

Stephanie Meyers, MS, RD, LDN



Young & Strong: Integrative Nutrition



Dana-Farber
Cancer Institute

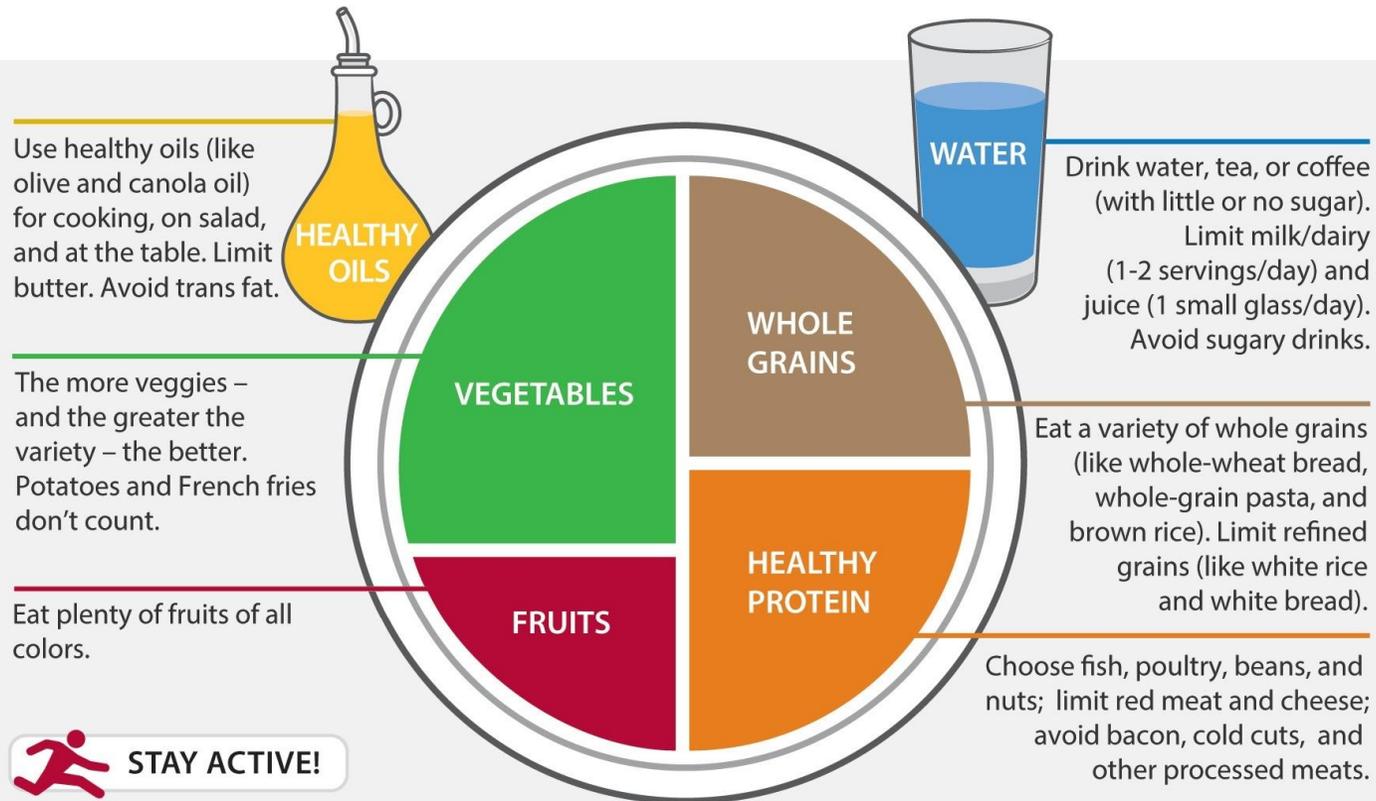


Continuous Update Project

World Cancer Research Fund and American Institute for Cancer Research

Strength of the evidence relating food, nutrition and physical activity with the risk of specific cancers.

