

THE HEALTHY  
GUT GUIDE:  
PART 2

**MANAGING  
GI DISTRESS**  
for people with  
chronic myeloid  
leukemia (CML).

# Nourish

E X T R A

CANADA'S NUTRITION COMPANION  
FOR ONCOLOGY PATIENTS  
AND CAREGIVERS



# Good-bye distress

In our Healthy Gut Guide Part 1, the Nourish team of registered dietitians explored how smart food choices can go a long way in keeping your gastrointestinal (GI) system strong and resilient. In this issue, the focus is on GI distress.

We are all very grateful for the medications that keep CML at bay, but sometimes, side effects can be overwhelming, especially those that affect the gut, like nausea, diarrhea and vomiting. In many cases, these issues can be resolved by paying close attention to how you are taking your medications. For example, do they need to be taken with a substantial meal, or does your stomach need to be empty? These may sound like little things, but not taking your medication the right way can make a huge difference to how your body feels.

But we all know that sometimes side effects happen anyway. And if your gut isn't feeling great, it means that you may not be eating well, which in turn, can have a huge effect on not only physical health, but also energy and emotional wellness—all of the things that are critical to living well.

You'll learn what to put into your body that may help lessen some of the typical GI side effects of CML medications. With simple meal plans and tip sheets, you'll have the tools you need to calm your gut and get one step closer to living your best life with CML.

Live well,  
Lisa Machado  
Founder, The Canadian CML Network  
info@cmlnetwork.ca



## *Navigating Distress*

It is important to let your healthcare team know about any nausea and vomiting, especially if you have severe nausea for more than 24 hours, are unable to keep down any pills, liquid or food, and feel weak, dizzy or confused. It is also critical to let your team know if nausea and/or vomiting is preventing you from taking your medication.

## TIPS TO FIGHT NAUSEA

### 1. FLUIDS, FLUIDS, FLUIDS!

- Aim to drink at least 1.5-2 L of fluid daily, such as water, soup, 100% juices, tea.
- Try clear fluid when nausea is severe.
- Try separating fluids from solid foods. You may find it easier to have fluid half hour before or after eating a meal.

### 2. EAT SMALLER FREQUENT MEALS AND SNACKS

- Try eating before you feel hungry. Hunger and skipping meals can increase nausea.
- Nibble on small amounts of dry and bland starchy foods such as unflavoured crackers, pretzels and cereal.

### 3. AVOID FOODS THAT MAY MAKE NAUSEA WORSE

- Instead of greasy or fried foods, choose bland or baked foods, and instead of high-fat desserts like doughnuts, try a ginger cookie. For beverages, decaffeinated tea, fruit infused water, or flat carbonated drinks are good choices.

### 4. ASK ABOUT ANTI-NAUSEA MEDICATION

- If nausea is affecting your quality of life, anti-nausea medication may be an option for you. Be sure to discuss with your doctor before taking any new medication.

## TIPS TO MINIMIZE NAUSEA AROUND MEAL TIME

- ✓ **EAT WHEN YOU FEEL YOUR BEST.** Some people experience nausea at certain times of the day.
- ✓ **SAVE YOUR FAVOURITE FOODS** for when you feel better.
- ✓ **MIX IT UP.** Have breakfast foods for dinner if that's what you can tolerate.
- ✓ **EAT IN A RELAXED ENVIRONMENT.** Limit smells, sounds or sights that may trigger nausea or vomiting.
- ✓ **TAKE YOUR TIME.** Eating too quickly or taking large gulps of liquid can make nausea worse.
- ✓ **GET FRESH AIR.** Try opening a window, use a fan, or go for a walk.
- ✓ **STAY UPRIGHT FOR AN HOUR AFTER EATING.** Prop yourself up on some pillows if you are lying down.
- ✓ **TRY A CANDY.** Sucking on a hard candy like peppermint, ginger or lemon may help to get rid of any bad taste in your mouth.
- ✓ **AVOID THE SMELL OF FOODS THAT BOTHER YOU.** Try cold foods such as fruit, dairy products, or sandwiches because they do not smell as strong as warm foods.
- ✓ **SIP LIQUIDS FROM A STRAW OR COVERED CUP** to reduce odour.

Everyone responds differently so try to find strategies that work best for you.

## TIPS TO MANAGE DIARRHEA

Diarrhea is defined as more than two loose or watery stools per day.

