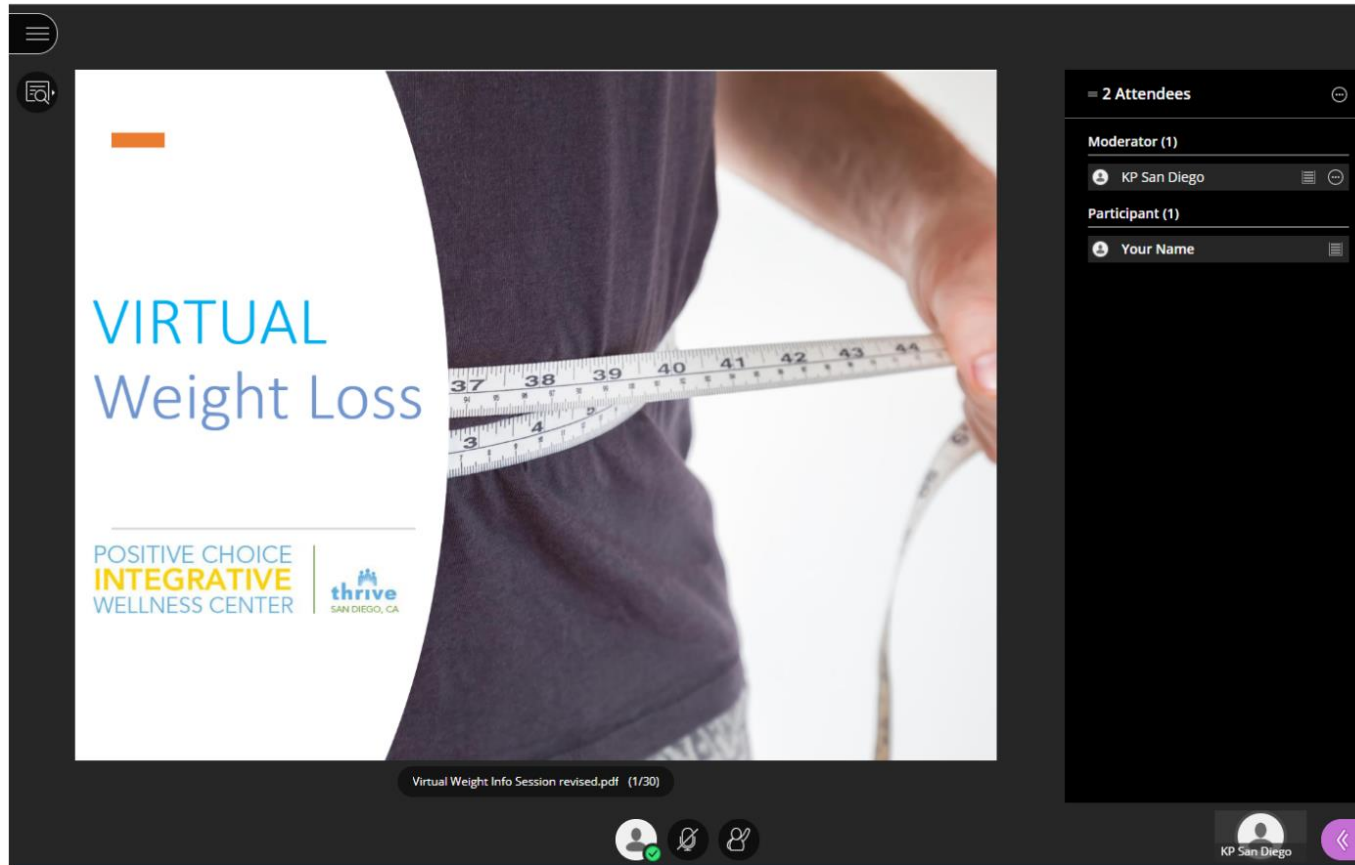


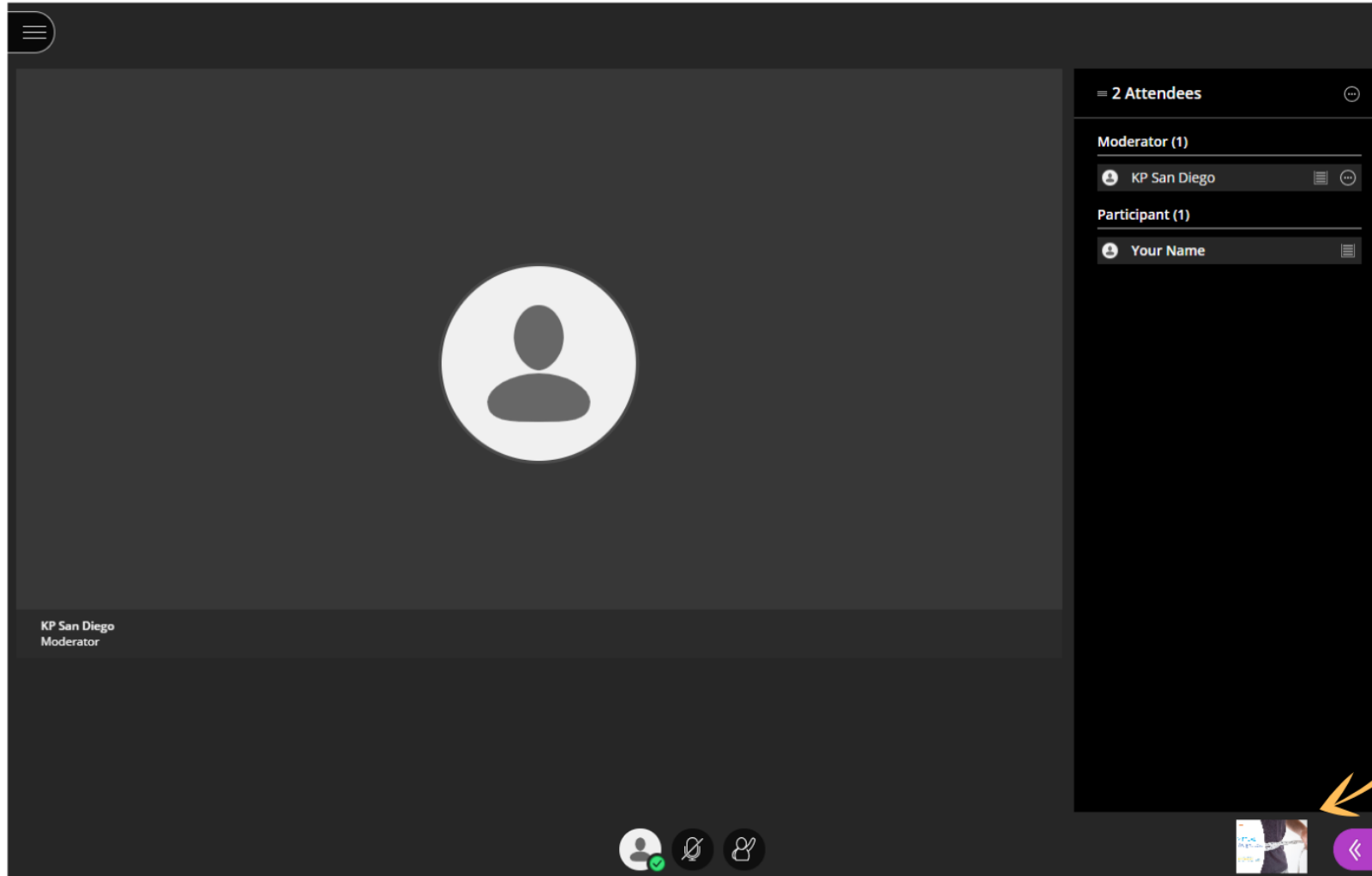
Let's Learn BlackBoard!




