

1. Are there any foods to avoid while undergoing this therapy? Are there foods to help recover more quickly from the fatigue with treatment?

Generally, the only foods to avoid are those that worsen how you feel. For example, with fatigue, it might be helpful to avoid sugary foods that will exacerbate changes in your energy levels.

The best approach to managing fatigue with nutrition:

- Stay well hydrated. Generally, we advise that the color of your urine is pale yellow. If urine turns the color of apple juice, this is a sign of dehydration.
- Consume balanced meals that combine quality carbohydrates with protein and a healthy fat. *Refer to the examples below.*

Exercise has been shown to reduce fatigue. Examples for light activity are:

- Slow walking: start with a goal of 5 minutes and gradually add more
- Light housework
- T'ai Chi
- Cancer Wellness Center video on stretching for fatigue [Stretching for Fatigue](#)

Mini-Meal Menu Ideas

	Mini Meal 1	Mini Meal 2	Mini Meal 3	Mini Meal 4	Mini Meal 5	Mini Meal 6
Option #1	Yogurt Parfait: 1 cup Greek or regular yogurt 1 Tbsp chopped nuts or natural peanut butter ½ cup berries (or other fruit)	Smoothie: 1 cup dairy or dairy-free milk 1 scoop protein powder 1 cup fresh or frozen fruit 1 Tbsp canola or flax oil Ice	Pita Pocket: ¼ cup chicken, ¼ cup chickpeas, 1oz feta cheese, ¼ cup tomatoes, ¼ cup cucumbers, 3-4 olives, 1 Tbsp balsamic vinegar, and 1 Tbsp oil ½ pita bread pocket	PB&B: 1 slice whole grain toast 2 Tbsp almond or peanut butter 1 sliced banana	Pasta Primavera: ½ cup whole wheat pasta 2oz cooked ground turkey 1 cup vegetables (tomatoes, zucchini, peppers, carrots) cooked in 1 Tbsp olive oil	Easy Apple Dessert: 1 diced, peeled apple 1 tsp cinnamon 1 Tbsp walnuts 1 tsp honey <i>Warm in microwave/oven</i>
Option #2	Egg Scramble: 2 scrambled eggs ½ cup spinach, diced tomato, or other veggie ½ English muffin w/ 1 Tbsp butter or 1oz cheese	Cheese & Crackers: 1oz cheese or ½ cup cottage cheese 6 whole grain crackers	Easy Protein Salad: 1 cup cooked cold chicken or fish ¼ cup diced celery 1 Tbsp olive oil ½ Tbsp mustard	Crudite: ¼ cup hummus 2 cups sliced vegetables (carrots, celery, peppers, cucumbers, etc.)	Black Bean Tortilla: ½ cup black beans, 1oz cheese, ¼ cup tomato, ¼ avocado, ½ Tbsp lime juice, and 1 Tbsp olive oil 1 small 6" corn tortilla	Coconut Dessert: ½ cup coconut sorbet 1 Tbsp dark chocolate chips 1 Tbsp sliced almonds
Option #3	Hot breakfast: ¼ cup oatmeal or hot cereal made w/ dairy or dairy-free milk 1 Tbsp walnuts ½ sliced banana (or other fruit)	Fruit & Nuts: 2 Tbsp dried fruit (cranberries, apricots, raisins, etc.) 2 Tbsp almonds (or other nuts)	Soup: 1 cup bean, lentil or cream-based soup 1 slice whole grain bread (or 6 whole grain crackers)	Quinoa Salad: ½ cup cooked quinoa 1oz cheese, ½ cup bell peppers, ½ cup tomatoes, 2 Tbsp pine nuts, 1 Tbsp olive oil, and fresh/dried herbs	Baked Fish: 4 oz. haddock or salmon baked with 1 Tbsp olive oil and 1 Tbsp lemon juice ½ cup brown rice and/or steamed veggies	Guacamole: ¼ avocado mashed with 1 Tbsp lime juice 6 corn chips

2. When chemo and or other cancer medications cause GI side effects (such as diarrhea) can dietary changes help calm or eliminate it? If so, what are they? Is adding an additional medication or a supplement usually the way to go and if so, what do you recommend?

- Certainly! Generally, low fiber, low fat, and low lactose foods should be consumed. In addition, some foods that have soft fibers are beneficial to slow the gut and bulk up a loose stool. Refer to the examples below.