HEALTHY EATING PLATE



Building a Balanced Plate

- 2 veg
- 1 fruit
- 1 whole grain
- 1 protein
- Monounsaturated fat
- Fluid

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Supplements

Vitamin D₃

Omega-3 Fatty Acids

Turmeric



Vitamin D from the sun...not so easy everywhere!

<http://www.health.harvard.edu/newsweek/time-for-more-vitamin-d.htm>



Vitamin D Blood Test

TABLE 4. Mayo Medical Laboratories Reference Ranges for Total Serum 25-hydroxyvitamin D [25(OH)D]^a

Severe deficiency ^b	<10 ng/mL
Mild to moderate deficiency ^c	10-24 ng/mL
Optimal ^d	25-80 ng/mL
Possible toxicity	>80 ng/mL

^a SI conversion factor: To convert 25(OH)D values to nmol/L, multiply by 2.496.

^b Could be associated with osteomalacia or rickets.

^c May be associated with secondary hyperparathyroidism and/or osteoporosis.

^d Levels present in healthy populations.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2912737/>

25(OH)D₃ is the best test to assess body stores of vitamin D.

Food	Vitamin D₃ (IU)
Herring, Atlantic (3oz.)	1384
Salmon, pink, canned with bone (3oz.)	530
Catfish (3oz.)	425
Tuna, chunk light, canned in oil, drained (3oz.)	201
Quaker Nutrition for Women instant oatmeal (1.6oz. packet)	140
Shrimp, raw (3oz.)	129
Silk Soymilk and Soymilk Plus for Bone Health (8fl oz.)	120
Tropicana Pure Premium Calcium and Vitamin D orange juice (8fl oz.)	100
<u>Stoneyfield Farm organic milk (8fl oz.)</u>	100
Minute Maid Multi-Vitamin enhanced orange juice (8fl oz.)	100
Milk (fluid, all kinds) (8fl oz.)	100

Omega-3 fats

Fatty Fish – Aim for 3-4 oz portion twice a week.

- Salmon, herring, sardines, lake trout, mackerel and bluefish.
- Walnuts
- Ground flaxseed
- Chia seeds
- Hemp seeds
- Omega-3 fortified eggs



Omega-3's: Label Reading



Supplement Facts

Serving Size: 2 Soft Gels

Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors. Non-GMO.



Turmeric contains curcumin

Potent anti-oxidant and anti-inflammatory food

Turmeric Tea (variation on ginger tea)

Chickpea Noodle Soup

Greek Yogurt Mac and Cheese

Turmeric Blueberry Muffins

Crispy Breaded Cauliflower

Moroccan Stew with Chickpeas and Sweet Potatoes

Masoor Dal

Savory Moong Dal Rice Crepes

Eight
recipes
using
turmeric

Crispy Breaded Cauliflower

Recipe by A Couple Cooks

- <https://www.acouplecooks.com/crispy-breaded-cauliflower/>
- Four dried spices
- Flavor punch + dipping options
- Kid-friendly appetizer – you might need to make two heads of cauliflower!



Turmeric Recipe Links

Cookie and Kate (2 recipes)

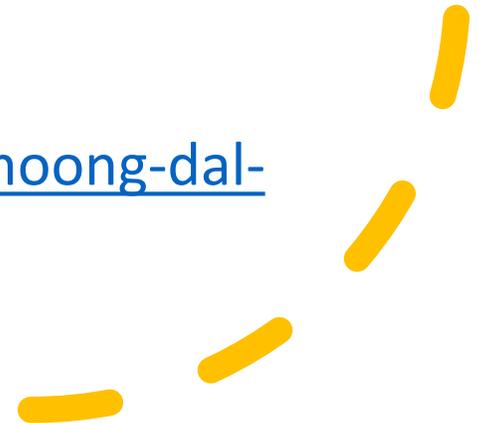
- <https://cookieandkate.com/fresh-ginger-tea-recipe/>
- <https://cookieandkate.com/chickpea-noodle-soup-recipe/>

