan for gut health

MEAL	FOOD CHOICES	GRAMS OF FIBRE
BREAKFAST	<ul style="list-style-type: none"> Oatmeal^{A,B} (½ cup) mixed with raisins^A (1 tbsp) and sprinkled with slivered almonds^A (1 tbsp) Low fat milk or unsweetened soy beverage (1 cup) Orange^A Water 	12
AM SNACK	<ul style="list-style-type: none"> Yogurt (with live and active cultures)^C (¾ cup) Raspberries^A (½ cup) Water 	4
LUNCH	<ul style="list-style-type: none"> Curried chickpea^A salad with couscous^{A,B} and green onions^B (¾ cup) (see back panel for recipe) Water 	7
PM SNACK	<ul style="list-style-type: none"> Peanut butter (1 tbsp) on whole grain toast^{A,B} (1 slice) Banana^{A,B} Water 	3
DINNER	<ul style="list-style-type: none"> Grilled salmon (85g), Roasted asparagus^{A,B} (½ cup) with garlic^B and lightly sprinkled with parmesan cheese^C, Brown rice^{A,B} (½ cup) Leafy green salad^A (1 cup) Water 	5
LATE SNACK	<ul style="list-style-type: none"> Whole wheat pita chips^{A,B} (4) Guacamole^A (1 tbsp) 	4
TOTAL		35

^A contains fibre

^B contains prebiotics

^C contains probiotics

TOP 3 WORST THINGS YOU CAN DO TO YOUR GUT

1. GO ON AN EATING BINGE

When you binge on food, your organs go into overdrive trying to process what you ate and rebalance itself. Eating smaller and more frequent meals every 3-4 hours during the day is gentler on your body's digestion.

2. EATING QUICKLY

The more you chew, the better your food will be broken down (with the help of digestive enzymes released in your mouth) and the more nutrients your body will absorb. It can also improve symptoms of intestinal gas and bloating. Try chewing each bite anywhere from 15 to 30 times depending on the food.

3. FORGET TO HYDRATE

Staying hydrated helps our body maintain its temperature, break down food, absorb nutrients and get rid of waste. If you are working on increasing the fibre in your diet, drink more fluids. Keep a pitcher of water on the table for easy access, or always have a water bottle nearby.



ONE SERVING OF MEAT is 75g (3oz, cooked) which is the same size as a deck of playing cards.



FORTIFIED NUT BEVERAGES are a great source of calcium and Vitamin D but do not contain much protein. If you cannot tolerate milk and need protein, go for unsweetened soy beverages instead.

RESOURCES

The Canadian CML Network: *Living well with CML: what you need to know to live your best life with CML*. Contact info@cmlnetwork.ca or cmlnetwork.ca to order a copy

Health Canada: *Eating Well with Canada's Food Guide*. hc-sc.gc.ca

EatRight Ontario: *The Pros of Probiotics*. eatrightontario.ca

Dietitians of Canada: *Food Sources of Fibre*. dietitians.ca

Academy of Nutrition and Dietetics: *Prebiotics and Probiotics: Creating a Healthier You*. eatright.org

Canadian Digestive Health Foundation. cdhf.ca

REFERENCES

Health Canada: *Eating Well with Canada's Food Guide*. hc-sc.gc.ca

Government of Canada: *Build a healthy meal: use the Eat Well Plate*. healthy Canadians.gc.ca

American Institute for Cancer Research (AICR). *The New American Plate—A Model Plate for a Cancer Preventive Diet*. aicr.org

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CURRIED CHICKPEA SALAD

Preparation Time: 10 minutes Servings: 6

INGREDIENTS

- 1 cup water
- 1 cup couscous, dry
- 1 can (19oz) reduced sodium chickpeas
- ½ cup dried cranberries
- 2 green onions, sliced
- ¼ cup fresh cilantro, chopped

Dressing

- 2 tbsp curry powder
- ¼ cup apple cider vinegar
- ⅓ cup canola oil
- 2 tsp fresh ginger, grated
- 1 tsp lemon juice

PREPARATION

1. In a saucepan, prepare couscous following instructions on package. Let cool.
2. In a bowl, combine couscous, chickpeas, cranberries, onions and cilantro.
3. In a small bowl, whisk together all dressing ingredients until combined.
4. Pour the dressing over the salad and stir to combine.

RECIPE MODIFIER TO INCREASE:

Prebiotics: Toss in cooked asparagus, artichokes or tomatoes.

Probiotics: Enjoy a glass of Kefir with this salad.

Fibre: Sprinkle some ground flaxseed on the salad.

Nutrition Facts

Serving size ¾ cup

Amount	% Daily Value
Calories 350	
Fat 15g	23%
Saturated 1g + Trans 0g	5%
Cholesterol 0mg	0%
Sodium 125mg	5%
Carbohydrate 48g	16%
Fibre 7g	28%
Sugars 13g	
Protein 9g	
Vitamin A	4%
Vitamin C	2%
Calcium	6%
Iron	10%

Nutritional values were calculated with The Food Processor, ESHA Research, version 10.15.41