Your screen
should look
like this



Swapping your view



Not seeing
the
slideshow?
Click here.



VIRTUAL
Weight Loss

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

thrive
SAN DIEGO, CA

Virtual Weight Info Session revised.pdf (1/30)



2 Attendees

Moderator (1)

KP San Diego

Participant (1)

Your Name



KP San Diego

Mute/Unmute

Raise Your Hand

Menu and Help

Zoom In

The screenshot shows a Zoom meeting window. The main video area displays a presentation slide titled "VIRTUAL Weight Loss" with the logo for "POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER" and "thrive SAN DIEGO, CA". The slide background features a person's waist being measured with a tape measure. In the top-left corner of the Zoom window, there are two icons: a hamburger menu icon and a speech bubble icon. An orange arrow points from the text "Menu and Help" to the hamburger menu icon, and another orange arrow points from the text "Zoom In" to the speech bubble icon. On the right side of the window, a sidebar shows "2 Attendees", including a "Moderator (1)" named "KP San Diego" and a "Participant (1)" named "Your Name". At the bottom of the window, there is a status bar with icons for a person, a microphone, and a camera, along with a text label "Virtual Weight Info Session revised.pdf (1/30)".

VIRTUAL
Weight Loss

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

thrive
SAN DIEGO, CA

Virtual Weight Info Session revised.pdf (1/30)

2 Attendees

Moderator (1)

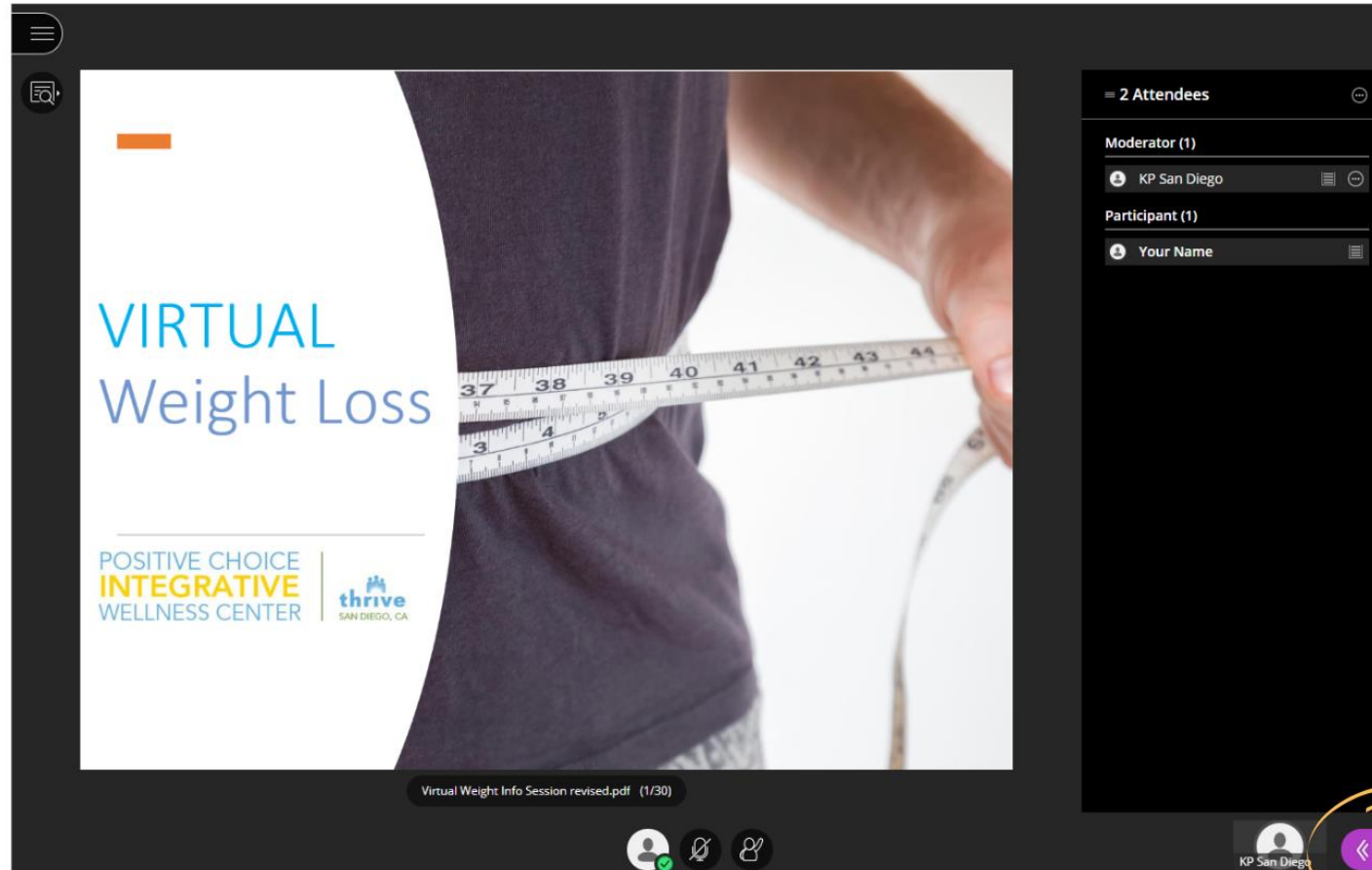
KP San Diego

Participant (1)

