



COOK FOR
YOUR LIFE®

Exploring New Tools for Healthy Family Meals

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Cook for Your Life | Greenlee Studies
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Fred Hutch
Cancer Center



"Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well."

Michael Pollan



Setting the Table for Success

1. Nutrition after treatment
2. Recommendations for cancer survivors
3. Eating together
4. Making changes that last
5. Resources to navigate family meals





Nutrition After Treatment



Why is nutrition important?

- Childhood cancer survivors have lower intake of vegetables and fruit and low fiber intake overall when compared with guidelines. This is also linked to poor diets as adults.
- Poor diet quality may contribute to higher risk of chronic health problems in childhood cancer survivors.

Zhang, F. et al Comparison of Childhood Cancer Survivors Nutritional Intake with US Dietary Guidelines, Pediatric Blood Cancer, 2015 Aug; 62(8): 1461-7



Nutrition After Treatment

Challenges of eating after treatment include



Taste and texture
aversions to food



Bad memories of
certain foods



Compromised
digestion



Nutrition Guidelines for Cancer Survivors

Recommendations for reducing cancer risk

1. Eat a high fiber diet
2. Cook more at home
3. Maintain a healthy weight
4. Keep moving
5. Limit alcohol consumption
6. Don't rely on supplements





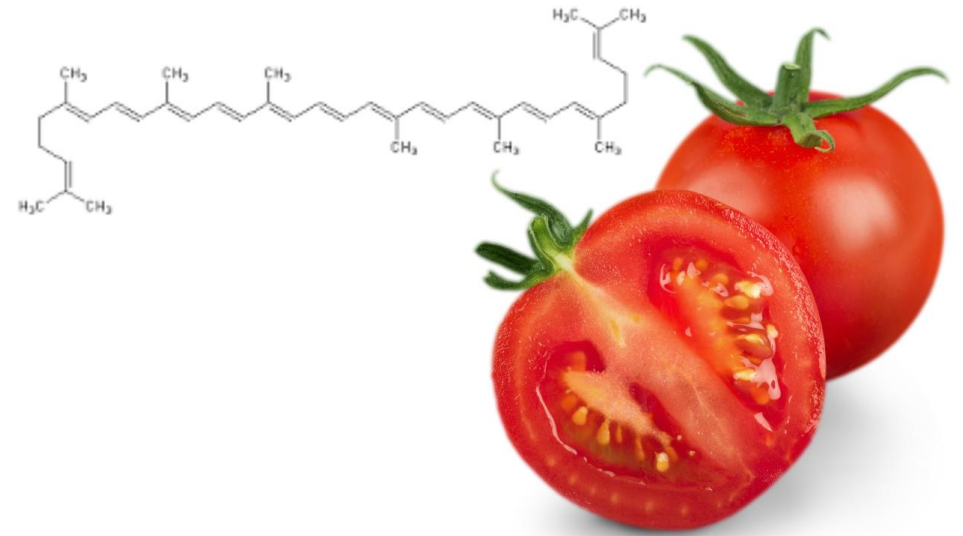
Nutrition Guidelines for Cancer Survivors (continued)

Phytonutrients

Phyto = plant

Phyto + nutrients = Nourishing substances made by plants

- Promote eye, skin, heart, brain and digestive health
- Act as antioxidants to protect against free radicals
- Repair DNA, can cause cancer cells to die
- Promote hormone balance



Phytonutrients often provide color to plants – Eat a variety of colors



Nutrition Guidelines for Cancer Survivors (continued)

What foods contain phytonutrients?



