

Pancreatic Cancer and Diet: What Can I Eat?

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Interestingly...

The very diet patterns that could be said to help prevent cancer can be a valuable asset to recovery

- During chemotherapy
- Post operatively
- During radiation



Suspected Links Between Diet, Lifestyle and Pancreatic Cancer

- “Western” Diets: Food intake patterns with:

- High Fat
- High Simple Sugars
- Fast Foods
- Processed Foods
- Inadequate Consumption of Fruits and Vegetables
- Alcohol Intake



Obesity and Lack of Physical Activity
Smoking



Turning Around Your Diet to Maximize Your Health!

- Increase your protein and calorie intake to promote weight gain, strength and wound healing
- How Can You Accomplish This?
 - **Plan your meals** to include protein foods at each meal
 - **Eat lean** cuts of meat, fish, poultry
 - **Limit red meat** to twice a week
 - Try **alternative protein** foods: legumes, beans, chick peas, tofu, quinoa, nuts
 - **Eat lower fat** cheeses, lactose free milk, egg whites
 - Try powdered protein supplements

How To Increase Calories the Healthy Way!

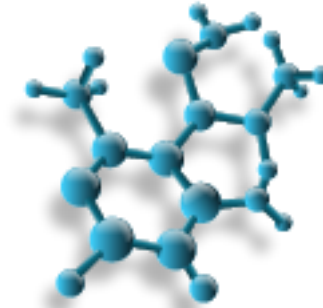
- Practice the “**Wipe away the White**” Plan:
 - No white bread, white pasta, white rice, and limit sugar
 - Substitute Whole grain breads, whole grain cereals, sweet potatoes, brown rice, quinoa, beans, lentils

Follow the “**5 A Day**” Approach to Fruits and Vegetables

Goal is to eat total of 5 servings fruits plus vegetables a day

Eat variety of different fruits and vegetables to maximize the amount of fiber, vitamins, minerals and antioxidants

AntiOxidants: What, Where, Why



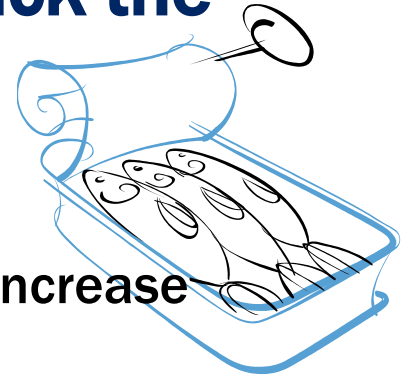
- Popular buzzword for many consumers
- Small molecules found in specific fruits and vegetables
- Fight against free radicals which are thought to be linked to cancer
- May play a cancer preventative role in our diets

Antioxidant Sources in our diet

- **Vitamin A** – high in sweet potatoes, carrots, canteloupe, collard greens
- **Vitamin C** – High in citrus fruits, broccoli and spinach
- **Vitamin E** – High in almonds, wheat germ, soybeans, sunflower seeds, mango
- **Lutein** – High in green leafy vegetables
- **Lycopene** – High in Tomatoes, apricots, watermelon



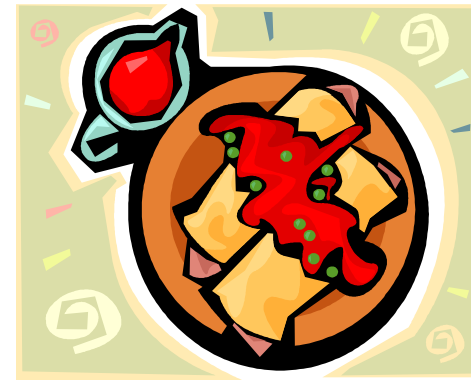
Fats: good for calories but you've got to pick the right type



- **Omega 3 Fat:** May help keep blood pressure down and increase levels of HDL (Good cholesterol):
- Greatest source of omega 3 fats: fish oil. Try to eat a fatty fish such as salmon, herring, mackerel once a week!
- **Monounsaturated fats:** Lowers LDL cholesterol: high in olive oil. Use in cooking and seasoning
- **Low Trans fat oils:** High in calories but won't elevate cholesterol:
- Sources of low trans fats: tub margarine
- **Avoid high trans fats:** stick margarine, shortening, lard, many fried foods. Used in many commercial establishments as frying oils!

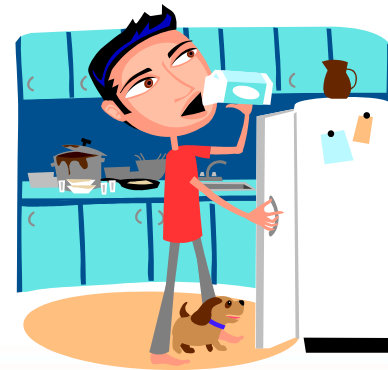
Road Blocks to Nutrition Recovery: Poor Appetite and Nausea

- Eat small frequent meals, at least 6 times a day!
- Avoid spicy, greasy and fried food
- Try eating food at room temperature
- Avoid food with strong odors
- Try eating chilled wet foods



Plan, Prepare and Proteinize!

- Plan your meals
- Eat meals in a timely manner
- Stay well hydrated
- Take your antinausea meds at regular intervals
- Try nutritional supplements like Boost, Ensure, protein powders, fruit smoothies



Driving Away the Diarrhea Dragon

Remember to take your pancreatic enzymes to help digest and absorb your food

Take before all meals and snacks!

Stick to lower fat snacks, lean cuts of meat

Avoid Avoid Avoid FRIED FOOD!!!



Stay Active!



- To enhance all your efforts to keep healthy and eat right, you must stay active!
- Check with your doctor before beginning an exercise program
- Walk at least 30 minutes a day
- Incorporate activity into your day by using the stairs, parking farther away from entrances to buildings, joining a gym, look for a personal trainer to design a program for you!

