



The Impact of Nutrition on Bladder Cancer

Colorado Urology

Bladder Cancer Support Group

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Objectives

New Diagnosis/Intravesical BCG Therapy Nutrition

- My Plate Method
- Anti-Inflammatory Diets
- Mediterranean Diet

Things To Avoid

- Bladder Irritants

Nutrition During/After Chemotherapy/Cystectomy

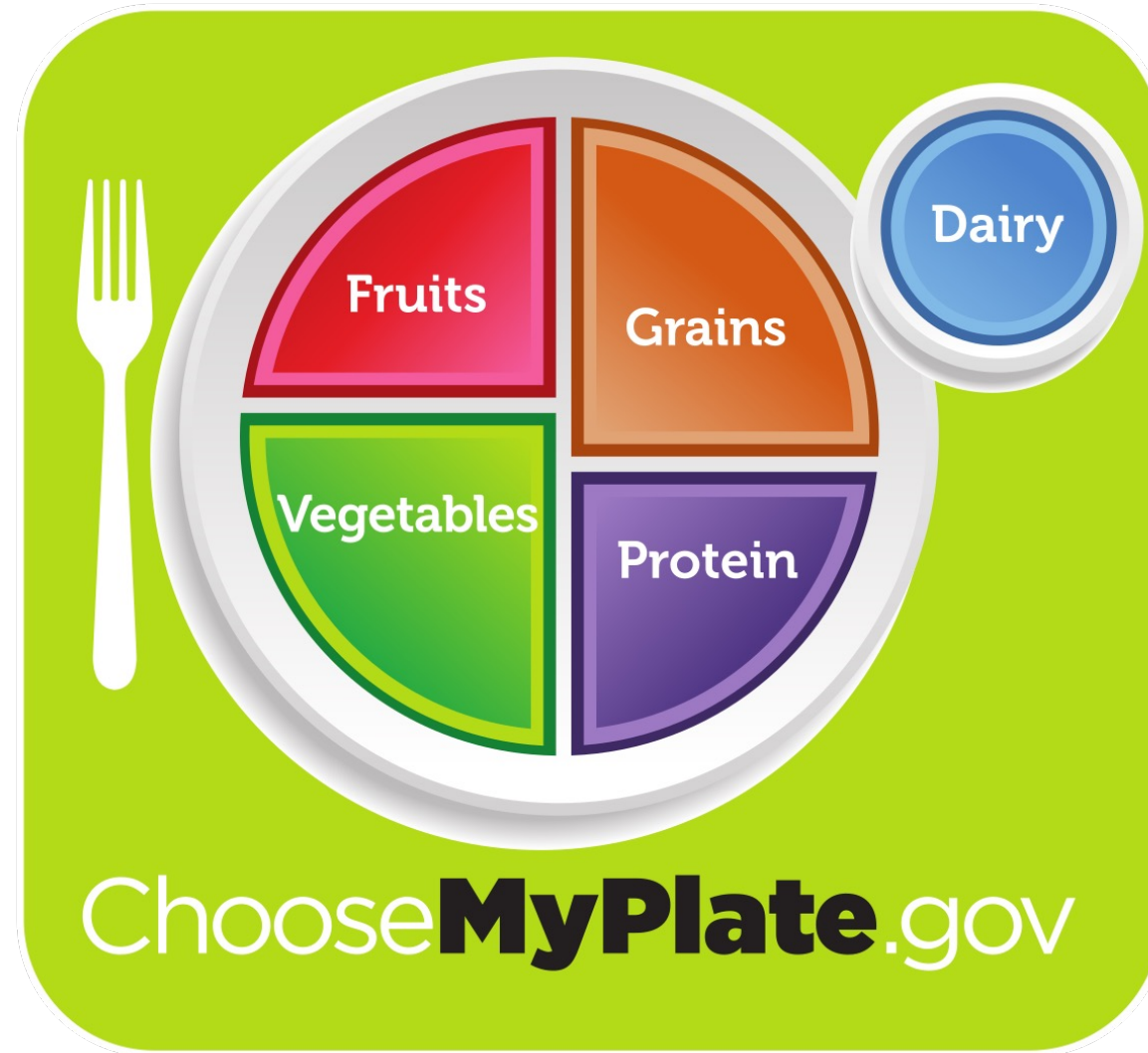
- The Importance of Protein

Eating Tips/Resources

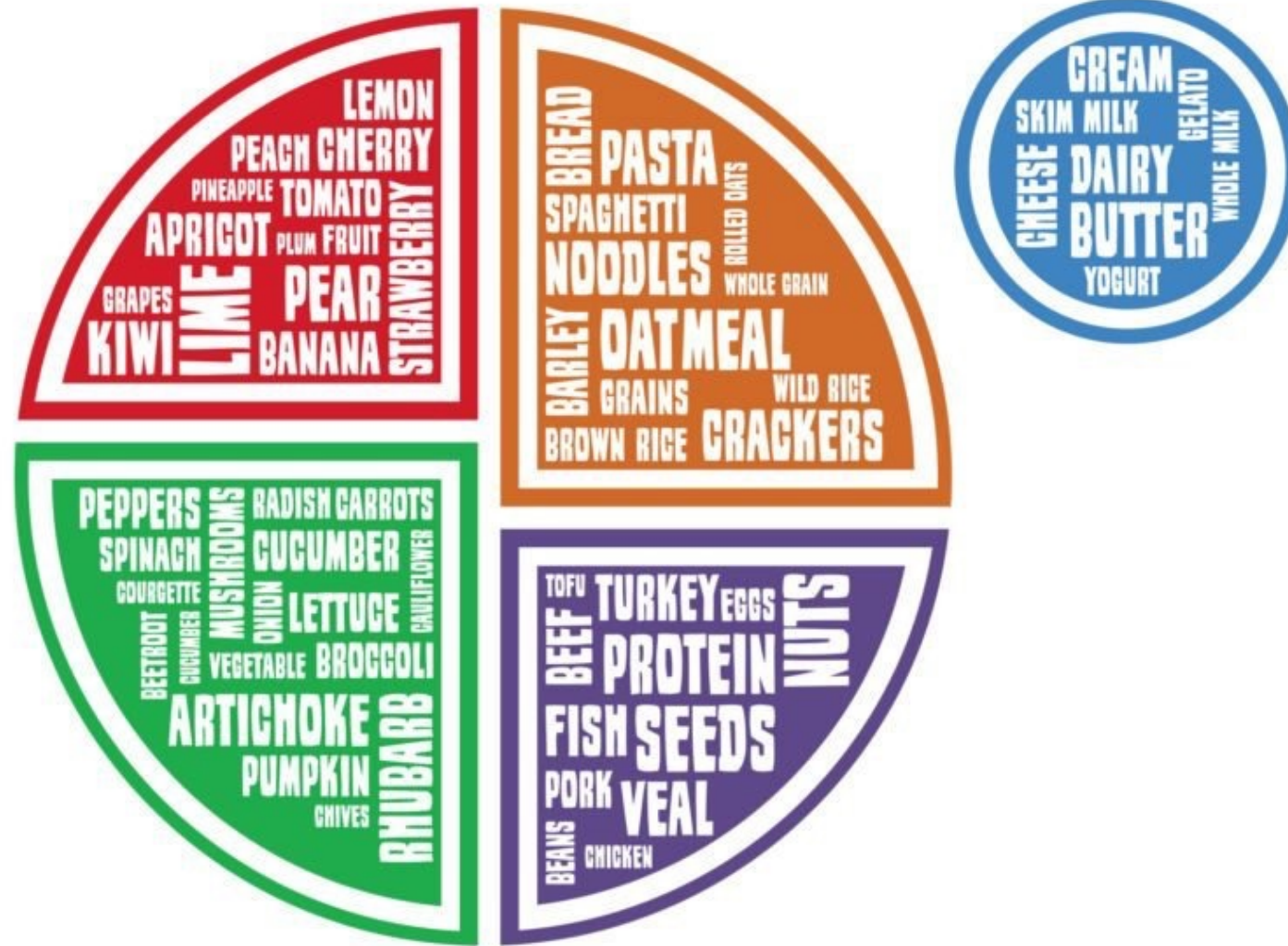
- Make Eating Easier
- More information about recipes and support

Questions

New Diagnosis/ Intravesical BCG Therapy



Another View of MyPlate



Versions of My Plate

My Healthy Plate

Plan the portions on your plate.

Water is the best drink for you.

1/4 Starch

1/4 Protein

1/2 Vegetables

1/4 Fruit or Dairy

*Ask your nutritionist if you should eat fruit or dairy at your meals.

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My Healthy Plate

Plan the portions on your plate.

Water is the best drink for you.