Mini-Meal (Anti-Diarrhea) Menu Ideas

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Option #1	1 slice white bread w/ 1 Tbsp. natural peanut butter 1 banana OR	1 hard boiled egg, 1 slice of white toast with trans-fat free spread OR	1 cup vegetable or broth based soup ¼ cup Oyster crackers ½ cup canned fruit cocktail OR	Fruit salad with ½ cup canned peaches, ½ cup canned pineapple and ½ cup canned tangerine sections ¼ cup plain nonfat Greek yogurt OR	4 oz. baked haddock or salmon w/ lemon juice ½ cup white rice 1 cup cooked asparagus tips OR	½ cup sherbet or Tufutti (soy based) frozen dessert OR
Option #2	¾ cup oatmeal or Cream of Wheat made w/ skim or soy milk ¼ cup canned apricots or peaches OR	½ cup cooked blueberries 1 cup plain nonfat Greek yogurt OR	1 small 6" tortilla 1 Tbsp. hummus ½ avocado 2 slices roasted peeled eggplant OR	6-8 saltine crackers w/ 1 oz low fat cheese OR	Stir Fry: 4 oz. tofu, ½ cup green beans, ½ cup sliced mushrooms ½ cup carrots, 1 tbsp. oil ½ cup white rice OR	1 cup fresh, ripe melon OR
Option #3	2 scrambled eggs ½ (small 4 oz) white plain bagel w/ 1 Tbsp trans-fat free spread 4 oz applesauce	1 cored, peeled apple 2 Tbsp natural creamy peanut butter	¾ cup cold chicken, egg, or tofu salad 1 tbsp. low-fat mayonnaise ½ pita bread	6 melba toast crackers with ¼ avocado sliced	4 oz. chicken breast ¾ cup cooked green beans ½ peeled baked sweet potato	6 oz fat-free pudding 2 graham crackers or 5 vanilla wafers

- Rx. and OTC products should be reviewed with your medical team. If indicated, OTC products such as Imodium are important. Food choices add a complimentary approach to managing side effects.

3. Does alcohol consumption have an effect on likelihood of blood cancer, recurrence - specifically lymphoma? I am not a daily drinker, but I worry about having any alcohol at all. Is there a number of drinks per month to aim for?

- A standard drink contains 14 grams of pure alcohol. This amount is generally found in:
 - 12 ounces of beer**
 - 8-9 ounces of malt liquor**
 - 5 ounces of wine**
 - 1.5 ounces of 80-proof distilled spirits (liquor)**
- Moderate drinking is defined as: 1 drink per day for women and 2 drinks per day for men.
- The strongest evidence for alcohol consumption and cancer risk is for Head & Neck, Esophageal, Liver, Breast, and Colorectal cancers. For these cancers, moderate to heavy consumption is associated with risk.
- Either no association with alcohol or inconsistent evidence for risk is the current understanding about remaining cancer types, including Lymphomas.
- Generally, it is best to limit alcohol consumption to protect yourself from a secondary cancer. However, if any alcohol is consumed, experts recommend following guidelines above: no more than 1 drink for women and no more than 2 drinks for men daily.
- Keep in mind that your **total lifestyle matters**: drinking little to no alcohol while also exercising regularly and consuming a minimally processed plant-based diet. See the recommendations below:



4. Is there any specific way or things to eat or not eat to prevent blood cancer recurrence?

- This is a great question, but a difficult one to answer. As it turns out, the experts have reviewed all the research up to this point and there are no specific foods to eat or avoid to reduce risk for recurrence. Keep in mind that no diet can prevent any cancer, we think it can only reduce or increase risk for cancer.
- With that being said, the WCRF suggests that all survivors follow a healthy pattern of eating to reduce risk. The evidence is not yet strong for blood cancers, however expert opinion contends that a pattern of healthy eating contains compounds that have cancer protective qualities and helps us maintain a healthy weight. You can check how healthy your cancer protective lifestyle is here: [Cancer Health Check](#)

5. I was diagnosed with Polycythemia Vera long before anyone called it a blood cancer. I also had a year of chemo and radiation due to uterine cancer more recently. I watch iron b/c of the PV but am wondering whether it would be safe to re-introduce broccoli and spinach to my diet due to the health benefits.

- If you are on medication or receive phlebotomy for the PV, you do not need to follow a specific iron restriction. It would be advised not to take an iron supplement or eat an excessively high iron diet which would be 45 milligrams. I think you are safe to re-introduce broccoli and spinach back in!
- For extra reassurance, foods that have tannins like coffee and tea, have calcium, like dairy, and have fiber, like plant foods, generally decrease the absorption of iron. Consider having these along with the broccoli and spinach to bind some of the iron that you eat.

