



**LIVING BEYOND
BREAST CANCER®**

With you, for you.

Cancer Nutrition Myths & Truths

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The Perils of Nutrition Advice



“Just because someone knows how to eat, doesn’t make them an expert in nutrition!”



We Will:

1. **MYTH BUSTING:** Debunk 5 Common Cancer Nutrition Myths
2. **TRUTH TELLING:** Understand Key Cancer Nutrition Truths
3. Find **Balance** and *Reduce Food Anxiety*

MYTH #1

MYTH: Sugar Feeds Cancer.

FACT: All our cells, cancerous or not, use glucose for energy. Our body doesn't pick and choose which cells get what fuel.



TRUTH #1:

Recommendation:

Avoid sugary drinks. Limit consumption of energy-dense foods.

Why?

The myth that 'sugar feeds cancer' is not completely true. However, regularly consuming sugary drinks contributes to weight gain. Water is the best alternative. Unsweetened tea and coffee are also healthy options.



MYTH #2

MYTH: Breast Cancer Survivors Should Avoid Soy.

FACT: Eating soy in moderate amounts (1 to 2 standard servings a day) does not increase a woman's risk for recurrence or death. The human evidence, clinical and epidemiologic, overwhelmingly shows isoflavone exposure is not harmful for, and may even benefit breast cancer patients.

TRUTH #2



Recommendation:

Consume whole versions of soy foods. Avoid powdered, or high concentrations of processed soy foods.

Why?

Soy foods are good sources of protein, and many are also good sources of fiber, potassium, magnesium, copper and manganese.

MYTH #3

MYTH: Meat and dairy causes cancer, you should never eat it.

FACT: It does not appear that vegetarian or vegan diets are any more protective than plant-based diets that include moderate to small amounts of animal foods.



TRUTH #3

Recommendation:

Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.

Why?

The experts found convincing evidence that red meat is a cause of colorectal cancer and choosing processed meat increases the chances of colorectal cancer.



MYTH #4

MYTH: Acidic diets cause cancer.

FACT: There's no good evidence to prove that diet can manipulate whole body pH, or that it has an impact on cancer.

pH4			pH7		pH10
Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline		
 White Bread	 Meat/Fish	 Fruits	 Asparagus		
 Alcohol	 Legumes	 Vegetables	 Cayenne Pepper		
 Colas/Sodas	 Nuts	 Avocados	 Melons		
 Sugar	 Dairy	 Almonds	 Kelp		

TRUTH #4



Recommendation:

Eat more of a variety of **vegetables, fruits, whole grains and legumes** such as beans.

Why?

Plant foods give important nutrients called phytochemicals, which is the basis for a cancer fighting diet. They can neutralize damage to cells (antioxidants) and support the immune system.

MYTH #5

MYTH: Superfoods prevent cancer.

FACT: There's no such thing as a 'superfood'. It's a marketing term used to sell products and has no scientific basis. It's gross oversimplification to say that any one food, on its own, could have a major influence over your chance of developing cancer.



TRUTH #5

Recommendation:

Don't use supplements to protect against cancer.

Why?

To reduce your risk of cancer, choose a balanced diet with a variety of foods rather than taking pills, powders, juices or extracts for nutrients.



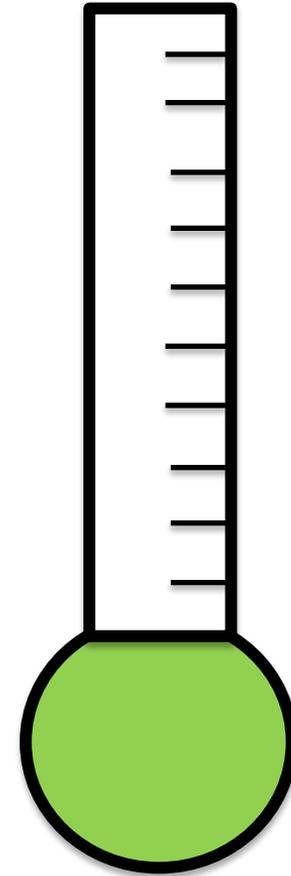
Your body prefers
nutrients in
food
NOT pills.

Every time you eat,
see it as an opportunity to

***PROMOTE YOUR
HEALTH!***

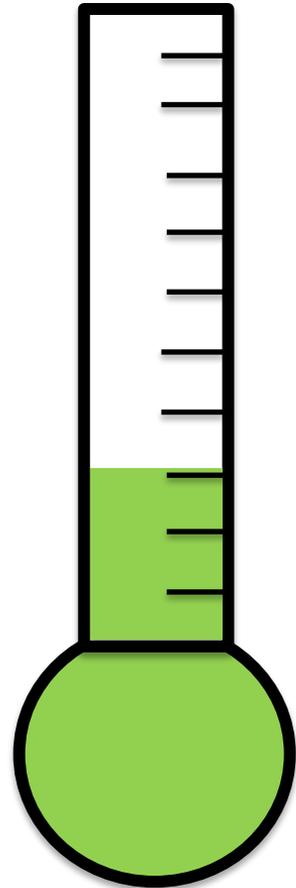
Phytochemical Meter

- Color Matters
- Found in food. NOT pills.
- The more the better

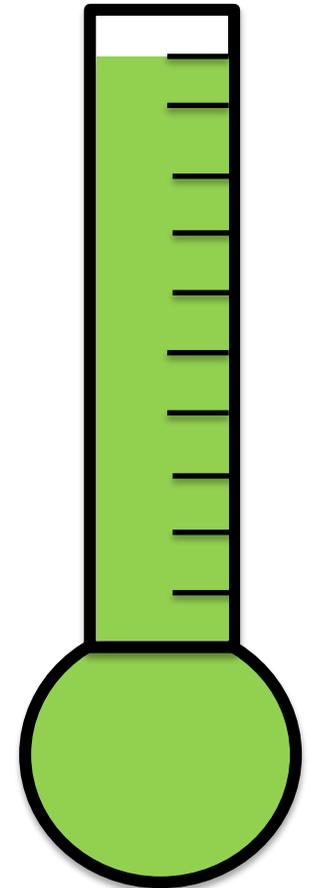


Typical American or Healthy Thriver

- Frosted Flakes
- Coffee
- OJ
- Nabs
- Cheeseburger
- Fries
- Coke
- Candy bar
- Chicken
- Green beans
- Potatoes
- Salad
- Ice cream