1/4 Starch

1/4 Protein

1/2 Vegetables

Optional Fruit or dairy product

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American

My Healthy Plate

Plan the portions on your plate.

Water is the best drink for you.

1/4 Starch

1/4 Protein

1/2 Vegetables

1/4 Fruit or Dairy

*Ask your nutritionist if you should eat fruit or dairy with your meals.

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Soul Food

My Healthy Plate

Plan the portions on your plate.

Water is the best drink for you.

1/4 Starch

1/4 Protein

1/2 Vegetables

1/4 Fruit or Dairy

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Mexican

West African

My Meal Planner: Portion Sizes

Pick **1** starch = 1 cup

Breakfast



Bran cereal



Wheat bread (1-2)



Oatmeal



Pancake (1-2)



Waffles (1-2)

Lunch or Dinner



Peas



Corn



Baked potato



White or brown rice



Mashed potatoes



Triscuits



Yams



Pasta



Barley



Quinoa

Pick **2** or **more** vegetables = 2 cups



Tomato



Red pepper



Beets



Red cabbage



Eggplant



Cucumber



Broccoli



Spinach



Kale



Lettuce



Green cabbage



Green beans



Onion



Pumpkin



Carrot

Pick **1** protein = 4 ounces

Breakfast



Boiled egg



Nut butter (1-2 tbsp)



Nuts (¼ cup)



Plain greek yogurt



Plain cottage cheese

Lunch or Dinner



Beans (½ cup)



Lean steak



Grilled chicken



Pork chop



Fish



Low-fat cheese (4 cubes)

Ask your nutritionist if you should have **1** fruit or **1** dairy.



Berries



Grapes



Peach



Banana



Orange



Watermelon



1% milk



Plain or light yogurt



Anti-Inflammatory Diets

Diet Inflammatory Index

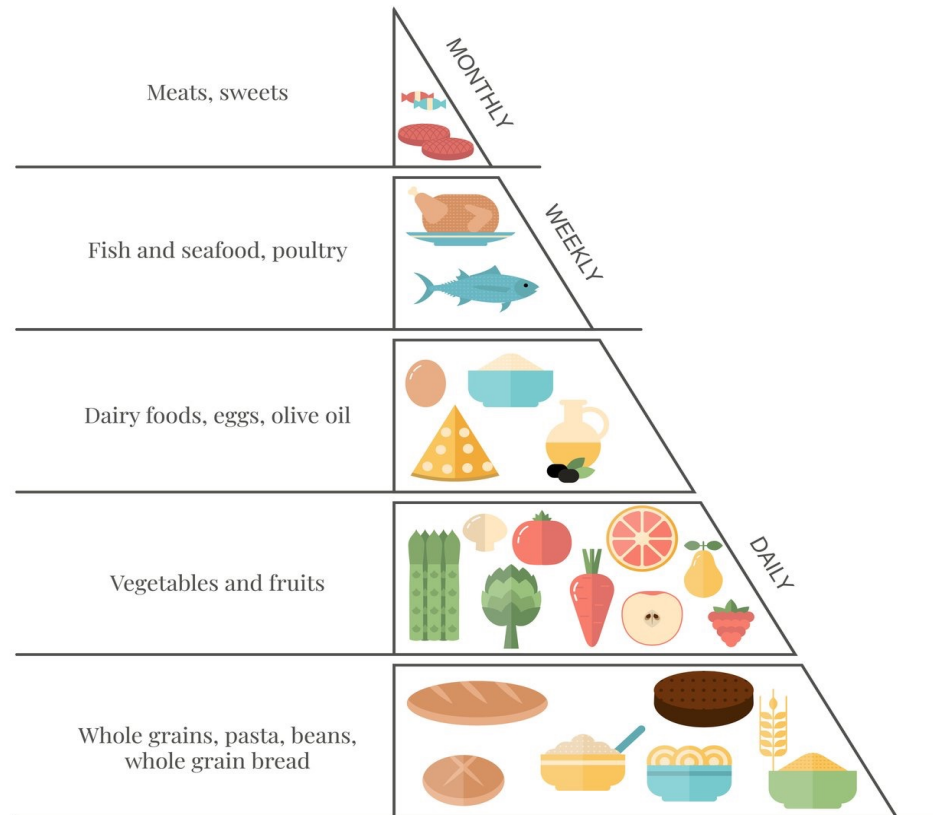
- Assigns a single score to each food based on 45 individual nutrients and other components
- Nutrients such as folate, magnesium, selenium, and vitamin C are considered anti-inflammatory.
- Nutrients such as saturated fats and trans fats are considered pro-inflammatory.
- Phytochemicals (such as beta-carotene found in carrots) and polyphenols (found in teas) are considered anti-inflammatory.

