

# Nutrition in Survivorship

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## Overview: Nutrition in Survivorship

- Lifestyle support
  - Sleep
  - Exercise
  - Meditation
- Diet support
  - Glycemic load
  - Fiber
  - Protein
  - Fat
  - Digestive optimization



## But first, what lifestyle things can you do to stay healthy?

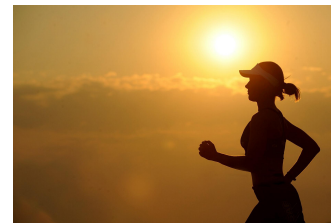
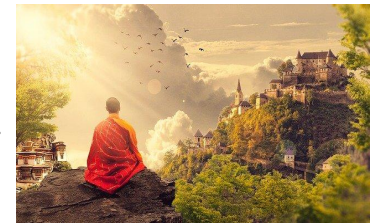
1. Sleep
2. Exercise
3. Quit Smoking
  - a. <http://www.smokefree.gov>
  - b. National Quitline: 1-800-QUITNOW (784-8669)
4. Test:
  - a. Annual physical exam: labs (cholesterol, thyroid, HbA1C)
  - b. Preventative screenings
    - i. <https://health.gov/myhealthfinder>
      1. Mammogram, pap smear, mole checks, colonoscopy
      2. Annual eye exams
      3. Bi-annual dental screenings
  - c. DEXA scan (rule out osteoporosis)



## How can your lifestyle affect your energy?

Work to achieve...

1. 15 minutes of *meditation* daily.
2. 30 minutes of *cardiovascular exercise* daily.
3. 2 days of *weight bearing* exercises weekly.
4. 6-8 hours of *sleep* nightly.



## What foods can give you more energy?

The goal is to eat a **balanced** diet that includes a variety of unrefined carbohydrates, proteins, and fats, with an emphasis on vegetables, whole grains, and healthy oils.



## Optimize Digestive Health

- Eat five to seven servings of fruits and vegetables a day.
- Choose whole grains more often.
- Consume foods with probiotics.
- Try healthier cooking options.
- Limit the amount of beef, pork, lamb and processed meats.
- Limit foods that have added sugars and animal fats.



## Diet can balance your blood sugar.

- **Fiber:** Soluble vs. Insoluble; 20-30 grams daily.
- **Protein:** 0.8 grams per kilogram of body weight.
- **Fat:** unsaturated, minimally processed plant based oils, cold pressed, dark glass bottle.



## A closer look at fiber...

**Optimal intake: 20-30 grams daily.**



**What is fiber?** It is the indigestible part of plant foods that our bodies need for **optimal** digestion.

### 2 Types of Fiber:

**Soluble fibers** found in fruits (*especially pear, apple, and citrus fruits*), oats, barley, and legumes. These water-soluble fibers form gels within the digestive tract, and also

- Contributes to feelings of fullness and decreases appetite.
- Slows the absorption of carbohydrates which can reduce blood sugar.
- Helps to lower blood cholesterol and triglycerides.

**Insoluble fibers** are commonly found in *wheat bran, corn bran, whole grain breads and cereals, as well as vegetables*. The beneficial effect of insoluble fiber includes: facilitating the movement of food through the digestive tract, preventing constipation.



## More great sources of fiber:

Food	Serving Size	Total Fiber (grams)	Soluble fiber (grams)	Insoluble fiber (grams)
<b>FRUIT</b>				
Apple, with skin	1 medium	3.3	0.4	2.9
Banana	1 medium	3.1		
Pear, with skin	1 medium	5.2	1.1	4.1
Orange	1 medium	3.2	2.1	1.1
Prunes	¼ cup	4.6	2.5	2.1
Raspberries	½ cup	4.0		
Strawberries	½ cup	1.7	0.4	1.3
<b>VEGETABLES</b>				
Asparagus	½ cup	1.8	0.3	1.5
Broccoli, cooked	½ cup	2.6	0.3	2.3
Brussel sprouts, cooked	½ cup	3.2	1.1	2.1
Carrots	1 large	2.0	0.9	1.1
Corn	½ cup	3.0		
Potato, baked with skin	1 medium	4.4	1.1	3.3
Spinach, cooked	½ cup	2.2	0.7	1.5

## Consume foods with probiotics and prebiotics.

- What are probiotics? Prebiotics?
- Where can I find them?



## Dietary sources of plant-based protein

Goal: 1 serving of protein every 2-3 hours.



**Tempeh**  
34 g/1 cup (166 g)



**Tofu, firm**  
22 g/0.5 cup (126 g)



**Edamame, cooked**  
19 g/1 cup (160 g)



**Seitan (gluten-based meat substitute)**  
17 g/2.5 oz (76 g)



**Lentils, cooked**  
16 g/1 cup (180 g)



**Black beans, cooked**  
16 g/1 cup (180 g)



**Mung beans, cooked**  
12 g/1 cup (185 g)



**Hemp seeds, hulled**  
9 g/3 tbsp (30 g)



**Peanuts, roasted**  
8 g/1 oz (28 g)



**Quinoa, cooked**  
7 g/1 cup (170 g)



**Almonds, roasted**  
6 g/1 oz (28 g)



**Pistachios, roasted, shelled**  
6 g/1 oz (28 g)



**Wild rice, cooked**  
6 g/1 cup (164 g)



**Sunflower seeds, roasted, shelled**  
5 g/1 oz (28 g)



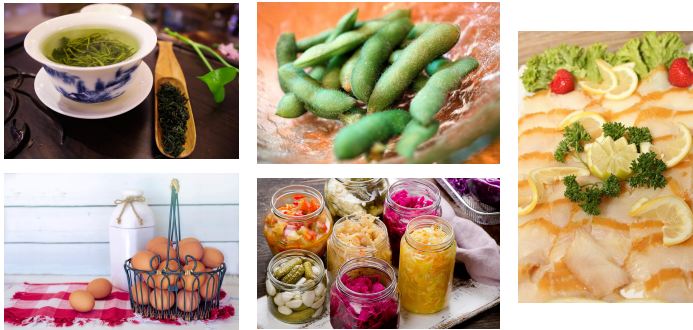
## Try healthier cooking options.

- Try steaming, poaching, stewing, braising and boiling.
- The oil you use matters.
- <https://health.clevelandclinic.org/how-to-choose-and-use-healthy-cooking-oils>



## Foods that are beneficial in boosting energy:

1. Fatty fish
2. Walnuts
3. Beans and legumes
4. Eggs
5. Probiotic rich foods
6. Green tea
7. Apples
8. Berries
9. Dark chocolate



## Water.

At least 8 cups daily.



## Limit the intake...

- ...of beef, pork, lamb and processed meats, nitrates/nitrites, sulfates/sulfites.
- ...added sugars, artificial sweeteners, dyes, partially hydrogenated oils, trans fats and animal fats.



## Additional Resources

### Podcast: [Nutrition in Survivorship](#)

- <https://open.spotify.com/episode/3kWbtLLvexRQo0POS5Luvv?si=300959f7cf0d440d>. It can also be found under 'Encompassing Cancer' anywhere podcasts are available (Apple Podcasts, Google Podcasts, etc.).

### Recipe:

#### [Golden Tea \(Aka Turmeric Tea\) Recipe](#)

Heat 2 cups milk of choice (almond, coconut, hemp)

- Add ½ inch peeled, minced fresh ginger
- ½ inch peeled, minced fresh turmeric (powdered is fine too)
- 3-4 whole black peppercorns

Simmer 10 minutes. Strain. Sweeten to taste (honey, maple syrup). Drink 1-2 cups daily.



## Questions?



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