

FIGHT
★
COLORECTAL CANCER

FACTOR OR CRAP

FOOD GUIDE



FACTOR CRAP

Prebiotics and probiotics are the same thing.



Probiotics feed the bacteria already living in your gut. Prebiotics are found in plants or fruits.

Use food-based probiotics and prebiotics as your first plan of healthy gut action. You want to have a mix of probiotics and prebiotics living in your gut. People need to support their guts with food.

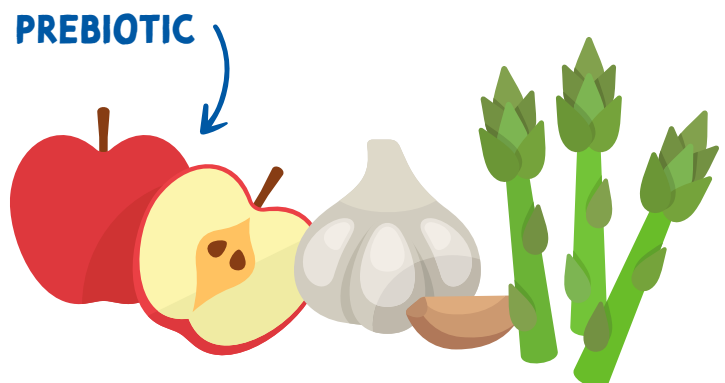
Probiotic foods contain live bacteria, which help prevent the growth of harmful bacteria in your gut. Some probiotics are: sauerkraut, kombucha, pickles, and yogurt.

Prebiotic foods feed the bacteria already living in your gut. Some prebiotic foods are: apples, asparagus, garlic, onions, and bananas.

Your diet sustains these bacteria. These bacteria then help you digest food and absorb essential vitamins and nutrients.

While eating probiotic and prebiotic foods may introduce new bacteria in your body, they can change existing bacteria to ensure your gut has a healthy mix and remains healthy.

When possible, eat both probiotics and prebiotics through food form, not supplements.



FACTOR CRAP

Vitamins and supplements are helpful ways to ensure nutrients your body needs.



The issue with vitamins and supplements is that people often take them on their own without the supervision of a doctor.

For example, if someone believes vitamin D lowers the risk of specific cancers, they may not take into consideration their exposure from the sun, which provides vitamin D. When you factor vitamin D through foods into that equation, people may be having their vitamin D needs met. Too much vitamin D can cause other issues (such as loss of appetite, dry mouth, constipation, or diarrhea).

If you feel like you are deficient in any vitamins, talk with your doctor. You'll need to have a lab draw, analyze those numbers, and monitor them for improvement. When you bypass the doctor and lab work, you are removing an important piece of the puzzle.

Don't use supplements to prevent cancer. They are not regulated by the government, which is in place for patient safety. I recommend you get your nutrition through food. Food has everything you need to stay nourished. It is really important to eat carbohydrates, proteins, and fats.

➔
RESEARCH SUGGESTS THAT TAKING A MULTIVITAMIN OR OTHER SUPPLEMENT DOES NOT LOWER CANCER RISK.



FACTOR CRAP

It is never safe or healthy to eat processed meats.

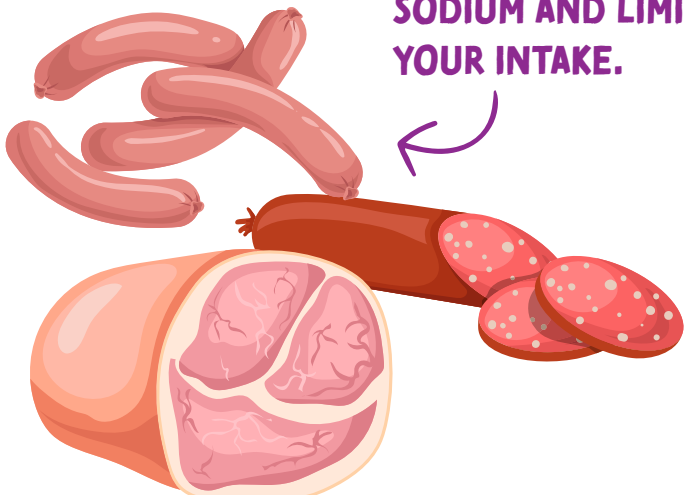


DURING CANCER TREATMENT

During treatment, you need to eat to optimize your treatment outcome.