Because of your treatment you may experience changes to your bowel movements, stool frequency, cramping and/or gas.

Your doctor may prescribe medications to slow the bowel movement.

**Talk to your medical team immediately if you experience fever, strong abdominal pain, blood or if you have diarrhea more than three times a day.**

When you are experiencing diarrhea, eating well can be a challenge. Here are some tips to help you manage your symptoms:

- ✓ Try to eat small meals more often.
- ✓ Avoid fried, spicy and greasy foods.
- ✓ Choose foods that are lower in fibre (including gas forming foods), lower in lactose, caffeine and fat.
- ✓ Avoid some foods temporarily to get back to normal and to ease digestion (see table ).
- ✓ Stay hydrated. Drink 1.5 to 2 L per day, taking small sips of liquid at room temperature at a time.
- ✓ Replenish electrolytes. You are at greater risk of losing electrolytes (like sodium and potassium which are in your blood). This can make you feel weaker and it may also be harmful. Try our homemade electrolyte juice or a sports drink.

## Sample meal plan for mild nausea

This meal plan is for you when you feel a little queasy. You may not be as hungry but you are able to eat.

BREAKFAST	AM SNACK	LUNCH
1-2 slices of bread (i.e. pita, English muffin, toast). Add butter and jam ~ Cup of tea	Plain yogurt (sprinkle some cinnamon, if desired) ~ Flat ginger ale	Bowl of chicken or vegetable soup broth ~ ½ cheese sandwich ~ Watermelon pieces or frozen fruit pop
PM SNACK	DINNER	LATE SNACK
Plain cookies (i.e. Arrowroot, ginger, social tea) or plain muffin (i.e. lemon, corn) ~ Peppermint tea	Plain baked chicken breast ~ White rice (add a small amount of margarine or butter for moisture) ~ Boiled carrots ~ Canned peaches	Sherbet or frozen yogurt

## Sample meal plan for severe nausea

This meal plan is for individuals who are only tolerating clear fluids.

BREAKFAST	AM SNACK	LUNCH
Jell-O® ~ Diluted fruit juice ~ Ginger tea	Gatorade® ~ Fruit pop or Popsicle	Soup or broth ~ Flat carbonated beverage
PM SNACK	DINNER	LATE SNACK
Jell-O® ~ Peppermint tea	Soup or broth ~ Flat Ginger ale ~ Diluted juice ~ Fruit pop or popsicle	Fruit drink or Gatorade® ~ Jell-O®

### HOMEMADE ELECTROLYTE JUICE

#### MIX

360ml orange juice (no pulp)  
+600ml water  
+½ tsp salt

#### DRINK

60mL (¼ cup) every two hours until diarrhea has stopped

*You can keep this juice for 12 hours at room temperature or for 24 hours in the fridge.*

# ARE YOU VOMITING?

Here are some easy steps to follow if you are having difficulty keeping food down.

**STEP 1: TRY CLEAR FLUIDS** like water, diluted juices, soup broth, popsicles or fruit pops, Gatorade®, Jell-O®, ice chips

**STEP 2:** If this is tolerated, **ADD BLAND STARCHY FOODS** like toast, pretzels or saltine crackers.

**STEP 3:** If this is tolerated, **ADD PROTEIN FOODS** like scrambled eggs, baked chicken or fish.






**STEP 4:** If this is tolerated, **ADD DAIRY PRODUCTS** like milk, cream-based foods, cheese or yogurt.

If you are taking regular anti-nausea medications and you vomit between doses, take your medication as needed.

Wait 30-60 minutes, then try drinking liquids and continue with steps 2 to 4.

Talk to your healthcare team immediately if you are unable to keep pills and liquids down.