Your Name

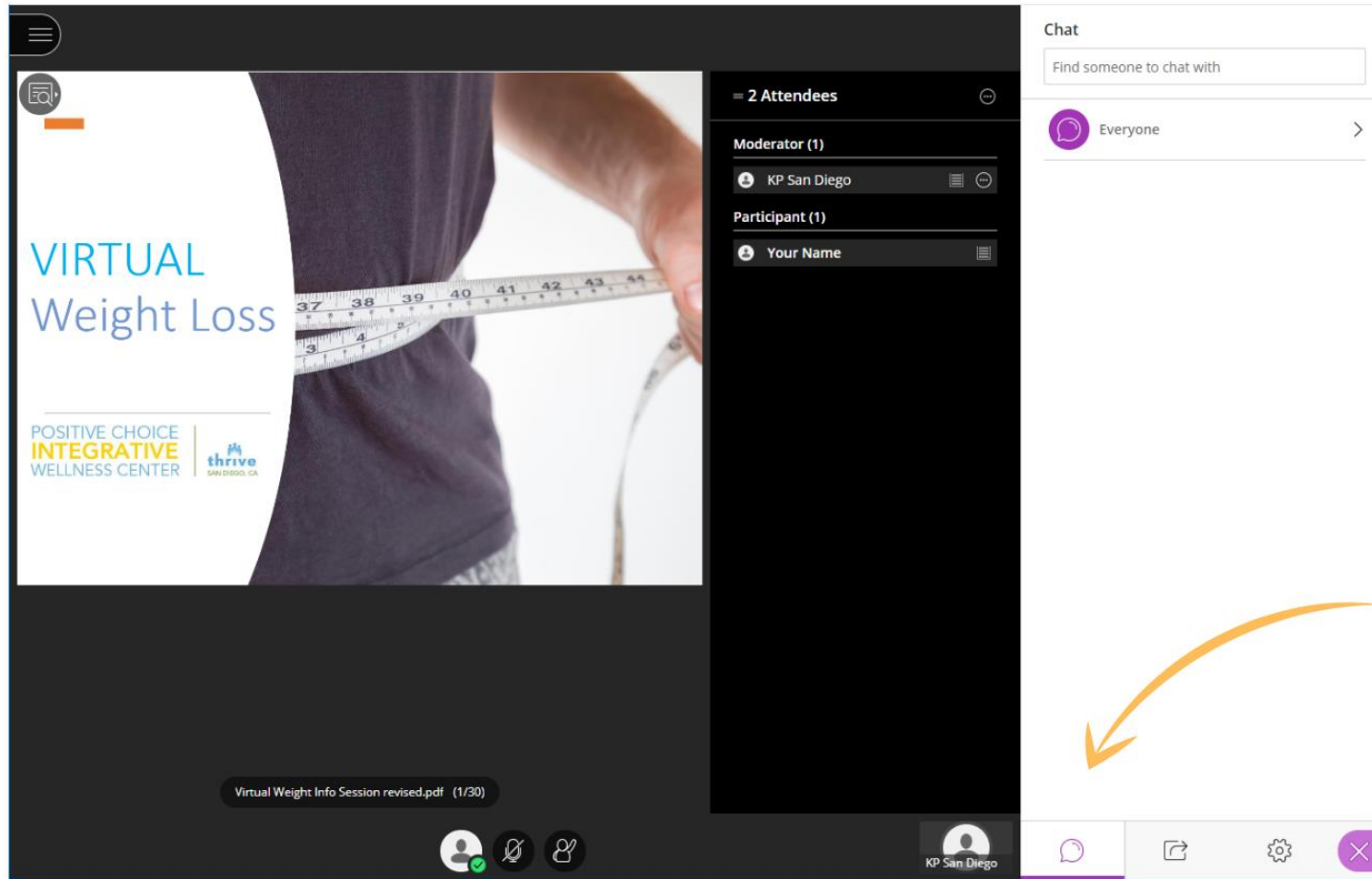
KP San Diego

Chat and Settings



Click for
Chat and
Settings
Options

How to Chat and View Links



Click to
Open the
Chat Box

VIRTUAL
Weight Loss

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

thrive
SAN DIEGO, CA

Virtual Weight Info Session revised.pdf (1/30)

2 Attendees

Moderator (1)

- KP San Diego

Participant (1)