If you can only tolerate processed meat at any time during treatment or post-surgery, go ahead and eat that meat. Protein is the ultimate component. When you are in treatment, you're not working on cancer prevention. You're working on getting to "no evidence of disease" (NED).

JUST FOCUS ON SODIUM AND LIMIT YOUR INTAKE.



*POST-CANCER TREATMENT

Unfortunately, it is a fact: Alcohol and processed meats are the only two foods that cancer researchers say, "Do not consume" if you can omit them.

That is very difficult for most people. I recommend saving hot dogs and other processed meats (like bacon, sausage, and pepperoni) for special occasions, and choose products that are lower in sodium.

Processed meat is not the same as dairy, eggs, chicken, seafood, fish, or red meat. Processed meats are preserved. You put them in your fridge, and they're fine for a few weeks. They are not fresh meat.

Studies show a link to nitrates and increase risk for cancer, so limiting hot dogs and bacon overall and/or choosing ones with less nitrates is more protective.

FACT OR CRAP

Red meat is a good source of protein.

FACT

Red meat is a good source of protein.
Protein is needed for body maintenance, growth, and repair.

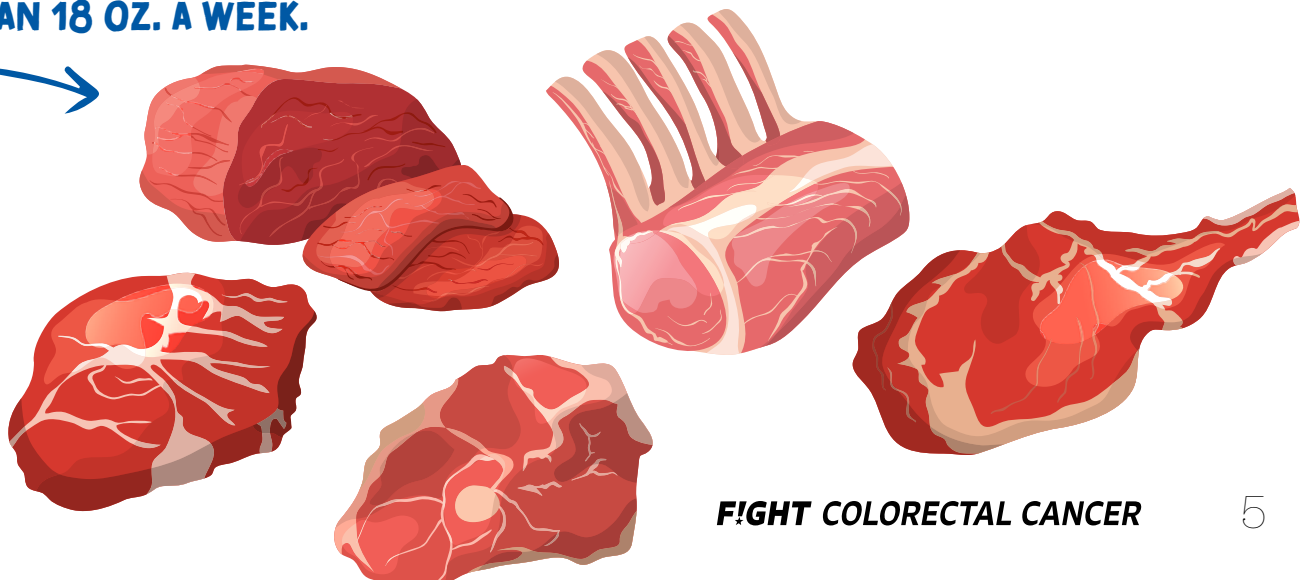
Your body needs an increase in protein while undergoing treatment or following surgery. If you are getting your protein through a steak, that's OK.

Get your protein through your food, and from whatever is appetizing and nourishes you.

In my experience, people are not having a steak every night for dinner. You can actually have a serving-size of steak three times a week and not reach 18 oz.

Keep in mind that you can reach your protein needs through sources other than animal sources (meat, poultry, fish, eggs, and dairy products). Plant sources of protein include nuts, seeds, tofu, legumes, and grains. Some vegetables contain a small amount of protein. Fruits and fats don't provide any protein.

THE RECOMMENDATION IS NO MORE THAN 18 OZ. A WEEK.



