

**CHANGING THE CONVERSATION**  
 Culinary Techniques to Meet the Needs of a Client's  
 Diagnosis Without Sacrificing Flavor  
 for **Cancer** and **Renal Disease**

December 12, 2019, 2-3 PM EST

PRESENTED BY  
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**Four-Part Webinar Series – Watch Them All**

**Changing the Conversation:  
 Culinary Techniques to Meet the  
 Needs of a Client's Diagnosis  
 Without Sacrificing Flavor**

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<b>Heart Disease and Diabetes</b>	<b>Digestive Disorders</b>	<b>The Aging Population</b>	<b>Cancer and Renal Disease</b>
Part 1	Part 2	Part 3	Part 4

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**About**

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### Objectives

- Learn how to make evidence-based nutrition education relatable to clients through "food talk."
- Learn about the impact culinary nutrition programs can have on behavior mediators such as stress, knowledge, confidence, and goal setting.
- Identify a variety of culinary nutrition needs and tips related to cancer and renal disease, and how to help clients integrate them into their diets.
- Learn how to evaluate client's cooking skills to work on setting appropriate goals.

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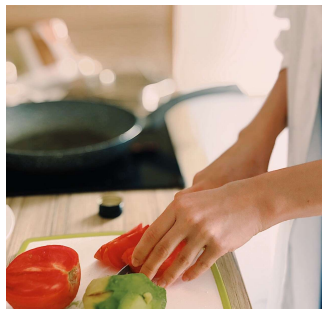
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### Medical Nutrition Therapy

To address **individual nutrition needs**, taking into account personal and cultural preferences and **willingness to change**.



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### Medical Nutrition Therapy

To **maintain** the pleasure of eating by only limiting food choices when indicated by **scientific evidence**.



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### Dietary Protocols with a "Food First" Approach

Lead with the positive > Empower > Food-focused goals



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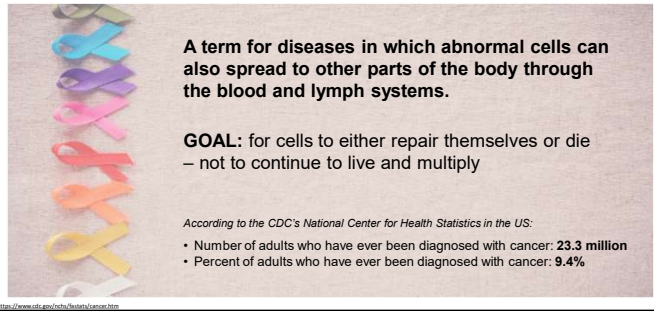
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### Definition of Cancer

A term for diseases in which abnormal cells can also spread to other parts of the body through the blood and lymph systems.

**GOAL:** for cells to either repair themselves or die – not to continue to live and multiply

- According to the CDC's National Center for Health Statistics in the US:*
- Number of adults who have ever been diagnosed with cancer: **23.3 million**
  - Percent of adults who have ever been diagnosed with cancer: **9.4%**



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### Provide Evidence-Based Information

#### The social aspect of cancer

- ▶ Vulnerable
- ▶ Scared
- ▶ Will do anything to be/feel healthy again



What myths do you hear in practice?

**FACT** vs. **MYTH**

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### Medical Nutrition Therapy for Cancer



MNT combines nutritional counseling with a specialized diet plan.

*The goal is to help clients feel their best while managing issues during and after cancer treatment*

- ▶ Individualized
- ▶ Slow & Steady Changes
- ▶ Show Empathy

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### Foods That Fight Cancer

No single food or food component can protect against cancer itself.