6. I was diagnosed with CLL/SLL in March 2018. I'm in a Watch and Wait and haven't had treatment. I'm trying to stay as healthy as possible and keep my body inhospitable to cancer. I've researched many approaches to eating a healthy diet to fight cancer from paleo to Mediterranean to Vegan. There is so much conflicting information about what type of diet to eat to fight cancer. What evidence or research supported diet do you recommend particularly for blood cancers? In a 2012 blog post, Dr. Gregor presents research that eating chicken can lead to lymphoma. I'm so confused what to eat for meat. I've been mostly paleo based on the book by Dr. Terry Wahl, the Wahl Protocol. But, after reading the research on Dr. Gregor's website about chicken, I'm wondering if there is any other evidence to show that chicken is unhealthy for lymphoma patients? Please help clarify what diet is best for lymphoma.

- There is conflicting information because it is not easy to study diet and disease. In a research study, just because a food or diet is associated with a cancer, does not mean that it is a cause of the cancer. The same goes for a food that is associated to treat or cure cancer. Therefore, any information that you come across that suggests that a food or diet will cure cancer is false.
- An association in a study between food and cancer could be found by chance or do to something else that was not even involved with the research study. For example, there was a study published that showed that eating more margarine was associated with a higher rate of divorce. Does this mean that eating margarine leads to divorce? No.
- There is an entire industry that profits from diet information, where it be a website or a book. Unfortunately, to sell diet information many individuals mislead consumers based on poor quality research. In addition, only one side of the story is used to make a case.
- For example, the research study that Dr. Gregor referred to is drastically overexaggerated. The authors of that study even stated in the publication that the findings need to be confirmed in additional research and are likely either by chance or explained by something else.
- In fact, others studies have shown no relationship between meat consumption and risk for lymphomas. Respectfully, I wish that Dr. Gregor would create another video to review this information.
- The bottom line is that we may never truly know what "diet" is most helpful to reduce the risk for the stages of carcinogenesis. However, expert opinion and building research suggests that a plant-based diet contains most of the compounds that exert cancer protective properties. There are many versions of a plant-based diet, from vegan to semi-flexitarian. My personal favorite for most survivors is a Mediterranean style diet, and for lymphoma this may be worthy of consideration [Mediterranean Diet and Lymphoma](#)
- For additional information about Plant Based Diets, please visit [Information on Various Plant Based Diets](#) and for Mediterranean Diet information please visit [OldWays](#)

7. You didn't mention kale. EVERYBODY mentions kale when talking about healthy eating. I eat it all the time with onions and garlic. Should I? It's not harmful for my AML is it?

- Everybody does mention kale, right? It's a SUPERFOOD, right? I use the expression that no single food will make or break us. In other words, all of the foods that we eat day to day makes a pattern. A pattern of healthy eating matters most!
- Kale, and with the onions and garlic (yay!), is a fantastic choice! I would encourage you to continue enjoying it along with all of the other colorful plant foods in your overall diet. It is not harmful for your AML.
- If you would like more information about that yummy, nutritious Kale please visit here: [Benefits of Kale & Recipes](#)

8. What foods or supplements should be avoided during immunotherapy?

- I would generally advise that foods do not need to be avoided during immunotherapy. The ideal approach with eating would be to consume foods that are nutrient dense. Minimally processed plant foods like whole grains, beans and lentils, vegetables, fruit, and nuts and seeds are full of nutrients and phytochemicals that are essential for health and contain necessary nutrients to support a functioning immune system.
- It would not be advised to take a dietary supplement that stimulates the immune system. Examples include ashwagandha, echinacea, elderberry, and others. The concentrated dose of dietary supplements may interact with the mechanism of the immunotherapy.
- The best advice I can offer is to discuss with your Medical Oncologist for review. Where I practice, we also include the Pharmacy team to review any interactions with dietary supplements.

9. What benefits or concerns are there for patients to use CBD or marijuana/TCH edibles?

- There is a lot of interest around CBD and cannabis. If you are curious to learn more, I suggest watching a recent presentation by one of NorthShore's Integrative Physician's about the subject:

[Dr. Leslie Mendoza-Temple Presentation](#)

10. Do plant-based diets really increase estrogen levels in men that can have negative side effects or increased risks for other diseases?