FACTOR CRAP

Juicing causes fewer digestion issues than eating food and it supplies all the nutrients you need.



There is no fiber in juicing. Zero.

Your body needs soluble and insoluble fiber. Your digestive system needs fiber to move things along and to bulk up your stool—major components that improve digestion and cancer prevention. This is why I do not recommend it.

Make a smoothie instead. When you juice, you remove the pulp and fiber, which is such an important part of nutrition and your digestive system. You don't get a balanced meal. You will miss out on absorption of vitamins and your digestion will not be at its best.

SKIP JUICING AND GET YOUR FIBER BY EATING WHOLE FRUITS AND VEGETABLES.



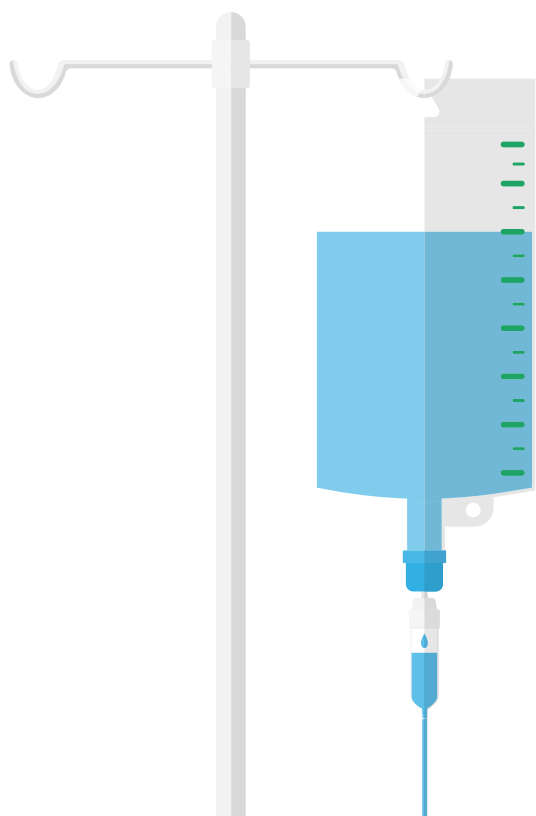
FACT_{OR}CRAP

IV hydration flushes out the processed meats and sugar from your body.

CRAP

IV hydrations are trendy right now.

They're super high dose, and they are being advertised as a liquid multivitamin or high-dose vitamins. Stay away from them. You don't want them to harm your healthy cells. You cannot process food out with an IV.



**AN IV CANNOT
PROCESS FOOD THE
WAY YOUR BODY
DOES, OR THE WAY
YOUR LIVER AND
KIDNEYS DO.**

FACTOR CRAP

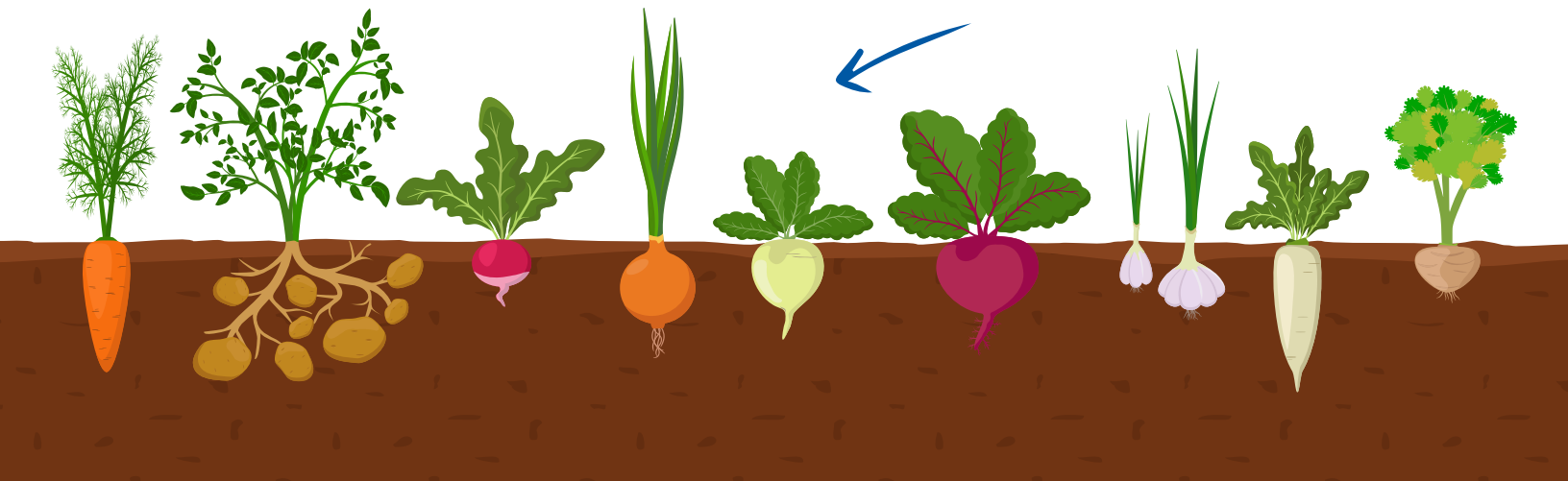
Eating only organic meats, fruits, and vegetables can prevent cancer.