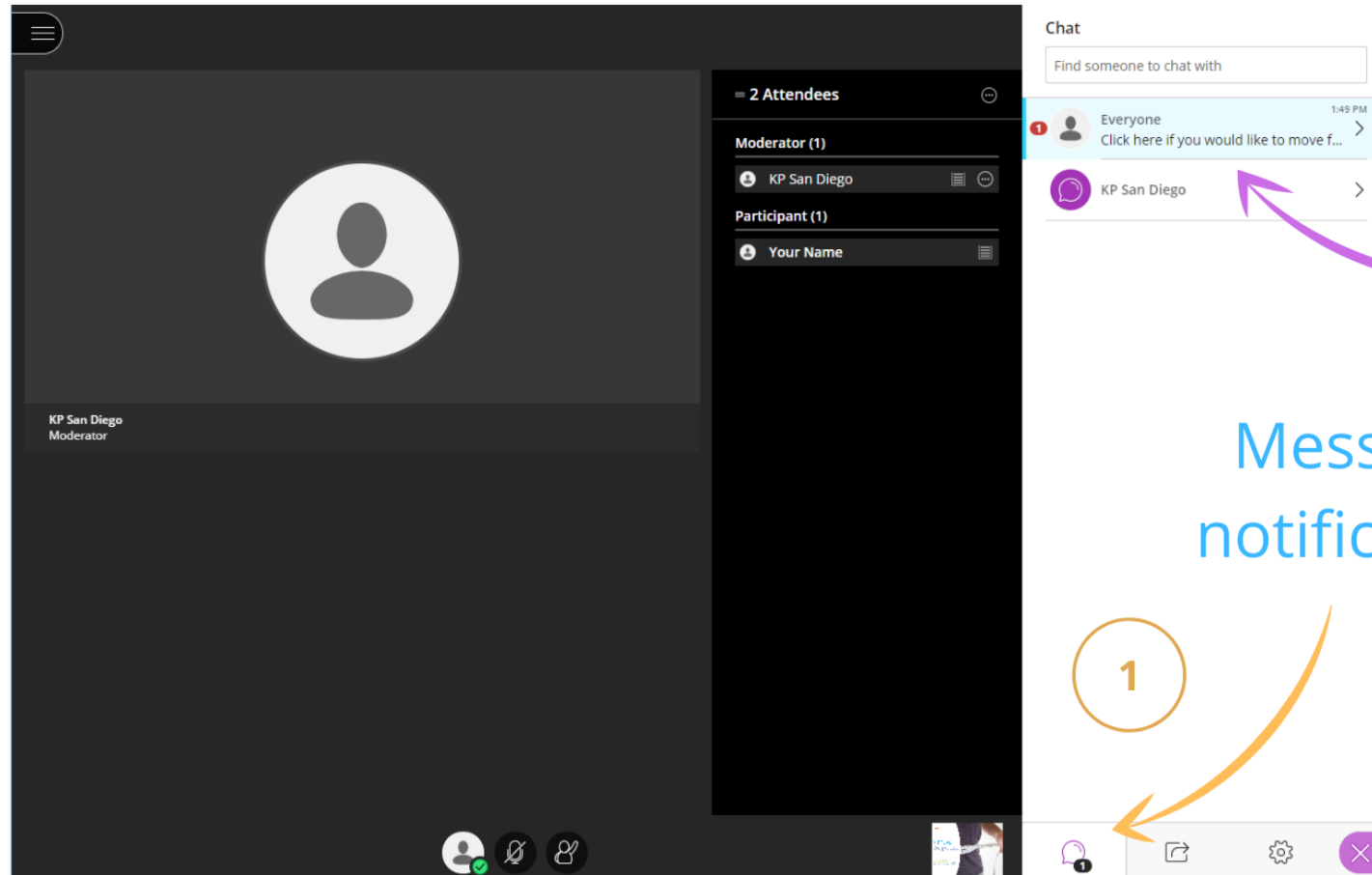
- Your Name

Chat

Find someone to chat with

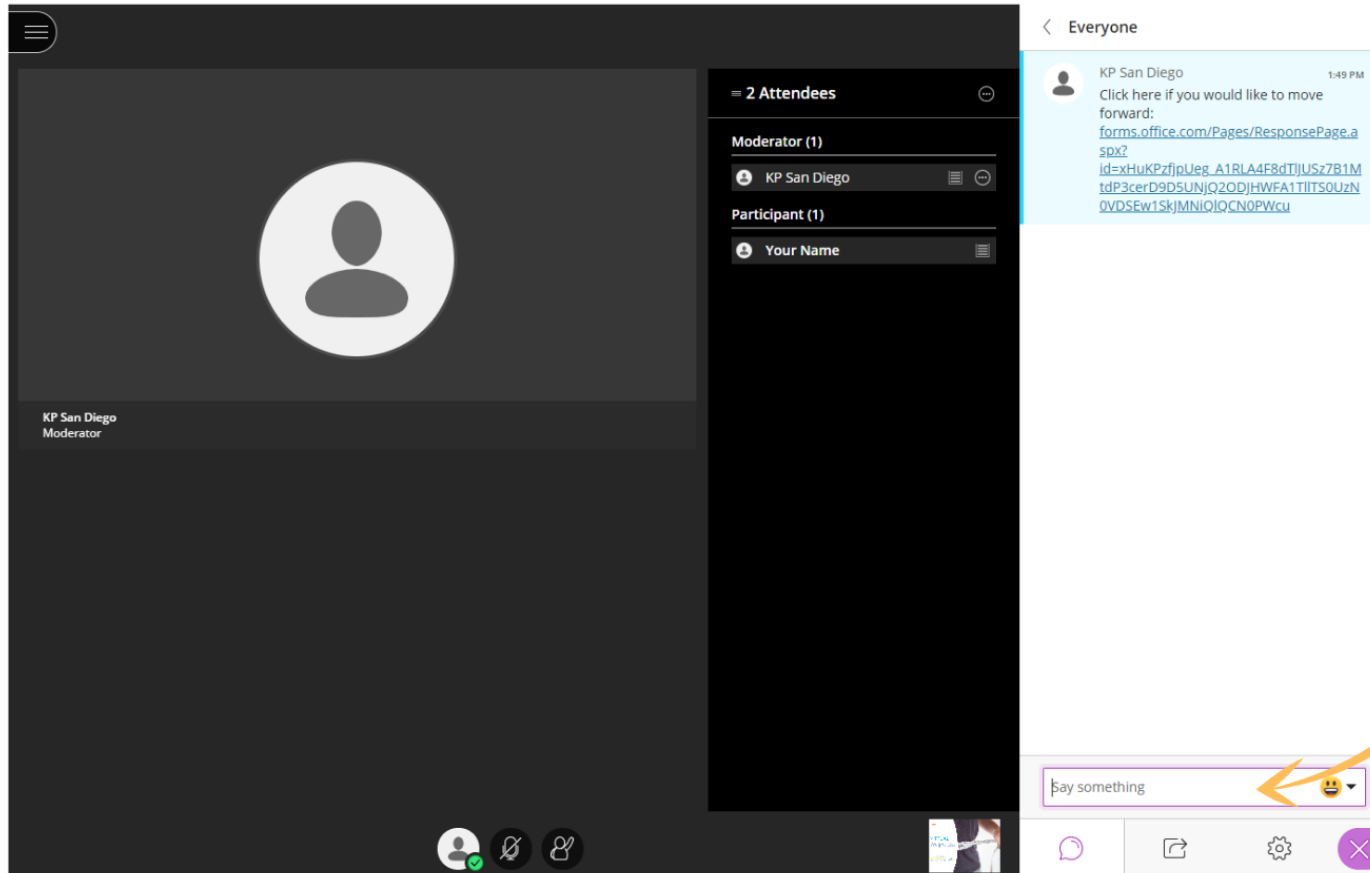
Everyone

Click
"Everyone"
to read
messages
and ask
questions
with the
group



Click to view
messages

Message
notification



Type your
message here

VIRTUAL
Weight Loss

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER | thrive
SAN DIEGO, CA

Virtual Weight Info Session revised.pdf (1/30)

2 Attendees

Moderator (1)

- KP San Diego

Participant (1)

- Your Name

Chat

KP San Diego

You can only start a private chat with
Moderators

1 result for "KP San Diego"

KP San Diego

1

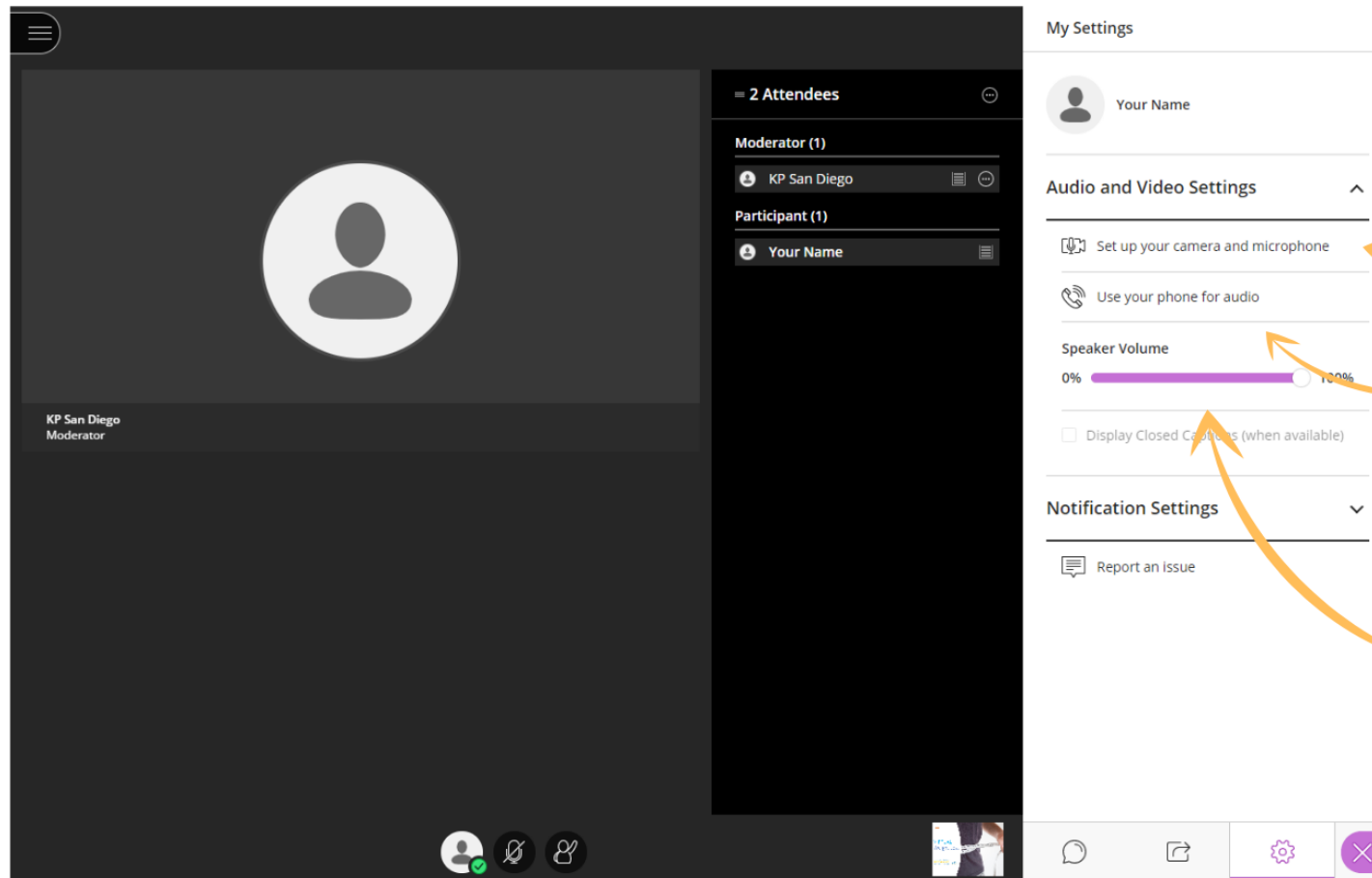
2

Type and
select "KP
San Diego"
to **private**
message us

The screenshot shows a Microsoft Teams interface. On the left is a large video call area with a placeholder icon and the name 'KP San Diego Moderator'. To the right of the video is a sidebar with '2 Attendees', listing 'KP San Diego' as a Moderator and 'Your Name' as a Participant. The main chat area on the right shows a message from 'KP San Diego' at 1:49 PM. The message text is: 'Click here if you would like to move forward: forms.office.com/Pages/ResponsePage.aspx?id=xHuKPzfjpUeg_A1RLA4F8dTJJUSz7B1MtdP3cerD9D5UNjQ2ODJHWF1TITS0UzN0VDSEw1SkjMNIQIQCN0PWcu'. An orange arrow points from the text 'Click over this link to open any links we post' to the URL. At the bottom of the chat is a text input field with the placeholder 'Say something' and a smiley face icon. Below the input field is a toolbar with icons for chat, share, settings, and close.