## What to eat when you have diarrhea

	TO CHOOSE	TO AVOID
<b>VEGETABLES &amp; FRUIT</b> 	<ul style="list-style-type: none"> <li>✓ Banana, canned fruits, applesauce, apples and peaches (no skin), orange wedges (without the membranes)</li> <li>✓ Cooked vegetables like carrot, zucchini, green and yellow beans, asparagus tips, mushrooms, avocado (1/8), sweet pepper, tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>✗ Grapes, wild berries, dates, other dried fruits, cantaloupe, watermelon</li> <li>✗ Broccoli, cauliflower, cabbage</li> <li>✗ Green peas, sweet potatoes, corn, turnip, spinach</li> </ul>
<b>GRAIN PRODUCTS</b> 	<ul style="list-style-type: none"> <li>✓ Plain bread, oatmeal</li> <li>✓ White rice</li> <li>✓ White pasta</li> <li>✓ Cereals containing less than 2g fibre per portion</li> </ul>	<ul style="list-style-type: none"> <li>✗ Whole wheat bread and pasta</li> <li>✗ Rice (brown/wild)</li> <li>✗ Cereals with whole wheat and nuts</li> </ul>
<b>MILK &amp; ALTERNATIVES</b> 	<ul style="list-style-type: none"> <li>✓ Yogurt, cheese, lactose free milk, soy beverage, rice beverage, pudding made with lactose free milk</li> </ul>	<ul style="list-style-type: none"> <li>✗ Milk*</li> </ul>
<b>MEAT &amp; ALTERNATIVES</b> 	<ul style="list-style-type: none"> <li>✓ Lean beef, pork, chicken, fish, seafood, tofu, eggs, smooth peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>✗ Beans, chickpeas, lentils, baked beans</li> <li>✗ Nuts</li> </ul>
<b>FLUIDS</b> 	<ul style="list-style-type: none"> <li>✓ Decaffeinated coffee and tea</li> <li>✓ Soft drinks without caffeine</li> </ul>	<ul style="list-style-type: none"> <li>✗ Coffee, tea and alcoholic beverages</li> <li>✗ Popcorn</li> </ul>

## Sample meal plan for diarrhea

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	LATE SNACK
Toast (white bread) with smooth peanut butter Orange juice no pulp**	Applesauce Social tea cookies	Chicken noodle soup** Chicken sandwich (white bread, mayo) Plain crackers Canned fruit salad Apple juice**	Cheese Plain crackers	Tomato juice** Grilled Fish with little oil and lemon juice White rice Cooked carrots Pudding made with lactose free milk Hot water with lemon**	Lactose free milk** Oatmeal cookies

\* In some cases milk can increase diarrhea due to lactose intolerance which will pass eventually. You can try lactose free products for a few days (e.g. almond or soy beverage)

\*\* Contains fluid, but don't forget to drink water in between meals. You can dilute your juices by adding water (half juice and

## 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](mailto:info@cmlnetwork.ca) or [cmlnetwork.ca](http://cmlnetwork.ca) to order a copy

## REFERENCES

Quebec: Portail santé mieux-être: Foods to eat when you have gastroenteritis. [sante.gouv.qc.ca](http://sante.gouv.qc.ca)

CancerCare Ontario: Patient Symptom Management Guides-How to manage your nausea and vomiting. [cancercare.on.ca](http://cancercare.on.ca)

## AUTHORS

### Megan Morrison, RD

Registered Dietitian  
UHN/Princess Margaret Cancer Centre  
Toronto, Ontario

### Karine Rondeau, P.Dt.

Registered Dietitian  
CIUSSS Maisonneuve-Rosemont Hospital  
Montreal, Quebec

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if you are a patient, contact [info@cmlnetwork.ca](mailto:info@cmlnetwork.ca)

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# CHICKEN AND GINGER SOUP

A quick and nutritious soup that can help with poor appetite and nausea

Preparation Time: 10 minutes Servings: 2

## INGREDIENTS

- 1 ½ cup reduced sodium chicken broth
- 1 tsp fresh ginger, shredded
- 1 tbs reduced sodium soy sauce
- ½ tsp lemon zest
- 50 g vermicelli rice noodles
- ½ cup cooked chicken, sliced
- ¼ cup mushrooms, sliced
- ¼ cup zucchini, sliced

## PREPARATION

1. Combine all ingredients in a small pot and cover.
2. Bring to boil.
3. Take off the heat and let the soup rest for 2-3 minutes. Enjoy!

## MODIFIERS WHEN FEELING NAUSEATED

- Try vegetable broth
- Add more ginger
- Use less seasoning
- Reduce the amount of chicken or use other protein, such as tofu

## Nutrition Facts

Serving Size: 1 ½ cups

Amount	% Daily Value
<b>Calories</b> 140	
<b>Fat</b> 2g	2%
Saturated 0g + Trans 0g	0%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 730mg	30%
<b>Carbohydrate</b> 17g	6%
Fibre 1g	4%
Sugars 1g	
<b>Protein</b> 15g	
Vitamin A	0%
Vitamin C	6%
Calcium	2%
Iron	4%

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

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