#### HEALTHY EATING PLATE




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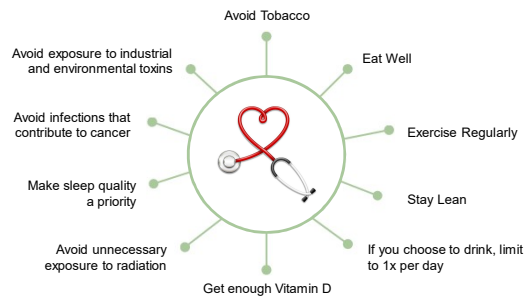
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### Reduce Risk




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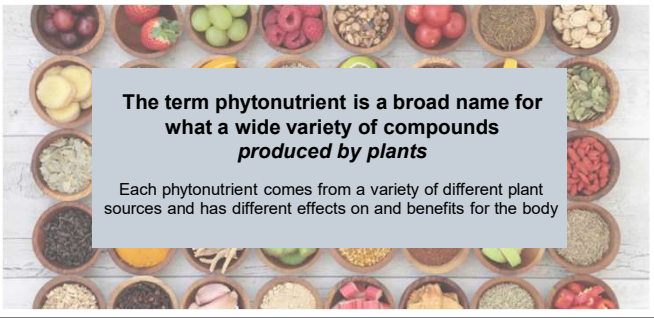
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### Phytonutrients



**The term phytonutrient is a broad name for what a wide variety of compounds produced by plants**

Each phytonutrient comes from a variety of different plant sources and has different effects on and benefits for the body

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### Food Highlight



**WILD BLUEBERRIES**

- Wild blueberries have twice the antioxidant capacity per serving of conventional blueberries
- Frozen fresh within 24 hours of harvest, when their flavor and antioxidant is at it's peak
- Diets containing foods with high antioxidant values such as fruits and vegetables are associated with reduced risk of chronic diseases

**Food-Focused Goal:**  
Purchase frozen wild blueberries and add them to a smoothie or on top of yogurt

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### Almond Blueberry Muffins



**TASTE OVER TIPS**

- Lower glycemic using almond flour vs. all-purpose flour
- Protein bump from almond flour and eggs
- Lightly sweetened with honey and maple sugar to add extra minerals and nutrients
- Freezable and the mini muffin size defrosts easily

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### Fiber

#### Fiber Goals

30-38 grams for men  
25 grams for women

**Food-Focused Goal:**  
Add a serving of a fruit or vegetables to every meal and snack

*Plant foods rich in dietary fiber help protect against cancer*

- ▶ Slows digestion, feel fuller longer
- ▶ Increases the bulk and weight of stool, diluting harmful substances
- ▶ Protects the lining of the colon

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### Food Highlight



#### CRUCIFEROUS VEGETABLES

- New research (May 2019): benefit of cruciferous vegetables in tumor suppression<sup>1</sup>
- Glucosinolates, found in cruciferous vegetables, are broken down into isothiocyanates and indoles. Lab studies have shown these compounds decrease inflammation, a risk for cancer

**Food-Focused Goal:**  
Roast a sheet pan of broccoli for the week. Top on salads, enjoy as-is, or dunk in hummus for a snack.

1. Science.sagepub.com/journalPermissions.nav/10.1177/0885066619844414

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### Roasted Broccoli with Tahini Yogurt Sauce



#### TASTEOVER TIPS

- Roasting is a healthy cooking method
- Sauce adds depth and livens up the dish
- Tahini adds plant-based protein, healthy fats, and additional vitamins and minerals
- Yogurt adds calcium, magnesium, and protein

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## Food Aversions



Taste changes can contribute to a loss of appetite, weight loss, and malnutrition caused often by:

**Chemotherapy:** change in taste receptor cells in the mouth, increased sense of smell, and sensitivity to certain smells