Click over
this link to
open any
links we
post

How to Troubleshoot Sound Issues

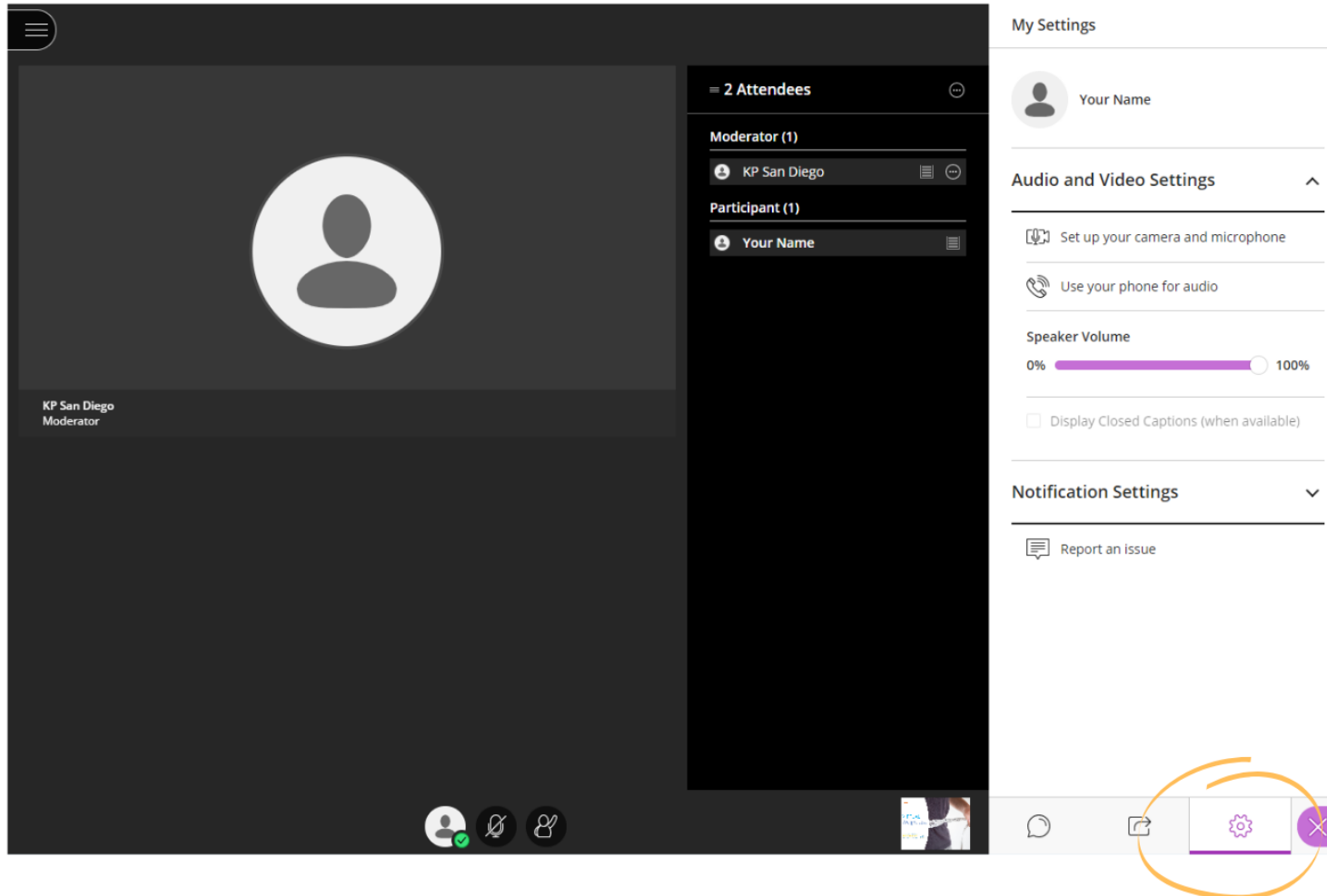


Set up your
microphone

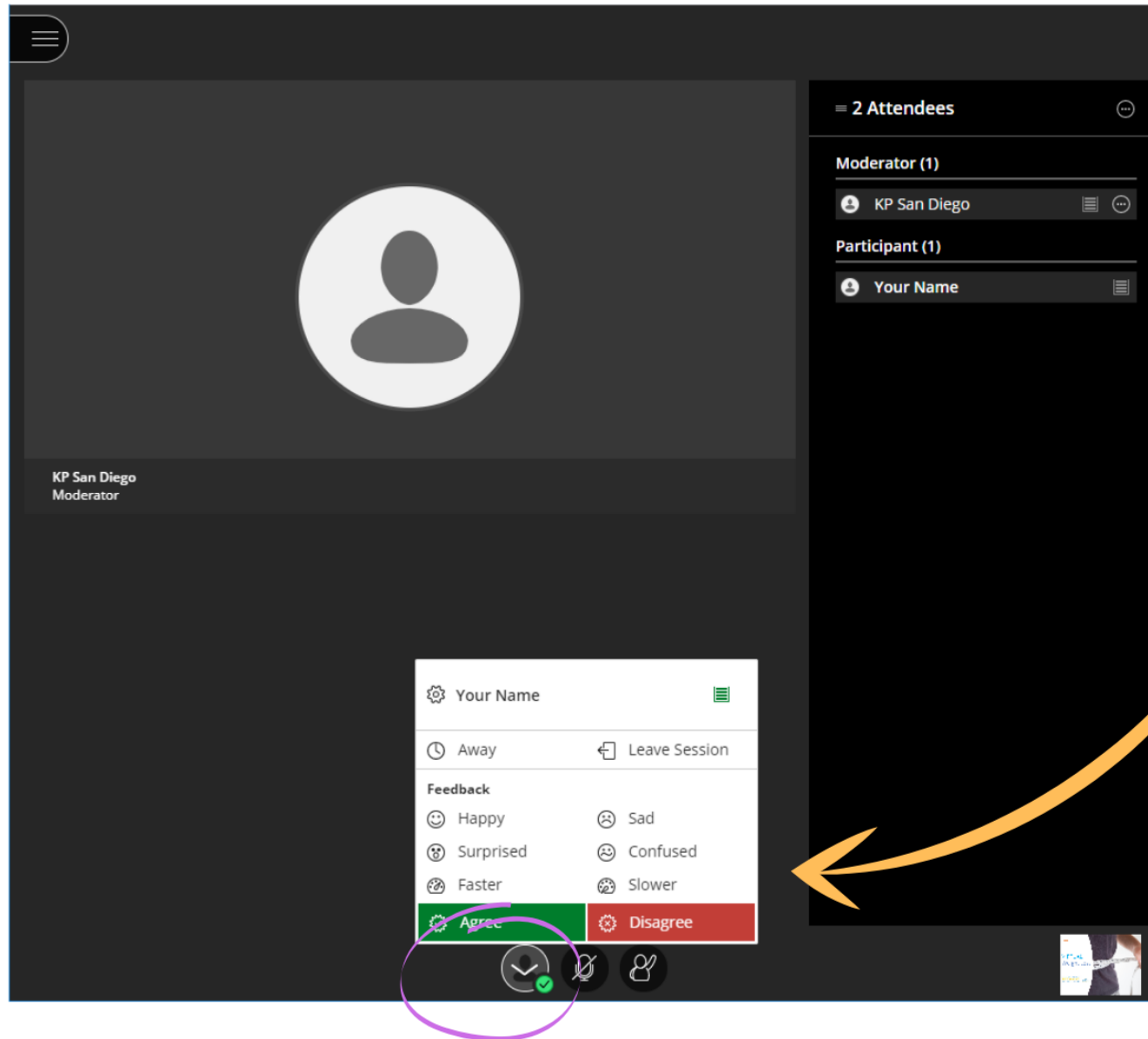
Call in on your
phone for sound

Make sure your
speakers are
turned up

How to Troubleshoot Sound Issues



Click here to
view your
sound
settings



Click to give
"Feedback"
or to "Leave
Session"

