

# Eating for Esophageal Cancer



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# Nutrition Matters (And it Matters a Lot)

*Good nutrition helps you:*

- **Maintain weight**
- **Strength for treatment**
- **Fight infections**
- **Manage side effects**
- **Recover from surgery**



# Nutrition Issues Start Before Treatment

## THE PROBLEM

**Difficulty  
swallowing**

**Heartburn &  
pain**

**Weight loss**

## THE IMPACT

- Discomfort during and after meals
- Unable to eat as much as before
- Not able to eat usual favorite foods
- Inadequate calories, protein, and micronutrients



**Significant weight loss can impact outcomes  
like survival and quality of life**

# Nutritional Impact of Esophageal Cancer Treatment

***What to expect before, during, and after:***

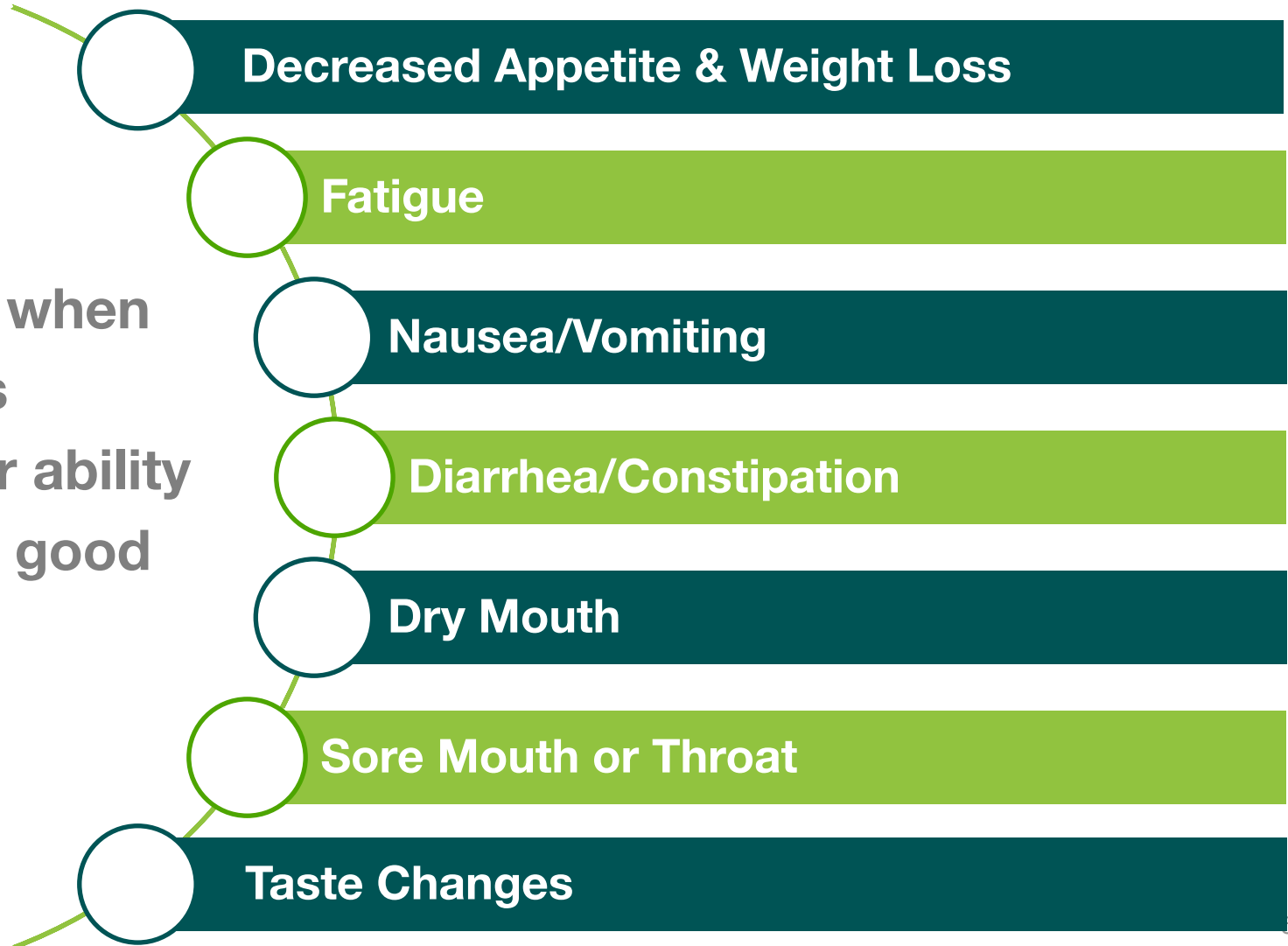
- **Chemotherapy & radiation**
- **Surgery (esophagectomy or esophagogastrectomy)**

***Nutrition is one of your best tools to manage side effects***



# Common Nutrition-Related Side Effects of Chemo/Radiation

What to do when  
side effects  
impact your ability  
to maintain good  
nutrition?