**Radiation Therapy:** to the head, neck, and mouth may damage the salivary glands and taste buds on the tongue

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## Special Diets

Diet Name	Define	Benefits	Foods
Bland or BRAT(T) Banana, rice, applesauce, and toast	Eating plan focusing on easy to digest foods. Low in fat, fiber, easy to chew, and mild flavor.	Patients with digestion problems, including: nausea, diarrhea, loss of appetite, and taste change.	Low-fat dairy, soft vegetables, potatoes, crackers, skinless baked poultry, caffeine-free drinks
Cardiac Heart-Healthy Low-Sodium DASH	Eating plan to minimize impact of diet on health. Reduced sodium and fat intake.	Cancer treatments can lead to short-term and long-term heart problems. The cardiac diet is helpful for people who are trying to manage high blood pressure, reduce cholesterol levels, etc.	Fat-free dairy, all fresh and frozen fruit and vegetables, whole grains, lean protein, unsaturated fats
Neutropenic Low-microbial	Diet plan for people with a weakened immune system. Choosing and preparing foods that lowers your risk for foodborne illness.	People with cancer may have weakened immune system from the disease and treatment via chemotherapy, radiation and stem cell transplant. Guidelines divided into "foods to avoid, food preparation, food storage"	Packaged bread and grains, pasteurized eggs, well-cooked and canned meats, well-washed fruits and vegetables
Low-Calorie	An eating plan used to help people lose weight.	Some cancer treatments can cause weight gain such as corticosteroid and hormone therapies.	Whole fruits, vegetables, low fat dairy, lean protein
Carb-Counting Consistent Carbohydrate	Diet plan to keep blood sugar levels even throughout the day. Involved counting the grams of carbs to help prevent fluctuations in blood sugar.	Fluctuating blood sugar is frequently associated with cancer and certain medications used to treat cancer.	Consistent with other carb-counting diet recommendations.
Low-Fiber Fiber-Restricted Low-Residue	Eating plan to reduce the amount of the undigested food that passes through the body.	May help lessen symptoms such as cramping, bloating, and diarrhea. May help people post-bowel surgery, who are undergoing radiation in the digestive tract.	Limit fiber to 12 grams per day. Avoid foods with more than 2 g/fiber per serving.

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## Key Takeaways



- ▶ Provide evidence-based information
- ▶ Adjust treatment to each individual
- ▶ Encourage eating for nourishment, not perfection (using food-focused goals)
- ▶ The main goal is to help patients feel their best while managing issues during and after cancer treatment

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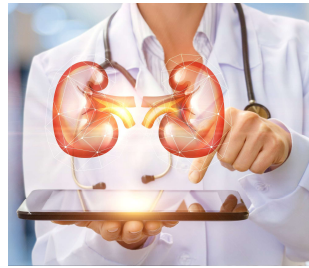
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### The Kidneys' Job

The body's filtration system, cleaning wastes and fluids from your body and producing and balancing chemicals that are necessary for the body to function



**Healthy kidneys also:**

- ▶ Clean and filter your blood
- ▶ Produce urine
- ▶ Produce hormones
- ▶ Control blood pressure
- ▶ Keep bones strong

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### Kidney Disease



Kidneys are no longer able to remove waste effectively from your body or to balance fluids



1 in 3 U.S. adults is at risk of developing CKD

- RISK FACTORS INCLUDE:
- DIABETES
  - HYPERTENSION
  - SMOKING
  - OBESITY

**How it is diagnosed:**

Chronic Kidney Disease (CKD) can be diagnosed by a urine test to check for albumin, a protein that can pass into the urine when the kidneys are damaged

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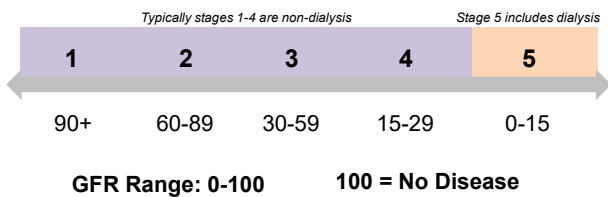
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### Stages

The stages are diagnosed with the glomerular filtration rate (GFR) which measures kidney function:




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## Non-Dialysis vs. Dialysis

### Non-Dialysis

#### Limit protein

- ▶ *The more protein waste that needs to be removed the harder the kidneys have to work.*
- ▶ *This can be stressful for the kidneys causing them to wear out faster.*
- ▶ *Research suggests that limiting protein may slow the loss of kidney function.*

### Dialysis

Treatment	Diet
In-center hemodialysis	Must limit fluids, sodium, potassium, and phosphorus
Home hemodialysis	Must limit fluids, sodium, potassium, and phosphorus
Continuous Ambulatory Peritoneal Dialysis (CAPD)	Must limit sodium and calories
Automated Peritoneal Dialysis	Must limit sodium and calories
Kidney Transplant (Deceased Donor)	Fewer dietary restrictions
Kidney Transplant (Living donor)	Fewer dietary restrictions