Eating Well Through Cancer Treatment

Vicki Pepper, MS RD



Good Nutrition Helps

- ✓ You'll feel better and have more energy
- ✓ Keeps you strong/ resilient
- ✓ Decreases your risks of malnutrition
 - Increased calorie burning with presence of cancer
 - Malnutrition can interfere with treatment
 - Delay wound healing
 - WBCs too low → delay chemo
 - Post Operative complications

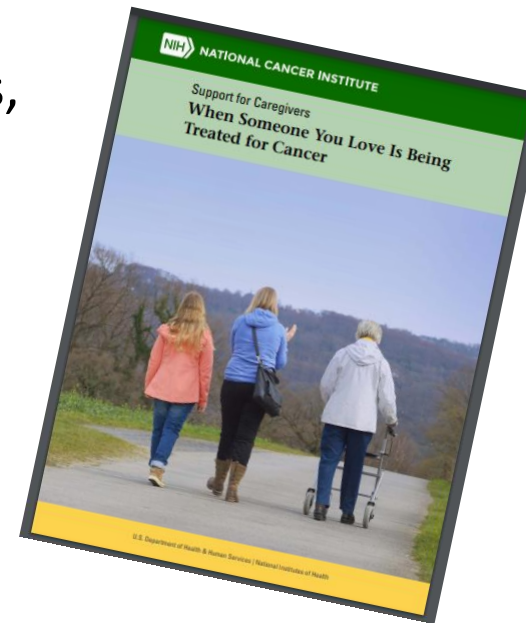


Ways to get the most from foods and drinks

- ✓ During treatment, you may have good days and bad days when it comes to what you are able to eat. Here are some ways to manage:
- ✓ Eat plenty of protein and calories when you can.
- ✓ Eat when you have the biggest appetite. You may want to eat a bigger meal when you are feeling your best and drink liquid meal replacements when your appetite is low.
- ✓ Eat the foods that sound good, even if it's the same thing again and again.
- ✓ Do not worry if you cannot eat at all some days. Spend this time finding other ways to feel better and start eating when you can.
- ✓ Drink plenty of liquids. It is even more important to get plenty to drink on days when you cannot eat. Keep a water bottle nearby

Ideas for caregivers

- ✓ Your loved one's food preferences change from day to day.
- ✓ Keep food within easy reach so they can snack whenever they are ready to eat.
- ✓ Pack snacks : applesauce, diced fruit along with a spoon on the bedside table; roasted nuts cut-up fruits and vegetables in the refrigerator with dips for extra calories and protein. Carrots with hummus, apples with peanut butter.
- ✓ Offer gentle support rather than pushing your loved one to eat.
- ✓ Suggest that they drink plenty of clear and full liquids when they have no appetite



When Someone you Love is Being
Treated For Cancer

Taking special care with food to avoid foodborne illness

Some cancer treatments can make you prone to foodborne illness. When this happens, you need to take special care in the way you handle and prepare food.

- ▶ Keep hot foods hot and cold foods cold.
- ▶ Put leftovers in the refrigerator as soon as you have finished eating.
- ▶ Scrub all raw fruits and vegetables with a brush and water before you eat them.
- ▶ Scrub fruits and vegetables that have rough surfaces and peels, such as melons, oranges, and avocados, with a brush and water before you cut or peel them.
- ▶ Soak frozen fruits and vegetables in water and rinse if you are not going to cook them (for a smoothie, for instance). If cooking, you do not need to wash frozen fruits and vegetables.



- ▶ Wash your hands, knives, and countertops before and after you prepare food. This step is most important when preparing raw meat, chicken, turkey, and fish.
- ▶ Wash your hands each time you touch raw meat, chicken, turkey, or fish.
- ▶ Use one cutting board for meat and another one for fruits and vegetables.
- ▶ Thaw meat, chicken, turkey, and fish in the refrigerator or defrost them in the microwave. Cook meat, chicken, turkey, and eggs thoroughly. Eggs should be hard, not runny. Meats should not have any pink inside. To be sure meat, chicken, turkey, and fish is safe, use a meat thermometer and cook to the safe temperature. Refer to a safe minimum cooking temperature chart, such as the one available at <https://www.foodsafety.gov/keep/charts/mintemp.html>.
- ▶ Make sure your juices, egg, and milk products are pasteurized.
- ▶ Eat shelled and roasted nuts.
- ▶ Eat only freshly cooked rice.



Food Safety Chart

Do not

- ▶ Eat produce that is not easily scrubbed in water, such as berries and grapes.
- ▶ Eat raw fish or shellfish, such as sushi and uncooked oysters.
- ▶ Eat raw nuts.
- ▶ Use foods, condiments, or drinks that are past their freshness date.
- ▶ Buy foods from bulk bins.
- ▶ Eat at buffets, salad bars, or self-service restaurants.
- ▶ Eat foods that show signs of mold, including moldy cheeses such as bleu cheese and Roquefort.
- ▶ Eat any perishable foods that have been sitting at room temperature longer than 2 hours.
- ▶ Eat leftovers that have been in the refrigerator longer than 3 days.
- ▶ Leave meat, chicken, turkey, or fish sitting out to thaw.
- ▶ Eat leftover rice or leftovers that contain rice.

Consider Keeping a food and symptom journal

- Keep track of intake
- Plan meal timing



Food Tracker Templates

My Food Diary

Date: _____

Monday		Tuesday	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Wednesday		Thursday	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Friday		Saturday	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Notes:

Learn more at https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html



STRIVE FOR BALANCE!

Healthy diet
Physical activity
Getting through
treatment



Maximize your food
choices
Ensure tolerance
Maintain weight
Minimize
complications

HYDRATION!



- ✓ ***Extremely important***
- ✓ Poor appetite → Dry mouth → risk for dehydration
- ✓ Nausea/Vomiting/Diarrhea → RISK for Dehydration
- ✓ Fluid shifts/ edema → low electrolytes/ lab values (chronic conditions)
 - ✓ Hospital admission

Best and worst hydration options

BEST

- Water
- Milk – plant-based milks such as soymilk can have protein, vitamins, minerals as well as fluid
- Fruit infused water – can give you a shot of flavor with vitamins, minerals, antioxidants
- *Smoothies – as long as all ingredients are mainly from whole foods, great for both hydration and getting nutrition in an easy to digest manner
- Tea – herbal teas such as chamomile, peppermint and ginger can have a calming/ comforting affect when warm
- Coconut water – natural source of electrolytes and fiber
- Sports drinks – in a pinch these can provide fluid, electrolytes and energy

NOT AS GOOD

- Soda – beverages high in processed sugar may provide fluid but can actually make some GI upset worse
- Sugar sweetened beverages – see soda above
- Energy drinks – apart from some synthetic vitamins will usually have high amounts of caffeine and other questionable substances.
- Alcohol – highly dehydrating, interacts with medications, puts stress on the liver when it is metabolized, and overall, NEVER a good choice for hydration