Research Takeaways

- Research has been shown that consuming a diet higher in anti-inflammatory foods may reduce the risk of developing certain cancers.
- More research needs to be done about anti-inflammatory foods and if there may be a role in cancer remission.



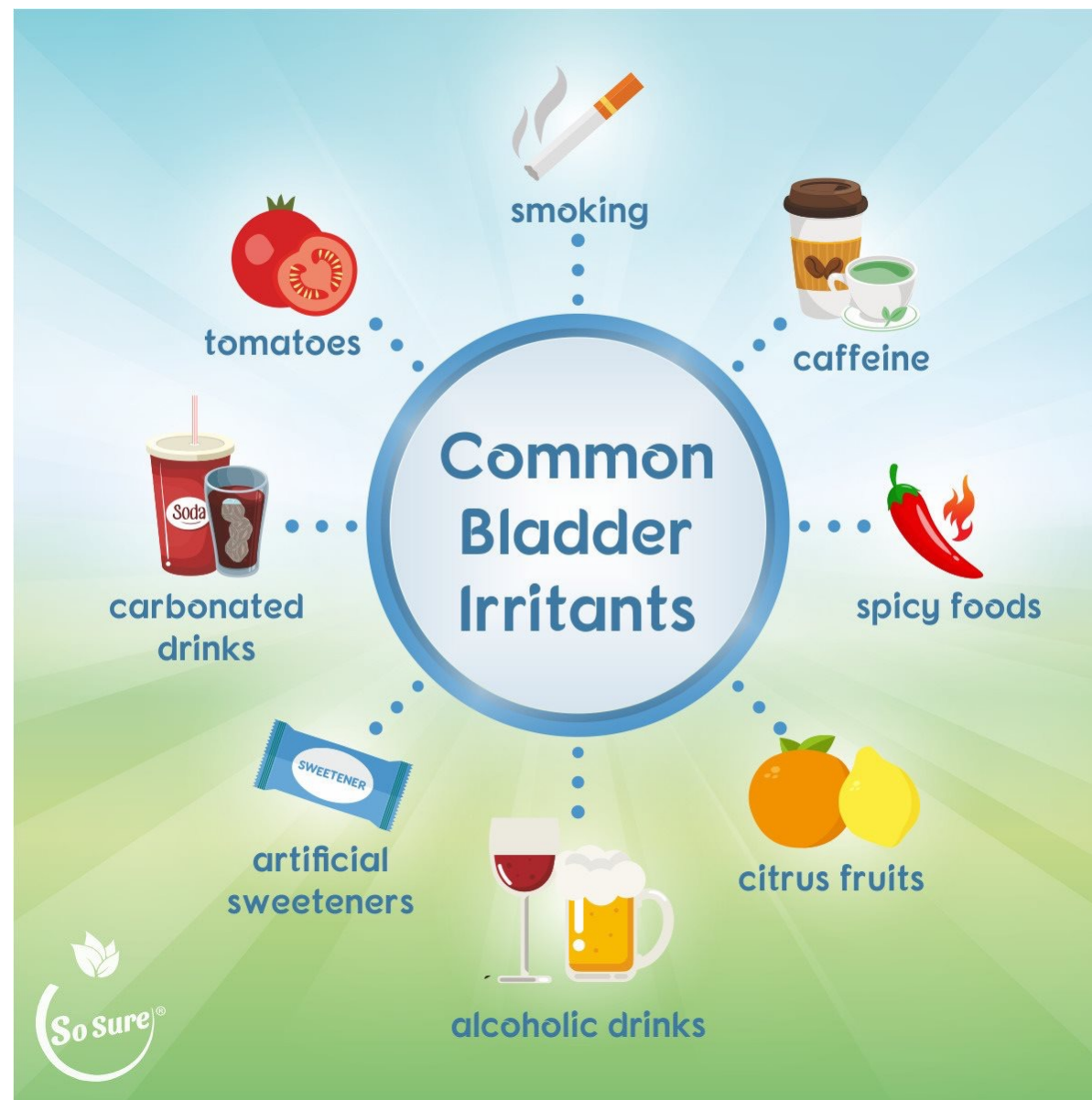
Mediterranean Diet



Mediterranean Diet

- **Anti-Inflammatory**
- **Nutrient Dense**
- **Focuses on:**
 - Fruits
 - Vegetables
 - Whole Grains
 - Legumes
- **Protein Sources Include:**
 - Fish
 - Lean Poultry
 - Pork
- **Includes Healthy Fats**
 - Nuts
 - Fish
 - Seeds
 - Olive Oil

Things to Avoid





How to Stay Hydrated



Drink plenty of water throughout the day



Include fruit and vegetables in your diet

Bring water with you for easy access on the go!