# Decreased Appetite & Weight Loss

## ✓ What to do:

- Eat small, frequent meals & snacks (6+/day) of high calorie and protein foods
- Take advantage of times when appetite is best
- Eat in comfortable surroundings
- Keep snacks handy
- Think of food as medicine!

## ✗ What to avoid:

- Limit beverages at mealtime
- Low-fat and “light” foods





# High-Calorie/High-Protein Tips

*Make the most of your meals by:*

- **Adding protein:** greek yogurt, cheese, eggs, milk, fish poultry, beans/hummus, nuts/nut butter
- **Adding fat:** avocado, ricotta, nut butter, olive oil, coconut oil, shredded cheese, cream cheese, sour cream
- **Adding calories:** avoid “light/diet/low-fat” items, add fats listed above to meals, caloric beverages



# Homemade Power Shake

## *Core Ingredients:*

- 3/4 cup greek yogurt (170 cal/16 pro)
- 2 T smooth nut butter (190 cal/ 8 pro)
- 1 cup fresh or frozen fruit (banana, berries, mango) (100 cal/2 pro)
- 1/2 cup whole milk (75 cal/ 4 pro)
- optional: handful of spinach



***= 535 calories & 30 grams protein!***

## Other additions:

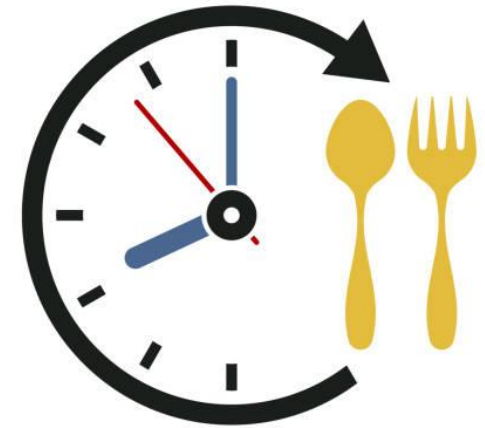
- |                                  |                              |
|----------------------------------|------------------------------|
| - 1 T chia seeds: 65 cal/3 pro   | - 1/2 avocado: 160 cal/2 pro |
| - 1 T coconut oil: 120 cal/0 pro | - 1 T honey: 60 cal/0 pro    |



# Fatigue

## ✓ What to do:

- **Eat small, frequent meals and snacks**
- **Cook in batches when you have energy, freeze small portions**
- **Ask family and friends for help with shopping and preparing meals**
- **Buy ready made and easy to prepare foods and snacks**



# Nausea/Vomiting

## ✓ What to do:

- Consume bland, starchy foods
- Drink often throughout the day; ginger ale
- Consume foods at room temperature
- Antiemetic before meals

## ✗ What to avoid:

- Drinking 15 min pre/post meals
- Fatty, greasy, spicy foods, strong aromas
- Lying down after meals (~30-60 min)
- Eating ~1-2 hours before treatment

# Diarrhea

## ✓ What to do:

- Drink plenty of fluids; limit caffeine
  - include electrolyte beverages like pedialyte, coconut water, electrolyte tablets, gatorade
- Include soluble fiber (potatoes, rice, applesauce, bananas, oats)

## ✗ What to avoid:

- Eliminate greasy, fatty, spicy, and fried foods
- Insoluble fiber (raw fruits and vegetables, high fiber breads and cereals)
- Consider limiting lactose

# Constipation

## ✓ What to do:

- Choose high fiber foods:
  - fruits, vegetables, whole grains, nuts/seeds
- Increase physical activity in a safe way
- **HYDRATE!**
  - Warm/hot beverages
  - Prune or black cherry juice



# Dry Mouth (Xerostomia)

## ✓ What to do:

- Sweet or tart foods may stimulate saliva
- Sip water and suck on ice frequently
- Use straw to drink liquids
- Practice good mouth care
  - homemade rinse: 1 tsp baking soda, 1 tsp salt, 4 cups warm water
  - avoid alcohol based mouthwashes
- Use sauces & gravies liberally
- Consider a saliva supplement (ie: Biotene gel)

# Sore Mouth or Throat (Mucositis, Esophagitis, & Dysphagia)

## ✓ *What you can do:*

- Choose soft, pureed foods, add gravies/sauces
- Use straw to direct food away from pain
- Try numbing with cold foods
- Practice good mouth care/numbing rinses
- Use nutrition supplements and homemade shakes