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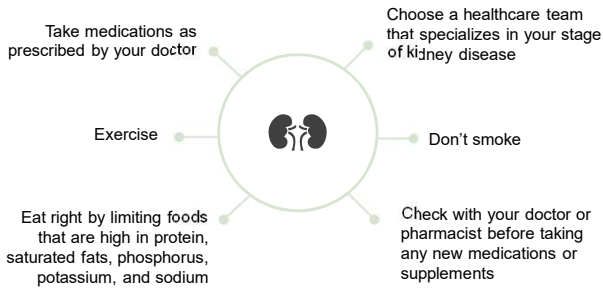
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## Ways to Manage CKD




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## MNT – Phosphorus

### PHOSPHORUS

- Absorbed in the small intestines and stored in the bones
- Healthy kidneys get rid of extra phosphorus not needed in the body
- Many phosphorus-containing food additives in processed foods
- High levels of phosphorus in the blood can cause bone and heart problems




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### Manage Phosphorus Levels



**Check the nutrition label**

**Check the %DV**

- High >10% - may be best to avoid
- Medium 5-10% - be careful with portion size
- Low <5% - check portion size

**Check the ingredient list**

Phosphorus can appear in hidden additives. Be on the look out for any ingredients containing the letters **PHOS**.

*Example: Sodium polyphosphate*

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### MNT – Potassium

**POTASSIUM**

- A mineral that controls nerve and muscle function
- Potassium is necessary for maintaining fluid and electrolyte balance and pH level
- Those with stage 5 CKD, dialysis is necessary to help regulate potassium
- Between dialysis treatments, however, potassium levels rise and high-potassium foods must be limited




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### Manage Potassium Levels



**Limit**

- Foods high in potassium
- Milk and milk products, or replace with nondairy substitutes
- Discard liquids from canned fruits and vegetables

**Read nutrition labels**

- Avoid the ingredient potassium chloride
- Pay attention to serving size

**Use food high/low food lists**

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### MNT – Sodium

#### SODIUM

- With CKD, consuming too much sodium leads to greater risk of high blood pressure and heart disease
- Sodium is an electrolyte that is needed for proper nerve and muscle function and it also helps balance the fluids in the body
- As sodium and fluid builds up in tissues and the bloodstream, blood pressure rises which can cause kidneys to worsen




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### Manage Sodium Levels



#### Limit

- Adding salt during and after the cooking process - instead, use **spices, herbs, and various cooking methods** to develop flavors
- Processed foods

#### Read nutrition labels

- Look at the ingredient list: look for the words **sodium, baking powder, baking soda, and brine**
- Look at the Daily Value: > 20% DV is high per serving <5% DV is low per serving

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### Food Highlights



#### COOKING STRATEGIES

- Start with a familiar recipe and begin swapping out ingredients to make it fit within CKD protocol
- Keep kitchen stocked to always be prepared
- Meal prep
- Use CKD resources

**Food-Focused Goal:**  
Begin with one of your favorite recipes and edit it to fit within your CKD protocol

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### Chicken Tacos with Homemade Taco Seasoning



#### TASTE OVER TIPS

- Homemade seasoning is simple and easy to make a batch and keep on hand
- Flavorful with a variety of spices and herbs without sodium
- Seasoning translates easily to other dishes and foods – ex. use with sautéed or roasted vegetables

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### Putting It Into Practice




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### Questions?

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### Thank You!



### Changing the Conversation: Culinary Techniques to Meet the Needs of a Client's Diagnosis Without Sacrificing Flavor

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**The Aging  
Population**  
Part 3

[link coming soon!](#)

**Cancer and  
Renal Disease**  
Part 4

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### Credit Claiming

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for one year; you do not have to complete it today.

#### CREDIT CLAIMING INSTRUCTIONS:

1. Login to [www.CE.TodaysDietitian.com](http://www.CE.TodaysDietitian.com).
2. Click **My Courses** and select this webinar's title.
3. Click **Take Course** on the webinar description page.
4. Select **Start/Resume** to complete the course and submit the evaluation.
5. Download and print your certificate.

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