Vegetables
and fruits



Legumes



Nuts and
seeds



Herbs and
spices



Nutrition Guidelines for Cancer Survivors (continued)

1. Eat unprocessed foods
2. Eat a variety of foods
3. Change with the seasons, more color and flavor
4. Build a healthy gut
5. Don't let yourself get very hungry

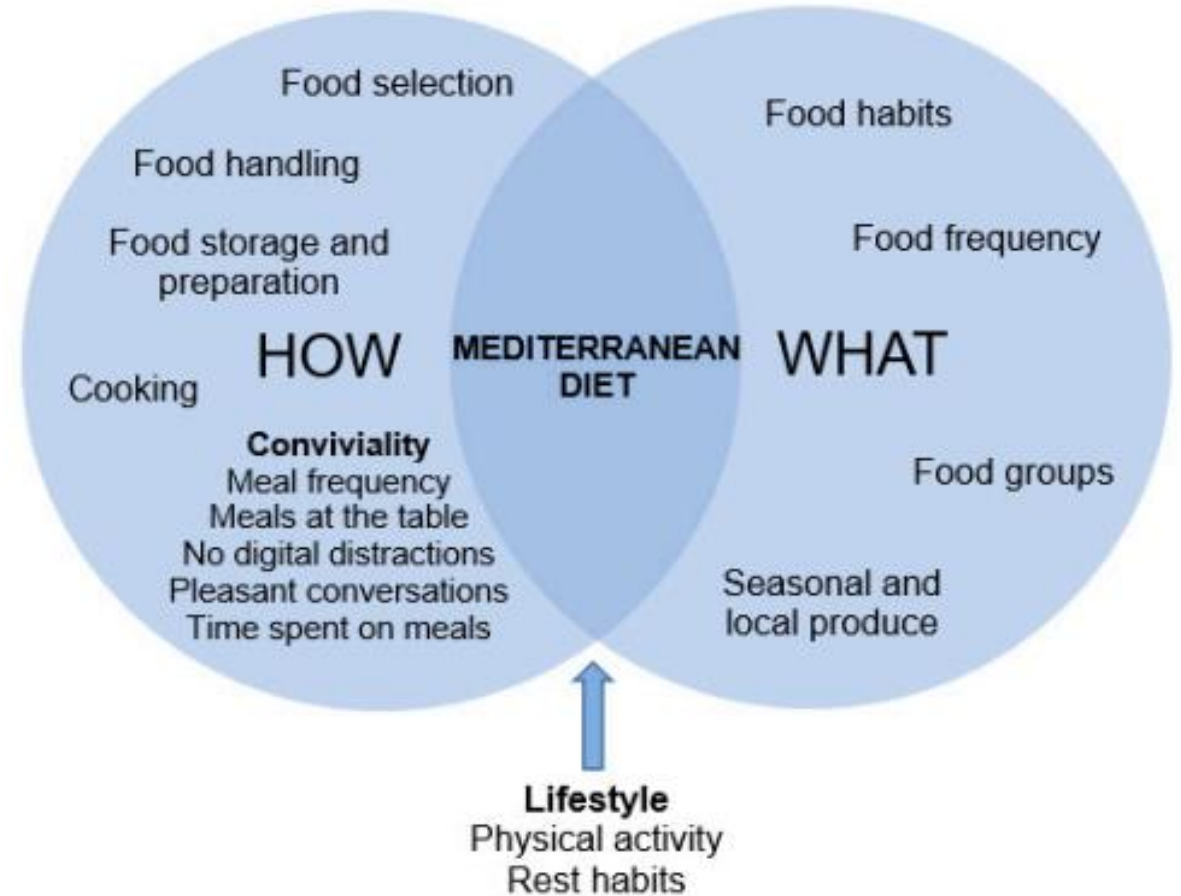




Eating Together

What research tells us

- There is a positive correlation between the number of family meals and healthier eating patterns, including higher intake of fruit and vegetables.
- Families in Mediterranean countries who spent more time eating meals together, without digital distractions, while enjoying pleasant conversations were more likely to follow a Mediterranean style diet.





Eating Together (continued)

Challenges of eating together include

- Finding food everyone will eat and enjoy
- Finding the time to prepare meals
- Including healthy foods
- Staying on budget
- NOT becoming a short order chef





Eating Together (continued)

Even in families, we have our own unique way of looking at food



When gathering at the table

- Make mealtime pleasant, no matter the food served
- Avoid food rules; There are no good foods or bad food
- Practice and demonstrate mindful eating; this means take the time to use your senses, relax, be in the present with the food and people you are around at that time
- Not all foods are going to work for everyone all the time, and this is ok
- Have some alternative foods available



Making Changes That Last

Making changes for a family is not unlike making changes for yourself. It may take some time. Most people don't make a lifestyle change overnight.