## ✗ *What to avoid:*

- Avoid hot, acidic, spicy, or irritating foods



# Taste Changes (Dysgeusia)

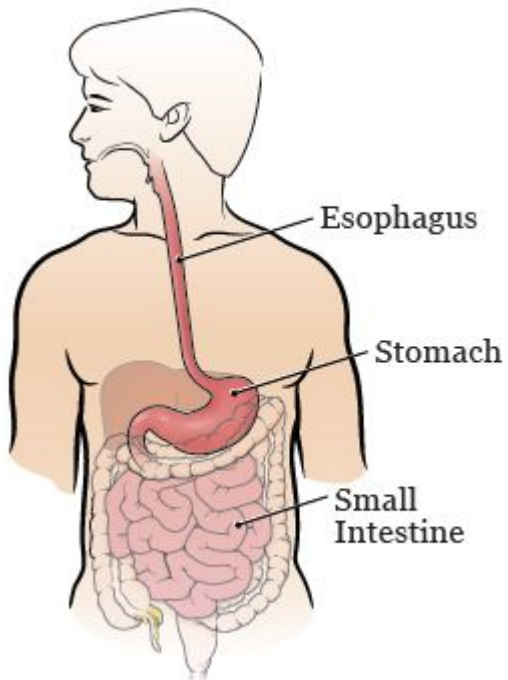
## ✓ *What you can do:*

- Substitute poultry, fish, eggs, beans, tofu or soy milk for red meat
- Eat foods chilled or at room temperature
- Use plastic utensils instead of metal
- Sip ginger ale, suck on hard candy or add lemon juice
- Practice good mouth care
- Experiment with textures, temperatures, herbs, and spices

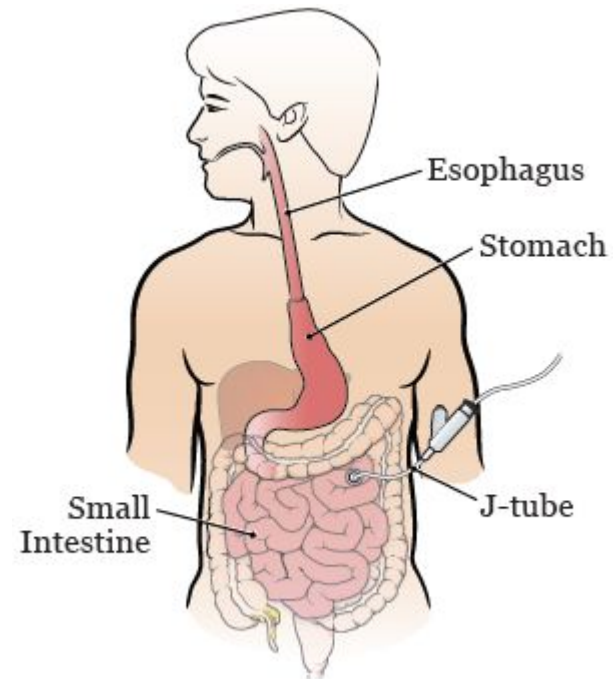


# Preparing for an Esophagectomy

*Before*



*After*



# Post-op Recovery

***Your medical team will advise you to slowly start eating and drinking:***

- **Clear liquid diet:** Only liquids you can see through like water, jello, and chicken broth
- **Full liquid diet:** Any liquids, including milk
- **Soft diet:** may include pureed, chopped, and soft foods that are easy to swallow

**Your doctor will decide when you're ready to start each new diet**

# Tube Feeding (Enteral Nutrition)

## *What is a J-tube (jejunostomy):*

- Helps you get enough nutrition while recovering from surgery
- Talk to your medical team about your diet and tube feeding schedule, the supplies you need at home, and how to care for your j-tube



# Changes To Prepare For

## *Stomach Changes:*

- **Stomach won't be able to hold as much, may empty more quickly for the first few months**
  - may feel full quickly, feeling may be different as stomach is higher in chest
  - Start with small portions (½ cup - 1 cup)
  - Eat slowly, drink mostly between meals
  - Sit up for 60 min after meals and eat small meals to avoid reflux



# Changes To Prepare For

## *Possible food intolerances:*

- **Sugar:**
  - Dumping Syndrome → cramping, stomach pain, or diarrhea soon after eating → weakness, nausea, or shaky/sweating 1-2 hours later from low blood sugar
    - limit: soda, fruit juice, candy, cakes; stagger meals/fluid intake
- **Fat:** start with small amounts of fats (butter, mayo, cream cheese, rich desserts, fried foods)
  - watch for foul smelling, pale, greasy, or floating stool
- **Lactose/Dairy:** usually temporary, may tolerate lower lactose foods like yogurt, hard cheese