Set hourly reminders on your phone to hydrate



Avoid alcohol or caffeine

Drink more when doing activities outdoors



Keep Hydrated!

Aim for at least 64oz of water per day

A top-down view of two bowls of oatmeal. The bowl on the left is light blue and the one on the right is teal. Both are filled with oatmeal, topped with sliced red apples and blueberries. A small wooden bowl filled with blueberries is at the bottom center. The background is a light blue, textured surface.

Nutrition Therapy Chemotherapy/Post Cystectomy

Symptom Management

Symptoms	Things to Try
Taste or smell changes	Eating bland foods (rice, pasta, bread, potatoes)
Loss of appetite	Smaller, frequent (5-6) meals per day
Nausea/vomiting	Avoid heavy deep-fried/spicy foods, trial ginger
Diarrhea or constipation	Drink plenty of water, trial different types of fiber
Metallic Taste	Use plastic utensils
Dry Mouth/Mouth Sores	Incorporate protein drinks/smoothies

Foods Often Tolerated



Rice



Pasta



Protein Drinks



Soups/Broth



Apple Cauce/ Toast/ Bananas



Smoothies



Protein

Importance

- Heals tissues
- Combat loss of lean muscle mass
- Weight maintenance
- Helps to fight infection

How Much Protein Do I Need?

- Varies from person to person (Aim for at least 60 grams!)

Types of Protein Supplements



Standard Protein Drink

High in calories & protein



Standard Protein Drink

High in calories & protein



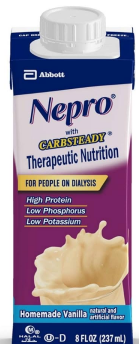
Low Carb Protein Drink

Suitable for those w/ diabetes



Clear Protein Drink

For those that do not like milky flavors



End-Stage Renal Protein Drink

For those w/ high potassium or phosphorus levels



Vegan Protein Drink

Made with pea protein



Hypo-Allergenic Protein Drink

More easily digested by those with allergies/sensitivities



Protein Powder

Flavorless; can be added to broths/soups

Adding Calories

When appetite is low and the feeling of fullness comes earlier in meals, it can be beneficial to add extra calories whenever possible. Sneaking in more calories in a small volume helps combat weight loss.



Hard-boiled Eggs



Avocado



Peanut Butter



Butter

When Eating May Feel Challenging

- Allow friends and family members to assist in buying groceries/bringing meals or snacks
- Meal prep and freeze meals to be eaten again
- Keep quick snacks or protein drinks
- Eat protein/fat sources first before filling up on water at mealtimes



Outpatient Dietitians



- Assist with meal planning
- Assess current and desired intake
- Help track foods causing symptoms
- Provide help setting goals
 - Will update goals during various stages of treatment
- Often covered by health insurance

Resources

- Project Angel Heart – Meal Delivery
www.projectangelheart.com
303-830-0202
- My Plate Website
<https://www.myplate.gov/eat-healthy/what-is-myplate>
- Cleveland Clinic – Mediterranean Diet Info
<https://my.clevelandclinic.org/health/articles/16037-mediterranean-diet>
- Cancer Nutrition Consortium – Recipes, Research
www.cancernutrition.org
- Mom’s Meals – Meal Delivery
www.momsmeals.com
- Cancer Support Community – Recipes, Support
www.cancersupportcommunity.org/recipe-gallery





The MyPlate method and the Mediterranean diet are recommended to optimize nutrition. Your nutrition plan and goals may change as your treatment plan changes. Taking in sufficient calories, protein, and water (while avoiding bladder irritants) will provide the most nutritional benefit to your health. Resources are available for meal planning, counseling, recipes, and emotional support.



THANK YOU

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References

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<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

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<https://www.cancernutrition.org/resources/>