A Couple Cooks (5 recipes)

- <https://www.acouplecooks.com/top-turmeric-recipes/>

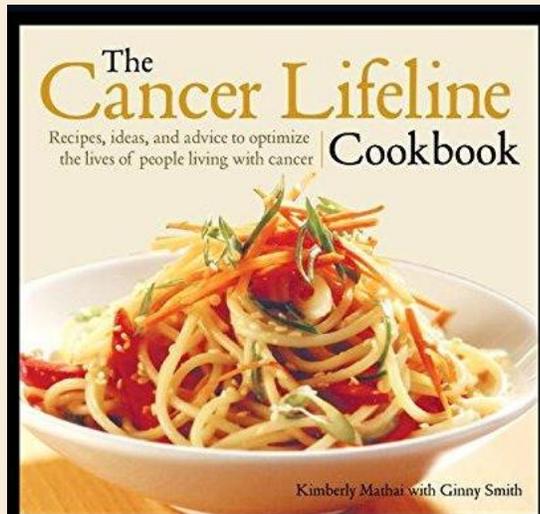
Minimalist Baker (1 recipe)

- <https://minimalistbaker.com/savory-moong-dal-rice-crepes-dosa/>

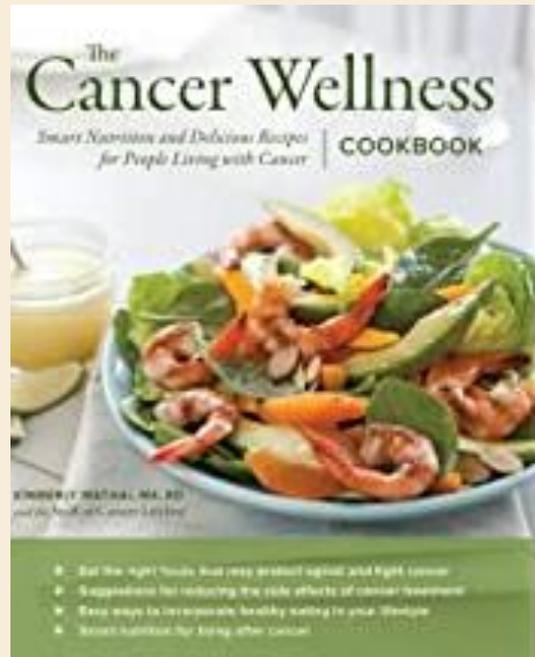


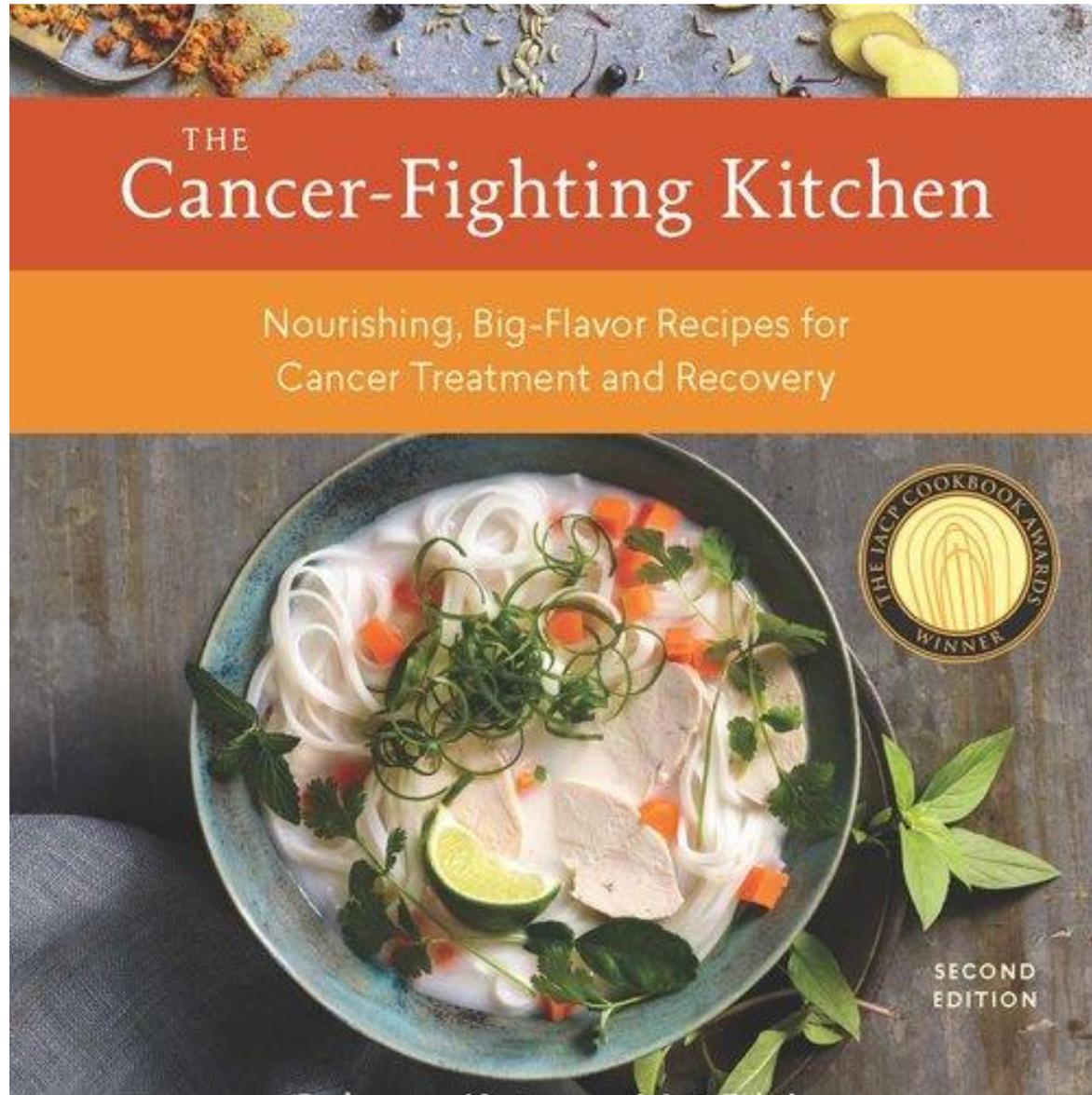
Kimberly Mathai, MS, RD, CDE

GINNY SMITH
OLIVIA BRENT
JULIE HOPPER



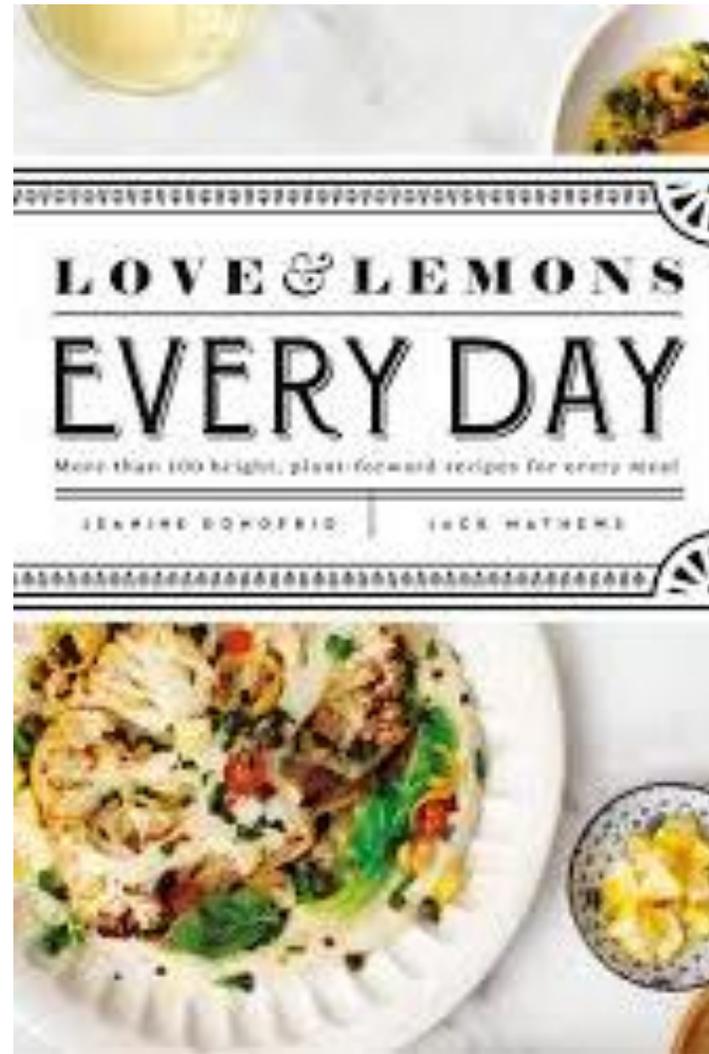
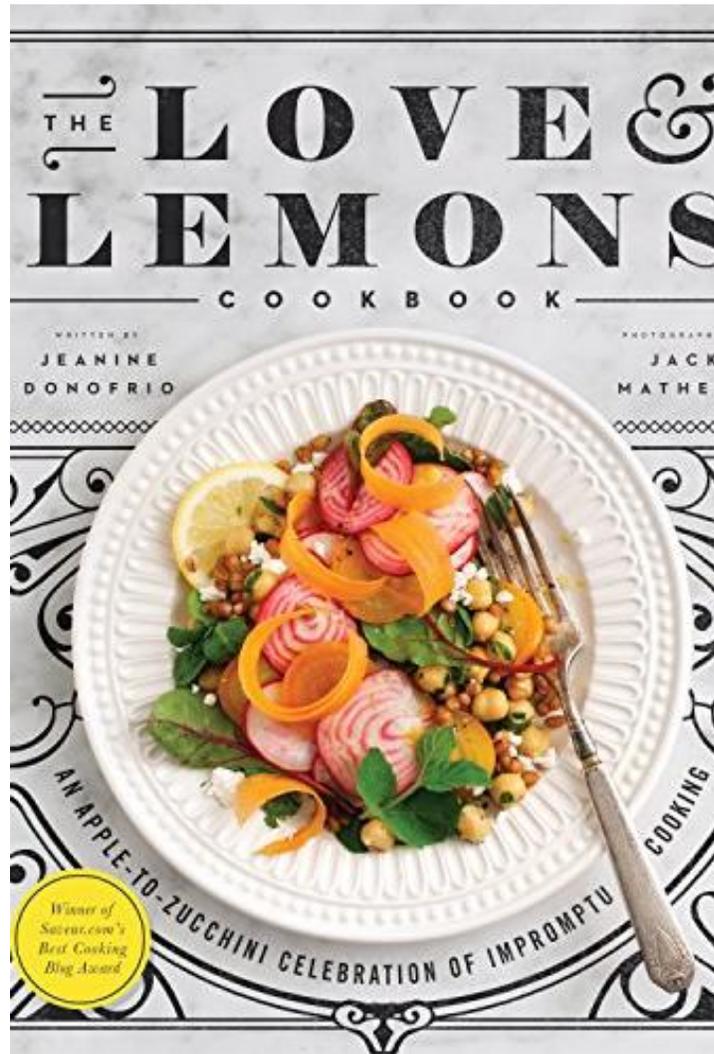
- * Identifying the 10 Super Foods that may protect against and fight cancer
- * Simple ways to bring healthy eating into your lifestyle
- * Suggestions for reducing the side effects of cancer and treatment
- * Gaining control and a sense of well being