Side effects from treatment can lead to eating problems

- ✓ appetite loss
- ✓ changes in sense of taste or smell
- ✓ constipation or diarrhea
- ✓ dry mouth
- ✓ lactose intolerance
- ✓ nausea
- ✓ sore mouth and/or throat and trouble swallowing
- ✓ vomiting
- ✓ weight gain or weight loss



Ways to Manage Loss of appetite



- ✓ **Drink a protein shake, smoothie or milkshake**, when it is hard to eat.
- ✓ **Eat 5 or 6 smaller meals each day** instead of 3 large meals. Eat larger meals when you feel well and are rested.
- ✓ **Keep snacks nearby** for when you feel like eating
- ✓ Add extra protein and calories to your diet
- ✓ **Drink liquids throughout the day**—especially when you do not want to eat. If you have trouble remembering to drink, set a timer to remind you to take frequent sips.
- ✓ **Choose liquids that add calories** and other nutrients. Examples include juice, soup, and milk and soy-based drinks with protein.
- ✓ **Eat a small bedtime snack.**
- ✓ **Change the form of a food.** For instance, you might make a fruit milkshake instead of eating a piece of fruit.
- ✓ **Eat soft, cool, or frozen foods.** Examples include yogurt, milkshakes, and popsicles.
- ✓ **During meals, sip only small amounts of liquids.**

Overnight Oats

Yield:

1 serving

Calories per serving:

482 calories

Serving size:

1¼ cups

Protein per serving:

18 grams

Directions

1. Combine oats, yogurt, milk, chia seeds, cinnamon, and maple syrup in sealable container (such as Mason jar or Tupperware) and stir with a spoon until combined.
2. Place lid on container and put in fridge overnight (or for 8 to 10 hours).
3. Remove from fridge and remove lid. Top overnight oats with fruit and chopped nuts.



Ingredients

½ cup rolled oats

¼ cup whole milk Greek yogurt

½ cup whole milk

1 tablespoon chia seeds

¼ teaspoon cinnamon

1 tablespoon maple syrup

¼ cup favorite cut-up fruit

1 tablespoon chopped nuts

Dairy Free Smoothie

Yield:

1 serving

Calories per serving:

460 calories

Serving size:

1½ cups

Protein per serving:

10 grams

Directions

1. Put all ingredients in blender.
2. Blend at low speed for 10 seconds.



Ingredients

½ cup vanilla soy milk

3 tablespoons pasteurized egg whites

1 tablespoon canola oil

½ banana

½ cup coconut milk dairy-free dessert

High-Protein Milkshake

Yield:
1 serving

Serving size:
About 1½ cups

If made with	Calories per serving	Protein per serving
Dry milk powder	600	22 grams
Protein powder	480	28 grams

Directions

1. Put all ingredients in a blender.
2. Blend at low speed for 10 seconds.



Ingredients

1 cup whole milk

2 tablespoons butterscotch sauce,
chocolate sauce, or your favorite fruit
syrup or sauce

½ cup ice cream

½ teaspoon vanilla extract

⅓ cup instant dry milk powder or
1 scoop of protein powder



Ways to Manage Constipation



- ✓ Drink plenty of liquids. Drink at least 8 cups of liquids each day. One cup is equal to 8 ounces.
- ✓ Drink hot liquids. coffee, tea, and soup can help relieve constipation.
- ✓ Eat high-fiber foods. These include whole grain breads and cereals, dried fruits, and cooked dried beans or peas. If you are not used to eating fiber, go slowly, adding a little bit each day.
- ✓ People with certain types of cancer should not eat a lot of fiber, so check with your doctor before adding fiber to your diet.
- ✓ Keep a record of your bowel movements. Show this to your doctor or nurse and talk about what is normal for you. This record can be used to figure out whether you have constipation.
- ✓ Be active each day. Being active can help prevent and relieve constipation. Talk with your doctor about how active you should be and what kind of exercise to do.
- ✓ If you have not had a bowel movement in 2 to 3 days talk to your provider.

RECIPE to help relieve constipation

Apple Prune Sauce

Yield:

16 servings

Calories per serving:

10 calories

Serving size:

1 tablespoon

Directions

Blend all ingredients and store in a refrigerator.

Take 1 to 2 tablespoons of this mixture before bedtime, then drink 8 ounces of water.

Note: Make sure you drink the water, or else this recipe will not work to relieve constipation.



Ingredients

$\frac{1}{3}$ cup unprocessed bran

$\frac{1}{3}$ cup applesauce

$\frac{1}{3}$ cup mashed stewed prunes

Diarrhea

- ✓ Drink plenty of fluids to replace those you lose from diarrhea and prevent dehydration i.e. water, ginger ale, and sports drinks such as Gatorade and Propel.
- ✓ Let carbonated drinks lose their fizz before you drink them.
- ✓ Add extra water if drinks make you thirsty or sick to your stomach.
- ✓ Eat 5 or 6 small meals each day instead of 3 large meals.
- ✓ Eat foods and drink liquids that are high in sodium and potassium i.e. (for sodium) bouillon, fat-free broth, or sports beverages such as Gatorade or Propel; (potassium) bananas, tomatoes, and baked, boiled, or mashed potatoes.
- ✓ Eat low-fiber foods. Low-fiber foods include plain or vanilla yogurt, white toast, and white rice.
- ✓ Eat foods and drink liquids at room temperature, neither too hot nor too cold



Avoid foods or drinks that can make diarrhea worse.

- ✓ Avoid foods high in fiber, such as whole wheat breads and pasta
- ✓ Avoid drinks that have a lot of sugar, such as regular soda and fruit punch
- ✓ Avoid very hot or very cold drinks
- ✓ Limit or avoid greasy, fatty, or fried foods, such as French fries and hamburgers
- ✓ Limit foods and drinks that can cause gas, such as cooked dried beans and raw fruits and vegetables
- ✓ Avoid dairy products, unless they are low-lactose or lactose-free
- ✓ Avoid beer, wine, and other types of alcohol
- ✓ Avoid spicy foods, such as pepper, hot sauce, salsa, and chili
- ✓ foods or drinks with caffeine, such as regular coffee, tea, some sodas, and chocolate
- ✓ Sugar –free Gums, mints or candy sweetened with xylitol or sorbitol
- ✓ Drink only clear liquids for 12 to 14 hours after a bout of diarrhea.
- ✓ Doing so allows your bowels to rest and helps replace lost fluids.



Dry Mouth

- ✓ Sip water throughout the day.
- ✓ Carry water a bottle.
- ✓ Eat and drink very sweet or tart foods and drinks (such as lemonade). But if you have a sore mouth or throat, avoid tart foods and drinks as they might make these problems worse.
- ✓ Chew gum or suck on hard candy, frozen fruit, popsicles, and ice chips.
- ✓ If you also have diarrhea, check with your dietitian before using sugar-free products as some sweeteners can make it worse.
- ✓ Eat foods that are easy to swallow. Try pureed cooked foods or soups.
- ✓ Moisten food with sauce, gravy, or salad dressing to make it easier to swallow.





