

# Nutrition

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## Nutrition for Aplastic Anemia and MDS:

Good nutrition provides a practical and useful way to participate in your own recovery. In addition, it is empowering to know that you are doing all you can to assist your medical team in restoring your health.

- ▶ Foods that provide nutrients to protect DNA from oxidative damage by Reactive Oxygen Species (ROS) or **Antioxidants**. #  
Vitamin C rich foods – citrus, strawberries, kiwi fruit, bell peppers  
Vitamin E rich foods – nuts, seeds, egg yolk, wheat germ  
High ORAC scoring fruits and vegetables; Açai, Goji, pomegranate, blueberries, spinach
  
- ▶ Foods that provide nutrients that prevent excessive cell turnover – **Anti-inflammatories**  
Oily fish such as salmon and sardines rich in omega-3 and Vitamin D  
Natural salicylates rich foods such as apricots, culinary herbs and spices  
Green tea, red grapes and cocoa
  
- ▶ Foods that provide nutrients that enhance removal of carcinogens (mutation inducers) from the body - **Anticarcinogens**  
Cruciferous vegetables – cabbage family including cauliflower, broccoli, Brussels sprouts, mustard, kale and watercress  
Allium vegetables – garlic family including onions, leeks, chives, scallions and shallots  
Turmeric and curcumin

## Three A's of Nutritional Protection: Antioxidants, Anti-inflammatories and Anticarcinogens

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Below are some general suggestions for dealing with treatment associated symptoms. For more specific drug/nutrient interactions please see "The Cancer Nutrition Center Handbook", pages 12-18 ISBN 0-9651736-5-8 available at [www.cancernutrition.com](http://www.cancernutrition.com), Amazon and good book stores.

Copies of My Nutrition Health Span Checklist are available at [www.fountainresourcesinc.com](http://www.fountainresourcesinc.com)

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## NUTRITION FOR SYMPTOM MANAGEMENT

- ▶ **Loss of Appetite** #
- ▶ Eat more when you are hungry; don't force yourself to keep to a schedule but rather eat small, frequent tasty snacks and larger meals when you feel like it. If you don't eat for more than six hours you are likely to lose muscle mass so try to have something frequently. Last thing at night is a good time to have an easily digestible snack or warm drink.
- ▶ Keep snacks readily available. Put a protein bar in your purse, keep some crackers in the car or Greek yogurt or string cheese in the refrigerator at work for example.
- ▶ Experiment with tastes and flavors. Sometimes new flavors are more appealing. Avoid having your favorite foods around the time of a chemotherapy treatment as you may associate them with this and they will lose their appeal.
- ▶ Have higher calorie, higher nutrient foods more frequently if you aren't hungry often. Half an avocado with fresh lemon juice or some almond butter on a cracker for example.
- ▶ Try marinating meats for added flavor. Marinades are any acidic solutions including red wine, lemon juice or barbecue sauces.
- ▶ Soups with croutons may be more appealing than an entrée; garnishes add eye appeal. Color is important – avoid grey and white foods without a garnish.
- ▶ **Upper digestive discomfort/dyspepsia/heartburn**
- ▶ Avoid drinking water or iced tea with your food. Fluids are best consumed between meals rather than with them to avoid diluting stomach acid.
- ▶ Avoid caffeine, colas, dark chocolate
- ▶ Avoid spicy foods, chili and hot sauces
- ▶ Be careful not to swallow air when eating ; eat slowly and avoid overeating
- ▶ Try not to talk and eat at the same time
- ▶ Eat in a relaxed environment; avoid stressful distractions like watching the news or having tense conversations (maybe easier said than done!) sometimes eating out makes it easier
- ▶ Limit citrus fruits and tomato juice as these may cause discomfort
- ▶ **Painful gas or distension/lower digestive issues**
- ▶ Avoid sugar alcohols (many low carb items have xylitol and other sugars ending in -ol); bacteria metabolize these and cause gas formation
- ▶ Avoid cruciferous vegetables like cabbage, broccoli and Brussels sprouts. Have small quantities in soups to avoid excess gas.
- ▶ Avoid beans especially garbanzo (chick pea), Lima and soy beans.
- ▶ Use Beano (alpha-D-galactosidase) an oral enzyme supplement
- ▶ Avoid wearing tight belts or restrictive clothing
- ▶ Include a daily acidophilus supplement (enteric coated)
- ▶ **Constipation**
- ▶ Drink plenty of water between meals and remain well hydrated
- ▶ Keep as active as possible; yoga may be helpful
- ▶ Prunes, prune juice, rhubarb and figs are also helpful
- ▶ Have breakfast regularly and allow sufficient time afterwards for regular bowel movements
- ▶ Avoid prolonged use of laxatives as these may cause dependence
- ▶ **Diarrhea**
- ▶ Drink liquids or suck on frozen pops with added electrolytes (sodium, potassium, magnesium, etc.), e.g. Pedialyte
- ▶ Apple sauce or fresh peeled grated apple may be helpful
- ▶ Have frequent snacks breakfast cereal, chicken noodle soup and other easy to digest items
- ▶ Restrict or avoid caffeine, alcohol, spicy foods, concentrated sweets, raw fruits and vegetables
- ▶ Reintroduce normal foods slowly. If persists more than 2 days call your physician.