# How To Stay On Top Of Your Nutrition

***Your medical team will advise you to slowly start eating and drinking:***

- **Track your weight:** Weight yourself every 3-5 days
- **Track your food and liquid intake:** track what you eat and any side effects after eating

**Always check in with your medical team about your side effects!**



# Supplements

*Always discuss ALL supplements with your healthcare team*

- A varied diet usually provides all the micronutrients the body needs
- After surgery or if intake is limited, sometimes supplements are needed
- Don't forget: supplements can interact with your treatment and may not be regulated



# Savor Health's Technology Solution

## *Ina<sup>®</sup> - Your Personal Intelligent Nutrition Assistant*

- Personalized nutrition guidance and intervention

- 24/7 “on demand” via SMS text messaging

- Developed by team of oncology RDs, RNs, and MDs relying on scientific literature and clinical best practices

- A compliment to your dietitian!





# Ina<sup>®</sup>

## Introducing The Intelligent Nutrition Assistant.

I help people with cancer eat healthy and stay well-nourished throughout their treatment and beyond. Good nutrition can help people with cancer feel better and manage symptoms like diarrhea, nausea, tiredness and decreased appetite.

It's as simple as sending me a text!

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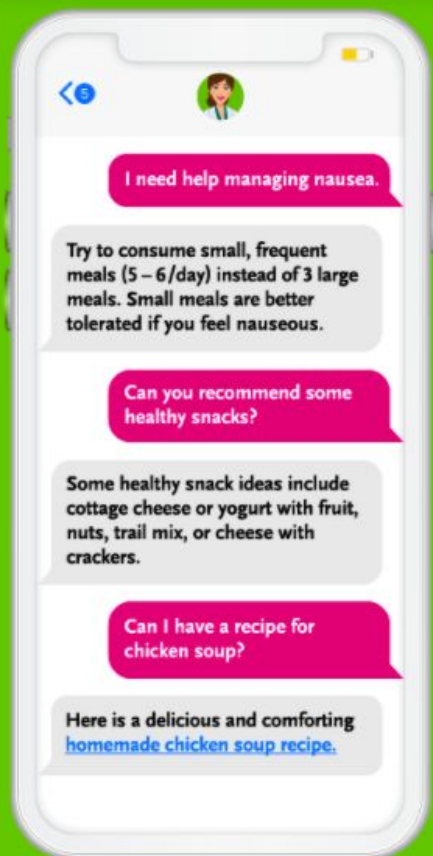


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## The Knowledge of Experienced Cancer Professionals

All of my knowledge and advice comes from registered dietitian nutritionists, nurses and doctors who are experts in treating and supporting cancer patients.

## Safe, Secure and Free

Registration and unlimited 24/7 access to my services is free,





To: INA

Details

SMS with (862) 304-5250  
7/28/20, 2:12 PM

Hi I'm Ina, Your Intelligent Nutrition Assistant. I'm here to help you with your nutritional needs. In order to best help you, please click this link <https://www.savorhealth.com/outreach.html?fid=xHdRWw?sfid=0032J00003ZQsi2QAD> and answer a few questions so I can personalize my advice to meet your unique needs. Text me 24/7 for a quick answer to a question, a tip to manage side effects, or a customized recipe. I'm always here for you so don't forget to save my phone number. If you no longer want to receive my messages, please text STOP.

When you having diarrhea, it is best to avoid high fat, greasy, and high sugar foods and eat multiple small meals instead 3 large meals. High fiber foods, such as leafy greens, whole grain bread, and fibrous vegetables can also make it worse. Aim to eat foods that are bland and high in soluble fiber, like bananas, potatoes (without skin), white rice, and oatmeal. These foods may actually help diarrhea symptoms. Ensure you are drinking adequate fluids to prevent dehydration.

Smoothies can be a healthy way to get added nutrition. Here is a smoothie for you to try. This green smoothie is full of antioxidants and tastes great! Green Smoothie

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It is recommended to talk to your healthcare team about taking probiotic supplements. Foods that contain probiotics include yogurt, kefir, kombucha, sauerkraut, and kimchi.

i need help with diarrhea

can i have a smoothie recipe

are probiotic supplements a good idea

Text Message



# Thank You

**Marissa Buchan, RD, CSO, CCRP**

Savor Health COO

*To sign up with Ina:*

Follow ECAN for updates on the Launch!

*For questions or issues:*

[help@savorhealth.com](mailto:help@savorhealth.com)

