

*Nutrition can help you feel better—see more on back!*



## UPCOMING GOLD GATHERING

### Eating Well after Cancer

Wednesday, July 19  
4:00–5:30 p.m.  
CSC room 3.330

Join registered dietician Kelly Scheller Williams as she discusses healthy eating and shares her favorite easy dishes to boost your body's nutrition. Bring your own recipes to share with the group!

Light refreshments will be served and parking at the Oak Street ramp will be validated.

**Please RSVP to [goldMN@umn.edu](mailto:goldMN@umn.edu) by Friday, July 13.**

### GOLD website

You can also visit our website for updates and GOLD Gathering details at [z.umn.edu/goldMN](http://z.umn.edu/goldMN).

# Recurrence and wellness

Happy Summer!

As you transition into the survivorship period, you may be experiencing some relief and joy that treatment is done, however it is not uncommon to also feel uncertain and to be worried about the cancer getting worse or coming back. Fear of recurrence is normal and very common. You are not alone in worrying about the random twinges or headaches you may experience.

Ms. Hartman, a social worker at Memorial Sloan Kettering, provides a number of steps to help cope with these feelings:

- Identify your triggers.
- Have a plan.
- Talk about it.
- Focus on wellness.
- Consider counseling.
- Be patient with yourself.

For more details on these, please see: <https://www.mskcc.org/blog/six-tips-managing-fear-recurrence>



To help promote your wellness, I hope you will consider joining us for our next GOLD event on Wednesday, July 19 (see sidebar for details). Kelly Scheller Williams, a licensed dietician with over five years of experience working with oncology nutrition, will talk about ways to eat well and boost nutrition after cancer. She will also provide samples of her favorite recipes and invites you to bring your own as well. We hope to see you there!

Be well,

Rachel Vogel, Ph.D.  
Principal Investigator





# Nutrition for Survivors

—Edited from the *National Comprehensive Cancer Network*

With treatment completed, you no doubt want to put cancer behind you and resume a more normal life. Now is the time to take charge of your health, focus on wellness, and swear off unhealthy habits, such as fast foods and a sedentary lifestyle.

## Food and Recurrence

While there are many benefits to eating well, the data are mixed on whether diet alone can prevent certain cancers from returning. Nevertheless, there is strong evidence that a plant-based diet cuts the risk of cancer overall.

Phytochemicals, also found in fruits, vegetables, legumes and grains, are compounds that may thwart the action of carcinogens (cancer-causing substances) and aid cells in blocking the development of cancer.

## What's Best to Eat?

- Eat a minimum of five servings of fruits and vegetables a day. A serving can be a cup of dark leafy greens or berries, a medium fruit, or a half cup of other colorful choices; use plant-based seasonings like parsley and turmeric;
- Go for whole grains. Opt for high-fiber breads and cereals, including brown rice, barley, bulgur, and oats; avoid refined foods, such as donuts and white bread, and those high in sugar;
- Choose lean protein. Stick to fish, poultry, and tofu, limiting red meat and processed meats;
- Keep dairy low fat. Select skim milk, low-fat yogurt, and reduced-fat cheeses.

## Other Tips to Maximize Nutrition:

- Aim for a variety of foods. Create a balanced plate that is one-half cooked or raw vegetables, one-

- fourth lean protein (chicken, fish, lean meat, or dairy) and one-fourth whole grains;
- Eat fatty fish, such as salmon, sardines, and canned tuna at least twice a week. The fats in these fish are the “good” heart-healthy omega-3 fats; other sources of these fats include walnuts, canola oil, and flaxseeds;
- Eat foods high in vitamin D. These include salmon, sardines, fortified orange juice, milk, and fortified cereal.
- Food—not supplements—are the best source of vitamins and minerals. There is no evidence that dietary supplements provide the same anti-cancer benefits as fruits and vegetables.
- Be “mindful” when eating. Research suggests that we tend to eat more calories and food with fewer nutrients when we are watching TV, driving, or doing other activities.