

Nancy Birang-SVONS Hot Topics, 6-26-21-Questions

Q1-Foods to help with Diarrhea from Cancer Treatment

Replace water, electrolytes, carbs:

-Coconut water (I like Raw Harvest brand-refrig section)

-“Greaterade”-homemade rehydration drink:

Make Your Own **GreaterAde**

- 3-4 cups water (depending on the concentration you prefer)
- 3/4 cup freshly squeezed orange juice (about 2-3 oranges)
- 1/4 cup freshly squeezed lemon juice
- 1/4 teaspoon sea salt
- 2 Tbsp. dark maple syrup or raw honey

-**Electrolyte drinks or powders**, (without fructose) such as Replenish or Ultima powder or Nunn tablets

-**Green veggie drinks**-freshly made or pre made, low sugar, such as Suja juice or organic green powders-mixed with any liquid-will help replenish minerals

Manage Diarrhea

-**Probiotic yogurt**-BioK-regular or dairy free, can do 1 bottle/2X/day-swish & hold each mouthful before swallowing-activates immune system in the oral mucosa; or other high quality yogurt-Nancy’s probiotic yogurt; dairy free yogurt if needed-cashew or almond; or **Kefir**-dairy or dairy free is another option, can mix with a little blueberry juice for flavor

-**Rice porridge**-white rice cooked in extra water or broth for a long time.

Use 1 part rice to 4-6 parts water or broth -bone broth is better since bone broth will help heal the GI

Can add peeled sliced ginger

Simmer on very low heat for 1-2 hour or until rice is broken down; can also simmer in a slow cooker overnight.

Options: for more nourishment: add a soft boiled egg; for a sweeter version, add cinnamon.

-**Raw carob powder**-start-1 Tbsp. in 1 cup applesauce or rice milk

-**Probiotic supplements with Lactobacillus and Bifidobacterium**

<https://www.healthline.com/nutrition/probiotics-for-diarrhea>

I like Therbiotic Complete by Klair Labs-powder or caps

-**Saccromyces boulardii**-probiotic yeast, can be helpful, dose on label, 1-2X/day

-Easy to digest foods-pureed soups, smoothie-to get in easy to absorb nutrients

Q2-What To Eat for Patients with Head/Neck/Throat Cancers and Other Cancers-When It is Hard to Eat

-**Functional Formularies** makes **Liquid Hope**-for oral or tube feeding; I think insurance will cover Plant based

https://www.functionalformularies.com/24-pack-liquid-hope-12oz-pouch.html?gclid=CjwKCAjwoNuGBhA8EiwAFxomA_jJVxLITvvmvoVbw9fktRkRrtrQgzGL4C0SEfllT82k08UW03dWqBoCPWEQAvD_BwE

-**Other high quality liquid protein drinks or powders**

Look for ones w/o a lot of additives;

will depend on personal taste, (flavor & texture)

also depends on how many calories are needed-some have more calories than others

some will be plant based; if can do whey-is more bioavailable protein & more immune support

I like powders with Whey protein concentrate (Teras is a good brand) vs whey protein isolate

but if have problems with dairy, whey protein isolate is easier to digest.

Kate Farms

Plant based; good when need higher calories

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

Enu

Whey based; good when need higher calories

<https://enu-nutrition.com/compare-enu/>

Orgain

liquid & powder-whey & plant based, several flavors

can buy in stores

Owyn

Liquid, Plant based

Can buy in stores

Can add into these drinks, if needed - higher calorie foods such as avocado, sweet potato and/or almond butter, coconut oil

If weak, may need digestive support, esp for fat digestion, -can try Digestive Enzymes with extra lipase support

Can make a blended drink-see recipe for ideas

Enjoy soft foods, such as

Applesauce-can add in a protein drink or powder, can mash in avocado or a banana, raw cacao for flavor

Baked sweet potato-bake a bunch ahead, heat up as needed-add butter or ghee; for sweet-add cinnamon, for savory-Italian seasoning, garlic powder, have with scrambled eggs

Easy to digest foods

-Soups-any kind-can puree or blend

-Long simmered soups-use bone both as the liquid-homemade-see recipe or buy pre made bone broth-frozen

-Organic baby food

Create a bare minimum menu- with Go To meal options, have at least 4, have foods on hand:

1 cup Greek yogurt

4 cups of broth-whisk in 1-2 Tbsp. miso paste

Smoothie-with yogurt or protein powder

1 cup cottage cheese, drizzle of olive oil

Protein drink, box-something to chew-few crackers, apple slices

Applesauce with protein powder

Scramble or soft boiled egg, opt: toast

Drink liquids every hour

Filtered water, herb tea

To soothe oral/throat tissue,

Slippery elm tea, (throat coat tea bags)

GI healing powder with aloe, DGL or slippery elm, glutamine, zinc carnosine

BioK probiotic food or other probiotic food-regular or dairy free-hold in mouth, swish around before swallowing-