CRAP

Do not buy into this advertising.

It's just not true that eating organic can prevent cancer. Organic is not superior in nutrition.

ORGANIC USES
PESTICIDES TOO.



FACTOR CRAP

Sugar is the leading cause of cancer.

CRAP

Tobacco and obesity/being overweight are the leading causes of cancer.

Someone may have never eaten sugar in their lifetime, and they can still get cancer.

The cells in our body use sugar (glucose) for energy. Cancer cells grow faster than healthy cells, which requires a lot of energy, leading to a belief that sugar “feeds” cancer cells. There is not strong evidence that cutting sugar out of your diet will prevent cancer or stop cancer cell growth.

However, too much sugary foods or drinks can cause weight gain or obesity, which can contribute to cancer risk. But sugar by and of itself does not cause cancer.

What to do? Focus on maintaining a healthy weight by obtaining nutrients from any and all sources available to fuel your healthy cells. Physical exercise will help.

Your healthy cells will stay with you once cancer is gone. Your job is to keep those cells healthy and strong as you fight cancer.

Have those treats! But also get sugars through fruit, vegetables, lean proteins, lean dairy, whole grains, beans, legumes, nuts, and seeds.



IF YOU'RE POST-TREATMENT, KEEP SUGAR IN YOUR DIET IN MODERATION.



FACTOR CRAP

Artificial sweeteners are better for your health than sugar.

NEITHER

This statement is subjective. Neither are better or worse.

They are just different. Both of them are fine. Neither is toxic. Neither of these directly cause cancer.

Artificial sweeteners may be better for your health if you have weight loss goals and you want to reduce the overall sugar in your diet. But you can also lose weight if you have white sugar. Neither are direct cancer causers.



FACTOR CRAP

Because stevia is from a plant, it is the healthiest alternative to both sugar and artificial sweeteners.



They are all sweeteners; they are just made with different ingredients.

They are all going to serve the same purpose. Find the one that tastes good to you.

ASPARTAME IS FINE. DIET SODAS ARE GREAT OPTIONS IF YOU WANT SODA AND NOT THE CALORIES THAT COME FROM SUGAR.



FACTOR CRAP

Whey protein shakes are the healthiest protein shakes.

CRAP

I would suggest shakes made with whey, protein, and soy.

Soy protein gets a lot of negative views because it is alleged to increase your risk for breast cancer but there is no solid evidence of this. Whey is more readily available and relatively inexpensive.

**ANY OF THEM CAN BE
A HEALTHY OPTION.**



FACTOR CRAP

Shakes can replace food and provide all the nutrients your body needs.



Food provides the best nutrients.

However, if you have a low appetite or struggle to eat, a high-calorie 8 oz. shake would be extremely beneficial for nutrition. A high-calorie shake is better than not eating at all or consuming anything at all.

As far as shakes go: Every trendy diet has a shake, and there are so many out there.

If you enjoy a morning smoothie or shake to get your day started because it's part of your routine and what you've always done, that is one thing. But if you are trying to diet or lose weight through shakes only, that won't work. A shake diet is not well-balanced. You are not chewing anything. You do not feel like you are having a meal. I would not recommend it.

A SHAKE DIET SETS YOU UP FOR FAILURE LONG-TERM BECAUSE EVENTUALLY YOU WILL QUIT. SHAKES ARE JUST NOT THAT SATISFYING.



