



**BISMARCK
CANCER
CENTER**

Prostate Cancer Nutrition Therapy



During Radiation Therapy

During Hormone Therapy (Androgen Deprivation Therapy):

- To reduce hot flashes limit caffeine
- Monitor weight for increases
- Stay active to ward off weight gain and protect bone health

During Radiation Therapy:

It is important to provide your body with nutrients to keep your body healthy and strong during treatment.

Diarrhea may be a side effect of many forms of cancer treatment. Radiation to the pelvic region may cause diarrhea. Diarrhea can be managed through diet and medications. Foods that can cause diarrhea are fiber, fat, lactose and sugar. Call your doctor if: your diarrhea won't stop, you have more than 6 watery stools in 24hrs, and your stools have a strange color or odor.

This diet does not need to be followed unless you are having diarrhea

Weight:

- Try to maintain weight during treatment
- If you are overweight, a slow, controlled weight loss is acceptable
- Exercise as you are able, aim for 30 minutes of activity most days. Exercise can help fight fatigue.

Reduce foods that are high in fat:

- Avoid fried foods,
- Use fat-free or low-fat versions of salad dressings, condiments and dairy products,
- Choose leaner choices of beef, poultry, and pork
 - Use cooking methods like baking, grilling or broiling
 - Limit use of butter and oils. Even too much of a heart healthy oil can cause an increase in diarrhea

Adjust Fiber Intake:

- Foods with soluble fiber may produce a more formed stool: bananas, white rice, applesauce, oatmeal and barley
- Foods with insoluble fiber could make diarrhea worse. Avoid: whole wheat, bran, raw vegetables, fruit peels, beans, peas and popcorn
- If diarrhea is severe all, fiber may need to be limited



During Radiation Therapy ...continued

Foods recommended vs not recommended:

Type of Food	Recommended Foods	Not Recommended Foods
Protein	<ul style="list-style-type: none">• Baked or broiled beef, pork, poultry or fish• Eggs• Low Fat dairy products<ul style="list-style-type: none">• Yogurt without berries• Keifer	<ul style="list-style-type: none">• Meats with a lot of marbling• Peas and beans• Nuts and seeds• Processed meats: bacon, bologna, salami, sausages, and hot dogs• Chunky nut butter• Fried or spicy meats, poultry or fish
Grains	<ul style="list-style-type: none">• Breads and pasta made from refined flour• White rice• Refined cereals such as farina, cream of wheat, cream of rice• Oatmeal• Pretzels• Graham crackers	<ul style="list-style-type: none">• Whole grain or multigrain breads or pastas• Brown rice• Bran• Granola• Popcorn• Most baked goods• Cereals made with whole grains
Fruit	<ul style="list-style-type: none">• Banana and melons• Canned fruit packed in light syrup, fruit juice or water• 100% fruit juice• Applesauce	<ul style="list-style-type: none">• Fresh fruits• Dried fruits• Prune juice or juice with pulp• Fruits packed in sorbitol
Vegetables	<ul style="list-style-type: none">• Well-cooked vegetables• Potatoes without the skin• Tomato products	<ul style="list-style-type: none">• Raw vegetables• Gas forming vegetables: beets, broccoli, brussel sprouts, cabbage, cauliflower, collard, mustard and turnip greens• Corn• Potato skins• Fried vegetables
Beverages	<ul style="list-style-type: none">• Non-caffeinated beverages	<ul style="list-style-type: none">• Caffeine• Alcohol• Carbonated drinks
Other foods		<ul style="list-style-type: none">• Foods made with sorbitol, xylitol or mannitol• Spicy, fried, greasy and very sweet foods



During Radiation Therapy ...continued

Medication, Supplements, and Skin Care

- Avoid magnesium and vitamin C supplements as they can cause diarrhea
- Consider psyllium fiber (Metamucil). This may help bulk the stools.
 - Do not take psyllium fiber within 2 hours of taking other medications, as the agents may impair medication absorption
- If you are having multiple loose stools you may take Imodium. Start by taking ½ tablet in the morning and add a ½ tablet after each bowel movement
- Do not take more than 8 full tablets of Imodium per day.
- If following food recommendations and taking Imodium has not helped slow the diarrhea inform your health care team
- Take care of the skin being affected by radiation by applying lotion or Aquaphor multiple times per day. Informing your care team if skin is red and painful or irritated.

Vitamins/Minerals/Herbs

- Speak to your doctor and pharmacist before taking any vitamin, mineral or herbal supplements
- Do not take more than 100% daily value of any vitamin or mineral, unless instructed by your doctor



After Radiation Therapy

Achieve a Healthy Weight

- A modest weight loss of just 5% of your body weight if you are overweight or obese can have great health benefits
- Lose weight gradually

Exercise Daily

- Limit sedentary activities by reducing sitting time, taking stairs when able and parking further away from entrances
- Aim for moderate physical activity, 120 minutes per week or 30 minutes four days per week
- Small burst of physical activity is better than no activity
- As fitness level improves, intensity of activity or length of time will need to increase

Choose More Fruits and Vegetables

- Aim for three ½ cup servings of vegetables and two ½ cup servings of fruits each day
- Put fruits and vegetables on your plate first, then add other food after
- Have fruits and vegetables as snacks
- Plan your meals around produce

Aim for Plant-Based Meals

- Reduce red meat intake to 18oz per week
- Limit processed meats such as sausage, bacon, bologna, salami, and ham
- Choose legumes more often as protein source



After Radiation Therapy ...continued

Choose Foods that are More Fresh

- Choose fresh and frozen produce instead of canned
- Reduce sodium intake by reducing processed foods; choosing foods with 300 mg or less of sodium per serving and limited salt added while cooking and at the table
- Experiment with herbs and spices to flavor foods
- Limit intake of processed foods that are high in fat and sodium and don't offer much nutrition like chips, baked goods, sugar-sweetened beverages and candy

Look for whole grains

- Look for whole grains as the first ingredient
- Try to incorporate more whole grains such as: brown rice, whole grain pasta, oats, and quinoa
- Aim for most of your grain choices to be from whole grains
- Try easy substitutions such as brown rice instead of white rice

Consume More Water

- Unless otherwise directed by your doctor, aim for 64oz of water daily
- Reduce alcohol intake
 - Men: limit 2 drinks per day; Women: limit 1 drink per day
 - One drink is equal to:
 - 5oz of wine
 - 12oz of beer
 - 1.5oz of liquor
 - Choose non-caffeinated beverages more often