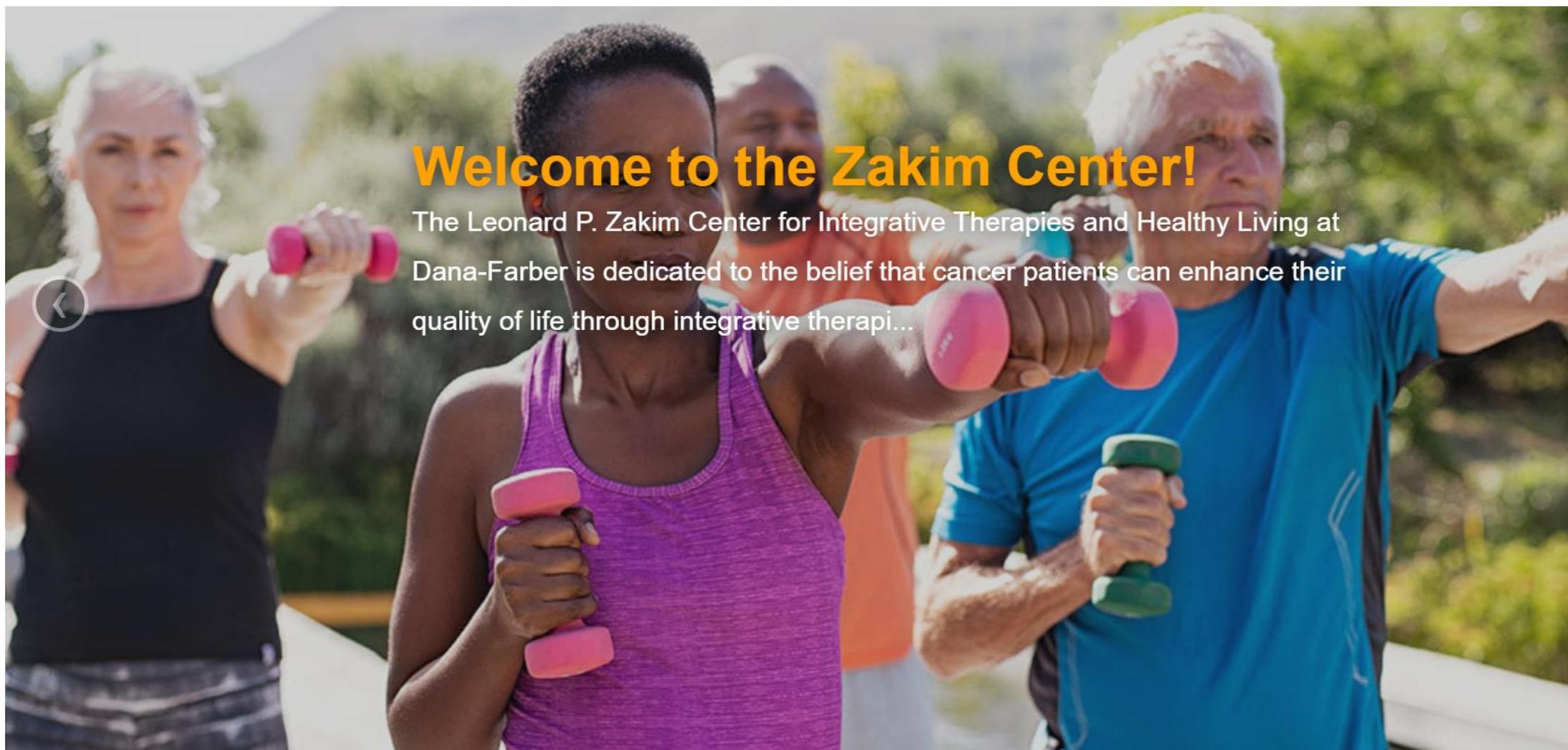


Rebecca Katz

<https://www.rebeccakatz.com/>



Jeanine
Donofrio &
Jack
Mathews



Welcome to the Zakim Center!

The Leonard P. Zakim Center for Integrative Therapies and Healthy Living at Dana-Farber is dedicated to the belief that cancer patients can enhance their quality of life through integrative therapi...



Zakim Center Nutrition Podcast

- Apple
- Spotify
- iHeartRadio