- ✓ Sleep with a humidifier at night.
- ✓ Rinse your mouth every 1 to 2 hours with a saltwater rinse. There are many recipes for such a rinse, but an example would be to mix 1/4 teaspoon baking soda and 1/8 teaspoon salt with 1 cup warm water. Then, rinse with plain water.
- ✓ Avoid drinking alcohol, including beer and wine, as alcohol can make your mouth even drier
- ✓ Avoid foods that can hurt your mouth, such as very spicy, sour, salty, hard, or crunchy foods
- ✓ Avoid mouthwash that contains alcohol
- ✓ Avoid tobacco products and secondhand smoke

Sore Mouth and/or Throat and Trouble Swallowing

- ✓ Choose foods that are easy to chew. Certain foods can hurt a sore mouth and make it harder to chew and swallow.
- ✓ Choose soft foods such as milkshakes, scrambled eggs, and custards.
- ✓ Cook foods until they are soft and tender.
- ✓ Moisten and soften foods with gravy, sauces, broth, or yogurt.
- ✓ Cut food into small pieces. You can also puree foods using a blender or food processor.
- ✓ Drink with a straw. This can help push the drinks beyond the painful parts of your mouth.
- ✓ Eat with a very small spoon, such as a baby spoon. This will help you take smaller bites, which may be easier to chew.
- ✓ Eat cold or room-temperature food. Your mouth may hurt more if food is too hot. Î
- ✓ Suck on ice chips. Ice may help numb and soothe your mouth.
- ✓ Avoid foods and drinks that can hurt when your mouth is sore, such as
 - citrus fruits and juices, such as oranges, lemons, and lemonade
 - spicy foods, such as hot sauces, curry dishes, salsa, and chili peppers
 - tomatoes and ketchup
 - salty foods
 - raw vegetables
 - sharp, crunchy foods, such as granola, crackers, and potato and tortilla chips
 - drinks that contain alcohol

RECIPE to help with a sore mouth

Fruit and Cream

Yield:

2 servings

Calories per serving:

302 calories

Serving size:

1 ½ cups

Protein per serving:

7 grams

Directions

Blend ingredients in a blender and chill well before serving.



Ingredients

1 cup whole milk

1 cup vanilla ice cream

1 cup canned fruit (peaches, apricots, pears)
in heavy syrup with juice

1 or 2 drops drops almond or vanilla extract
to taste



Lactose Intolerance

- ✓ Prepare your own low-lactose or lactose-free foods.
- ✓ Choose lactose-free or low-lactose milk products. Most grocery stores have products, such as milk and ice cream, labeled “lactose-free” or “low-lactose.”
- ✓ Try milk substitutes, such as milk, yogurt, or ice cream made from soy, almond, oat, coconut, or rice.
- ✓ Choose milk products that are naturally low in lactose. Hard cheeses, such as cheddar, and yogurt are less likely to cause problems.

RECIPE to help with lactose intolerance

Lactose-Free Double Chocolate Pudding

Yield:
2 servings

Calories per serving:
342 calories

Serving size:
 $\frac{3}{4}$ cup

Protein per serving:
6 grams



Directions

1. Melt chocolate in a small pan.
2. Measure cornstarch and sugar into a separate saucepan.
3. Add part of the milk and stir until cornstarch dissolves.
4. Add the rest of the milk.
5. Cook over medium heat until warm.
6. Stir in chocolate until mixture is thick and comes to a boil.
7. Remove from heat.
8. Blend in vanilla and cool.

Ingredients

2 squares baking chocolate
(1 ounce each)

1 cup lactose-free milk

1 tablespoon cornstarch

$\frac{1}{4}$ cup granulated sugar

1 teaspoon vanilla extract

Nausea

- ✓ Eat foods that are easy on your stomach, such as bananas, rice, applesauce and toast.
- ✓ Try lemon, lime, or other tart-flavored foods. Y
- ✓ Eat 5 or 6 small meals each day instead of 3 large meals.
- ✓ Do not skip meals and snacks. Even if you do not feel hungry, you should still eat. For many people, having an empty stomach makes nausea worse.
- ✓ Choose foods that appeal to you. Do not force yourself to eat any food that makes you feel sick. At the same time, do not eat your favorite foods, so you don't link them to feeling sick.
- ✓ Sip only small amounts of liquids during meals. Eating and drinking at the same time can make you feel bloated.





Here are some ways to help reduce food smells:

- serve foods at room temperature
- keep foods covered
- use cups with lids (such as travel mugs)
- drink through a straw
- use a kitchen fan when cooking
- cook outdoors
- when cooking, lift lids away from you
- Eat with plastic forks and spoons. If you have a metal taste in your mouth, eating with plastic forks and spoons can help. If you enjoy eating with chopsticks, those might help, too. Also, try cooking foods in glass pots and pans instead of metal ones.

Vomiting

- ✓ Do not have anything to eat or drink until your vomiting stops.
- ✓ Once the vomiting stops, drink small amounts of clear liquids, such as water or bouillon. Be sure to start slowly and take little sips at a time.
- ✓ Once you can drink clear liquids without vomiting, try full-liquid foods and drinks or those that are easy on your stomach. You can slowly add back solid foods when you start feeling better

Soups, clear broth (such as chicken, vegetable, or beef) all kinds (strain or puree, if needed), except those made with foods that cause gas, such as dried beans and peas, broccoli, or cabbage

Clear carbonated drinks that have lost their fizz
cranberry or grape juice
fruit-flavored drinks
fruit punch
sports drinks
tea
vegetable juices
water



Helpful resource recipes and strategies



National Cancer Institute
Eating Hints

<https://www.cancer.gov/publications/patienteducation/eatinghints.pdf>



NATIONAL CANCER INSTITUTE

Support for People with Cancer

Eating Hints: Before, during, and after Cancer Treatment



Myth Debunking

- “Vegan is the only way!”
 - Paleo, Carnivore, Keto, Pegan, liquid, etc
- “Avoid sugar at all costs!”
- “Take this supplement...”
- Organic/ Non-Organic approach

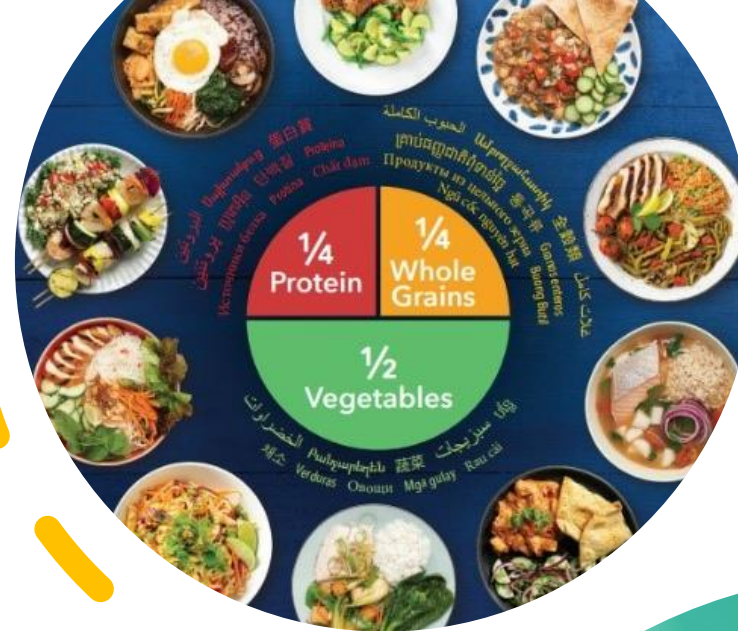
In summary...

- Maintaining *balanced* nutrition is essential to health and improved cancer treatment outcomes
- Nutritional needs are *specific to the individual* and can change *as your medical status changes*
- Meeting with a Registered Dietitian Nutritionist and keeping a food and symptom journal can help you stay on top of your nutritional needs!



Nutrition After Your Treatment

- ✓ Eat lots of colorful fruits and vegetables
- ✓ Healthy Fats = nuts, avocados, olives, olive oil, butter. Avoid trans fats, too much seed oils.
- ✓ $\frac{3}{4}$ of your plate should come from whole-food plant sources.





We are here for you!