- This a great question! You might be surprised to learn that plant-based diets may lower estrogen levels. Viscous fibers form a gel in our intestinal tract, and help to lower LDL cholesterol, reduce spikes in blood sugars, and circulating estrogen.

- Viscous fibers include barley, oats, rye bread/crackers, apples, avocado, berries, oranges, pears, Brussels sprouts, beans, lentils, split peas, chia and flax seeds.
- Soy, which contains plant phytoestrogens, is an example of a food that many are concerned about eating because it might raise estrogen levels. However, there is no reason at this time to avoid soy or any foods that in theory raise estrogen levels. To learn more about the myth of estrogen in foods and health, please visit [Safety of Soy](#)

11. Why eating earlier in the day? I thought it was a myth that time of day eating affected weight. The only issue is that when people are eating super late, they tend to eat unhealthfully. That's the last I read anyway.

- What a great point! Yes, those that eat late tend to eat high calorie choices that are nutrient poor.
- In order to lose weight, we need to create a calorie deficit. A combination of eating less and moving more so that the balance of calories is less than what the body needs. So, if someone eats too much any time of day, he/she will not lose weight. Weight loss will not happen if too many calories are consumed, no matter the time of day.
- However, research has shown that our metabolism is influenced by our circadian rhythms. If we eat our calories earlier in the day, our bodies are more equipped to metabolize those calories. This was first discovered through observations of night shift workers. Those working at night and eating the same number of calories compared to those working during the day seemed to weigh more.
- Since those observations, research has demonstrated that between two groups that ate the same number of calories (both groups created a deficit), those eating earlier in the day lost more weight.
- Research is still not definitive, but so far, a long overnight fast may improve how we metabolize our fat stores and also lowers our appetite. If someone has reached a plateau and having a hard time eating less calories, consuming most of the total calories earlier in the day (and finishing by 8 pm) may nudge some additional weight loss.
- Bottom line, individuals should do what works for them in the long term. If someone is eating better and moving more, but stuck in a weight loss plateau, it may be worth trying to eat the majority of calories earlier in the day and stopping at 8 pm.

12. Is Splenda ok to use? Any research on it?

- Generally, I suggest the safest solution is to minimize “questionable” ingredients.
- Some research in mice has shown that sucralose (Splenda) has found a high rate of leukemia and other blood cancers. To translate the research: male mice that were

consuming sucralose had over six times as many leukemias as those without sucralose in the diet.

- It seems that Stevia is the safest artificial sweetener at the moment. However, I generally advise that artificial sweeteners be minimized as much as possible. There are many components to the diet that are worthy of attention, and most important might be the inclusion of plant-based foods that are cancer protective and help us to maintain a healthy weight. Once that is achieved, a next step would be to minimize the questionable additives such as sucralose.

13. I would like to know more about the role food preservatives and additives play in a wellness diet. Part of the context for this is that while living in France last year, we were eating wonderful pastries and breads daily and still maintained or lost weight and body fat. Yes, we also ate lots of fresh fruit and fresh fish too (and still do), but I am feeling like there is something about American food that is making it harder to maintain healthy weight and wonder if it's the preservatives or something added to the food.

- What a great observation! The observation is very similar to others that I have worked with. I confess, when I have traveled and adopted the lifestyle of the destination, I moved a lot more, slept a lot better, and ate well but ate less.
- I wish that someone would research this, because it seems to be a common observation! However, there is a lack of information at this time.
- It might interest you to look at a list of the additives in foods and to decide if some of the foods that you eat are deserving of a swap out: [Chemical Cuisine](#)

14. Nutritional yeast? What is that and how can I use it as part of my healthy diet?

- Also known as “nooch”, nutritional yeast is an inactivated form of yeast commonly used to leaven bread. Fortified versions provide a whopping amount of vitamin B12, which many vegans use because it is a non-animal source.
- It is a versatile seasoning that is described as “nutty” or “cheesy” and adds umami flavor without the salt. It is yellow and comes in little flakes.
- It is available in many stores, but especially natural food stores. Bragg and Bob’s Red Mill are two widely distributed brands. Keep it stored in a cool, dark location and it will last for a couple of years.
- It can be easily used by shaking on top of air popped popcorn, baked or roasted potatoes/vegetables, or into whole grain pasta.
- If you would like specific recipes, try:
 - [Vegan Pesto](#)
 - [Cashew Cheese](#)
 - [Cheesy Broccoli & Cauli Bites](#)