FACTOR CRAP

Gluten gets into the nooks and crannies of your intestines, so avoid it after colon or rectal surgery.



The opposite is true.
Gluten-containing grains
(such as wheat, barley,
bulgar, and rye), which
also contain fiber, are
beneficial for cancer
prevention. Gluten keeps
things moving.

After you have colon or rectal surgery, there is a lot of stress, inflammation, and damage to your gastrointestinal tract. Typically, your doctor will prescribe a low-fiber diet. You may gradually be able to add fiber back in. But nothing is actually getting stuck in your intestines or any of the pockets of your intestines.

What clears out your intestines, and all the little nooks and crannies, is higher fiber, which you find in grain. Grain contains gluten. So, gluten is one of those foods that people lump in a “do not eat” category, like sugar and dairy. They are all considered terrible things, and it’s just not true.

After you have colon or rectal surgery, you are going to want to eat low fiber to go easy on your GI, but you also need to work closely with a dietitian to make sure you are reintroducing fiber slowly. You don’t want to go in the other direction and get constipated. Getting constipated is what can really stress out your GI tract.

It’s not the gluten. It’s the fiber—the high or low fiber—which will help be gentle on your intestines

YOU DON’T WANT TO STAY ON A LOW-FIBER DIET FOR TOO LONG BECAUSE YOU NEED HIGHER FIBER IN ORDER TO KEEP YOUR GUY HEALTHY.



FACTOR CRAP

Peppermint tea helps slow down the urgency to poop.



There are no studies that have examined peppermint tea and digestion.

They have done animal studies, which tells nothing about humans. Animal studies are not a good reflection of people. They have done a little bit of research for people with peppermint oil and Irritable Bowel Syndrome, but it is not conclusive. It is not related to peppermint tea. It is definitely not related to colorectal cancer.

PEPPERMINT OILS ARE
NOT REGULATED.



FACT OR CRAP

The most effective way to wash fruits and vegetables is using plain water.

FACT

Run your fruits and vegetables under plain water.

Do not use bleach. Do not use vinegar. Do not buy any sprays. Do not soak all of your fruits and vegetables in your sink because it puts the sink bacteria on them and you'll have to wash them again.

JUST RUN THEM UNDER WATER!



IN CONCLUSION

It can be really hard and scary to find information regarding food. Food has become so complicated, and it really doesn't need to be.

The bottom line: You cannot “starve” cancer cells without starving healthy cells.

Follow a well-balanced diet, which includes all food groups: carbohydrates, proteins, and fats.

Nourish your healthy self: Eat, don't fast! Give your healthy cells fuel to fight treatment. Keep nourishing your healthy cells. Keep eating well. This includes all food groups.

**DURING TREATMENT, DO NOT
LIMIT YOUR FOOD CHOICES.**




ABOUT NICHOLE




Hey there! My name is Nichole. I am a Registered Dietitian Nutritionist and I specialize in Oncology Nutrition.

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Nutrition with Nichole LLC

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My mission is to help people not only understand how to BEST fuel their bodies, throughout and after treatment, but also to feel strong enough to fill up their day-to-day life with peace, fun, and social plans regardless of their diagnosis.

Instead of feeling tied to treatment or recurrence worries, I get survivors to fit cancer in around their lives, not the other way around. With over 10 years of experience with infusion, radiation, hormone therapy, pre and post op, survivorship and clinical experience, I help survivors navigate that part of their lives, bust through all of the misinformation out there and learn how to not only eat food, but enjoy it, too!

“If you want to balance out your bowels, you need to balance out your fiber. I’ve worked with a lot of colorectal cancer patients, and they have been in positions where they felt like they could not eat when they went out. They always had to make sure they saw where the bathroom was. But once we were able to balance out their fiber intake, which means eating more food, they were able to go out, into a field with no bathroom, and go peach picking and eat a peach.

It is really important to balance that fiber for digestion and bowel movement, regardless if you have had your GI tract resected or colon cancer. There is so much hope; you just have to get the right routine and understanding of food. People don’t understand food. They become afraid of it. They go out and get supplements. What they really need is to find out how to balance fiber with plants and more balanced meals.”

—Nichole Andrews, RDN

FIGHT COLORECTAL CANCER

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