- Oatmeal with fruit & Cinnamon
- Green smoothie
- Green tea
- Yogurt + fruit
- Sandwich with Hummus & veggies
- Minestrone Soup
- Fruit
- Trail mix
- Veggie pizza with kale salad
- Chocolate avocado pudding



Plant Based Daily Goals

Fruits + Veggies
4-5 cups EVERY DAY

- 1 cup fruit with breakfast
- 1 cup veg with lunch
- 1 cup veg with dinner
- Fruit or veg with snacks





No studies have shown that people who consume organic foods have better health outcomes.



Plant Based Daily Goals

PROTEIN

- Choose beans, nuts, or seeds as protein at least one meal a day
- If eating meat, a small portion is adequate (size of a deck of cards)
- 15-35 grams at meals
- Spread out throughout the day



Plant Based Daily Goals

100% Whole Grains

- 2-3 cups per day (4-6 servings)
- Choose 100% whole grain instead of enriched “white” grains

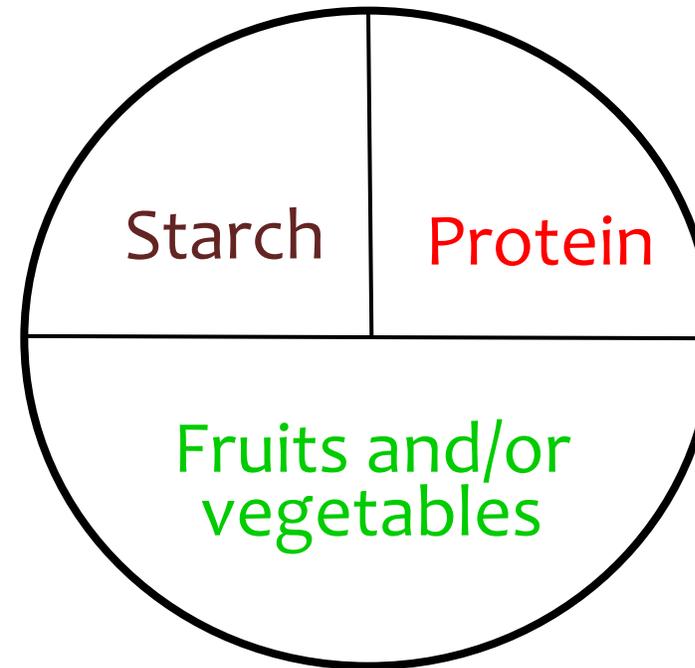
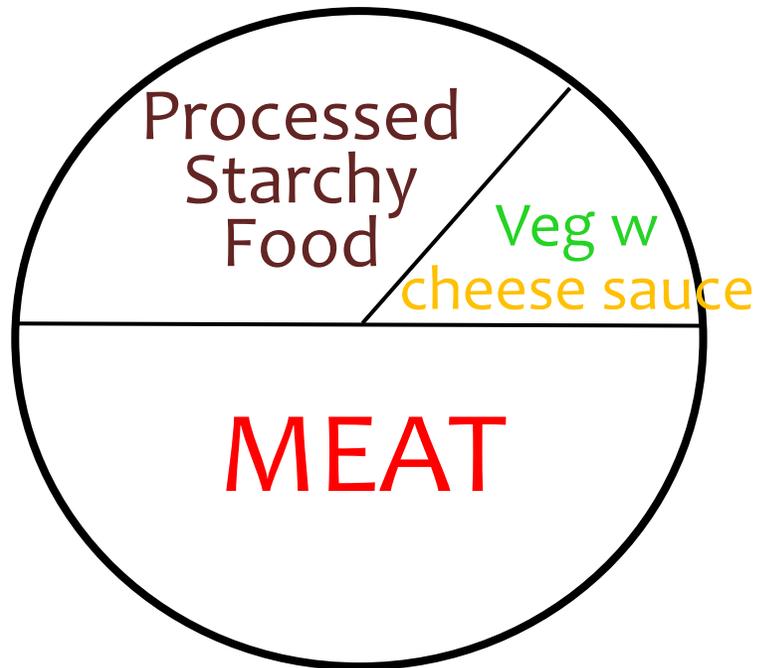
Fluids

- Drink 64 ounces a day from water, unsweet tea or coffee
- Choose plain versions of foods and flavor them yourself at home
- Drink water and unsweet tea or coffee instead of sugar-sweetened beverages

Flavor

- Flavor foods with plant based herbs and spices instead of salt based flavorings

Typical American or Healthy Thriver



Feed Your Body AND Your Soul!

- No single food or food substances can cause cancer.
- Is it a habit?
- The 80/20 Rule



My Hopes for You

- Better knowledge about the evidence regarding nutrition and cancer.
- Drop the guilt, lower the anxiety and enjoy your food!
- Don't worry, be happy!



**KEEP
CALM
AND
EAT YOUR
VEGETABLES**



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