SCAN ME



Making Changes That Last (continued)

Why cook?

- More nutritious meals
- Save money
- Cooking can be therapeutic
- Encourages family bonding
- Accounts for individual preferences





Making Changes That Last (continued)

Build cooking skills

- Spend time trying new recipes
- Learn new skills in the kitchen
- Cook with family and friends



Vegetarian Tortilla Soup





Making Changes That Last (continued)

Cooking together

- Allow everyone to participate in meal selection
- Make the preparation as enjoyable as the meal
- Learn new skills together
- Repeat meals that people enjoy preparing





Making Changes That Last (continued)

Become a competent eater

- Take time to eat
- Build a meal/snack routine that works for you
- Include foods you enjoy
- Make eating times relaxing, allow yourself to be in the moment
- Try new foods as you are ready





Resources to Navigate Family Meals

Getting started

- Set meal days and times
- Build a list of meals everyone enjoys now
- Set a budget
- Add one new recipe a week
- Make a weekly meal plan using tried and true recipes with new meal additions
- Set a shopping list and stick to it
- Clean out your pantry and refrigerator
- Ask for participation





Resources to Navigate Family Meals (continued)

Meal ideas

- Have a meal that each person can build to suit their individual tastes
 - Taco night
 - Grain bowls
 - Build your own pizza and salad

This approach allows for making substitutions for food sensitivities, allergies or individual preferences.





Resources to Navigate Family Meals (continued)



Get inspired:
Easy Family Meal Dinners



Encourage participation:
Recipes the Whole Family Can Make





Resources to Navigate Family Meals (continued)

Planning around food preferences or medically prescribed diets can be stressful for the planner. Find resources that will work with these challenges.

Cook for Your Life's recipe database will filter for

- Health considerations (Healthy Survivorship, Fatigue, High Calorie, etc.)
- Meals (main, breakfast, snack, healthy holidays, beverages, etc.)
- Preferences (dairy free, healthy comfort, kid-friendly, etc.)
- Preparation (3 steps or less, 5 ingredients or less, one pot, quick and easy, freezer friendly, etc.)



All Recipes



[RESET FILTERS](#)

- Health Considerations ▾
- Meals ▾
- Preferences ▾
- Preparation ▾

- ☐ Acid Reflux
- ☐ Anti-Nausea
- ☐ Bland Diet
- ☐ Cancer Protective Diet
- ☐ Constipation
- ☐ Diarrhea
- ☐ Easy To Swallow
- ☐ Fatigue
- ☐ Healthy Survivorship
- ☐ High Fiber
- ☐ High Protein
- ☐ Ileostomy Management
- ☐ In Treatment
- ☐ Low Fiber
- ☐ Mouth Sores
- ☐ Small Meal
- ☐ Stent Management
- ☐ Taste Changes

es Found





Resources to Navigate Family Meals (continued)

Sorting through the vast amount of information takes time. Build your knowledge base and learn where to find reliable information.

- American Institute for Cancer Research -> www.aicr.org
- The Ellyn Satter Institute Eat and Feed with Joy -> ellynsatterinstitute.org
- Cook for Your Life -> www.cookforyourlife.org





One-Week Sample Menu

Sunday -> Chicken burgers with oven roasted sweet potato fries

Monday -> Vegetable lasagna with salad

Tuesday -> Black bean chili with brown rice and a vegetable plate

Wednesday -> Baked salmon with rainbow fried rice and roasted broccoli

Thursday -> Frittata with leafy greens and a vegetable plate

Friday -> Build your own taco dinner with Mexican cabbage salad





Thank you!

Never eat anything you don't enjoy and
truly enjoy everything you eat.