

Andrea's 2020 Tips for Nutrition and Wellness, through Cancer Treatment & Survivorship

1. Finding food that tastes good, sounds good and is easy to chew and swallow when you are struggling with side effects is the top priority- not necessarily the most nutritious foods.
2. Low appetite combined with unintentional weight loss is concerning and puts you at risk for malnutrition, no matter your starting weight.
3. If you are struggling with taste changes; rinse & spit with a salt and baking soda mouthwash before eating/drinking to improve your mouth taste (1/4 tsp salt, 1/4 tsp baking soda in 1 cup water).
4. Many fluids are just as hydrating if not more than water including milk, non- dairy milks, juices, teas, electrolyte beverages, flavored waters, etc. Experiment with what works for you to stay hydrated.
5. Surgery on any part of your GI tract (mouth to anus) can drastically change your eating experience and quality of life. Talk with an oncology dietitian for individualized guidance and support.
6. It is appropriate to tell well-meaning family, friends, neighbors and strangers “no thank you” for their unsolicited cancer nutrition advice.
7. Joyful movement; find activities that you enjoy that get your body moving during treatment and recovery to help you feel your best.
8. Your culture, traditions and food preferences all contribute to the best eating pattern for you.

9. Focus on the foods that make you feel good. This can vary from day to day, week to week and sometimes it may be your comfort foods.
10. Replace perfect eating or perfectionism with a flexible mindset for optimal mental and physical health, and wellness