

EAT WELL
TIPS FOR
MEN WITH
PROSTATE
CANCER

Part 5: Beyond
the plate

Nourish

EXTRA

CANADA'S NUTRITION COMPANION
FOR ONCOLOGY PATIENTS
AND CAREGIVERS



Canada's Food Guide ... expanded!

The food guide is much more than just a tool for choosing which foods fit into a healthy diet. It also provides tips to create a healthy food environment at all stages of life.

BUILD HEALTHY EATING HABITS by being thoughtful about when you eat, what you eat, where you eat and why you eat.

COOK MORE OFTEN to control the ingredients in the foods you eat and rely less on highly processed foods. Learning to cook in big batches can save you time, money, and helps reduce waste. Try our *Basmati Salad* and make it your own by using up leftover cooked grains such as couscous or quinoa, or a ripe mango instead of oranges.

ENJOY EATING by cooking with the foods, traditions and cooking methods that reflect you - your budget, your culture, and your lifestyle.



EAT MEALS WITH OTHERS to improve your sense of connection and to eat slowly by enjoying mealtime conversation.

USE THE TOOLS like the nutrition facts table, found on any food packaging, to inform yourself about what you eat. This can be helpful when you are trying to eat more of a nutrient (such as fibre) or less of another (such as sodium).

BE AWARE OF FOOD MARKETING such as loyalty programs, and its effect on food trends and your own buying patterns.



HOW TO MANAGE CHANGES TO DIGESTION

It is common for people to experience diarrhea, constipation or other changes with food digestion during and after cancer treatment. Here are some suggestions to help you manage these changes. Be sure to let your healthcare team know as well so they can make sure there isn't anything else making your symptoms worse.

	STAY HYDRATED	ADJUST YOUR FIBRE INTAKE
CONSTIPATION	<p>Most people need at least 8-10 cups of liquids per day. Liquids can be any fluid of choice such as soup, tea, or popsicles.</p>	<p>Eat a high fibre diet:</p> <ul style="list-style-type: none">• Gradually increase intake of beans, lentils, whole grains, nuts, seeds, vegetables, and fruits.• Try natural laxatives like prunes, prune juice, apples, apple juice, and pears.• Use the nutrition facts table to help you choose high fibre foods (more than 4 g fibre per serving) more often.
DIARRHEA	<p>Drink 1 extra cup of liquid for each episode of diarrhea. Sip on an oral rehydration solution (e.g., Pedialyte™ or Hydralyte™) if diarrhea is persistent or frequent.</p>	<p>Try a modified fibre diet:</p> <ul style="list-style-type: none">• Peel and remove seeds from fruits and vegetables.• Eat foods rich in soluble fibre like oats, applesauce, bananas, potato (peeled), and pasta more often.• Avoid foods that are natural laxatives or high in insoluble fibre such as beans, lentils, peas, prunes, berries (except strawberries), pears, nuts, popcorn.• Use the nutrition facts table to help choose low fibre foods (less than 2g fibre per serving).

IF THE ABOVE CHANGES ARE NOT EFFECTIVE, TALK TO YOUR HEALTHCARE TEAM ABOUT OTHER OPTIONS.

- You may need a medication to treat constipation or diarrhea.
- You may benefit from a fibre supplement, which can help manage both diarrhea and constipation. Do not use a fibre supplement to treat constipation caused by pain medications.
- In some cases, probiotics may be helpful. You can try foods containing probiotics, such as yogurt or sauerkraut. Speak with your healthcare team before considering a probiotic supplement.



OTHER IDEAS

- Make room in your schedule for some physical activity every day.
- Try a warm beverage in the morning.
- Allow time to visit the bathroom after eating.



Keep a food and symptom journal. Avoid foods and drinks that make your symptoms worse. These could be:

- Foods high in fat
- Foods that are heavily spiced
- Sorbitol and other sugar alcohols
- Alcohol
- Caffeine (coffee; caffeine containing teas)
- Carbonated liquids
- Dairy products: try lower lactose dairy products (hard cheese, lactose-free milk) or non-dairy alternatives instead
- Common gas forming foods including cabbage, broccoli, cauliflower, beans, lentils, onions, garlic
- Large meals: try eating smaller, more frequent meals (5-6 times per day)

FOR MORE INFORMATION, CLICK HERE

- [Canada's Food Guide](#)
- [Canada's Guidance on Alcohol and Health](#)
- [Supplements](#)
- [Organic Foods](#)

Hot Topics

Here are some answers to questions we often get from our patients.

What's the scoop on ...

... red meat?

Red meat includes beef, pork, lamb, veal, and goat. These foods are rich sources of nutrients such as protein, iron, and zinc. It is recommended to eat no more than 3 servings per week, as too much red meat is associated with increased risks of type 2 diabetes, heart disease and cancer. A serving of cooked meat is roughly the size of a deck of cards. When you eat red meat, it is best to select lean cuts or remove as much visible fat as possible. Cook meats slowly by roasting, stewing, or marinating and grilling over low temperatures.

...processed meats?

Processed meat includes ham, bacon, salami, hot dogs, sausages, and deli meats such as bologna. It is best to avoid these as much as possible, as the processing methods can lead to the development of cancer-causing chemicals.

...alcohol?

It is best not to drink alcohol. If you choose to drink, try to limit intake to no more than 2 drinks per week. One standard drink is 341 ml (12 oz) of beer/cider/cooler (5% alcohol), a glass of wine (142 ml or 5 oz) or 43 ml (1.5 oz) of spirits.

...organic foods?

While eating organic foods can support more environmentally sustainable farming methods, these foods are not more nutritious than those that are conventionally grown. For your health, the most important thing is to eat plenty of vegetables, fruits, whole grain, and protein rich foods every day.

...intermittent fasting?

Restricting when you eat to a specific window of time is used by many people to lose weight. It is not recommended for people during cancer treatment as more research is needed. If you have diabetes or if you are losing weight without trying, fasting may not be safe for you.

...selenium and Vitamin E?

Selenium and Vitamin E supplements are not recommended, as they may be harmful at high doses. Eating a variety of foods helps you meet your nutrient requirements from food alone. Selenium is found in many foods including meat, vegetables and nuts. For example, one Brazil nut provides more than 100% of the recommended dietary allowance (RDA). Vitamin E is also found in many foods including plant based oils, nuts, seeds, and green leafy vegetables.

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Endorsed by



Basmati SALAD

Preparation Time: 15 minutes Cooking: 12 minutes Servings: 4

INGREDIENTS

- | | |
|---|-------------------------------|
| 1 can (540 ml) chickpeas, drained | ½ cup red onion, minced |
| ½ cup uncooked basmati rice* | ¼ cup fresh cilantro, chopped |
| 1 cup cucumber, cubed | 1 Tbsp olive oil |
| 1 cup celery, sliced | 1 Tbsp lime juice |
| 1 cup mandarins, fresh or canned, cut into pieces | 1 tsp lime zest |
| | ½ cup walnuts, crushed |

*Increase fibre and protein by choosing brown rice, quinoa, or bulgur.

PREPARATION

1. In a saucepan, cook the rice according to the instructions on the package.
2. In a large bowl, combine the ingredients for the salad: chickpeas, cucumber, celery, mandarins, onion and cilantro. Add the cooled rice.
3. In a small bowl, mix the dressing: olive oil, lime juice and zest. Pour the dressing over the salad. Add the walnuts and season with black pepper.
4. Refrigerate for 1 hour before serving.