

Healthy Eating after Colorectal Cancer

A dietary guide for optimising health
after treatment for colorectal cancer



UNIVERSITY
of
OTAGO



Te Whare Wānanga o Ōtago

NEW ZEALAND

Southern District
Health Board

The logo for the Southern District Health Board, featuring a stylized blue and black wave graphic below the text.

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Introduction

Eat your way to a lower risk of cancer recurrence!



Following treatment for colorectal cancer, a healthy diet is needed to optimise recovery and health. Recent research suggests diet and lifestyle factors after diagnosis can also affect your risk of colorectal cancer returning¹. So take charge of your health today, starting with your diet!

Diet and lifestyle factors thought to influence your risk of colorectal cancer recurrence are listed below:

DECREASES RISK OF RECURRENCE

Fruits
Coloured Vegetables
Whole Grain Breads and Cereals
Low Fat Milk Products
Legumes (peas and beans)
Tea (Herbal and Black)
Physical Activity
Fish
Poultry

Alcohol
Red Meat
Processed Meat
Butter and Cream
Deep Fried Foods, Pies and Pastries
Whole Fat Milk Products
Desserts, Chocolate, Sweets
Potato Chips and fries
High Fat Take-Away Options
Obesity

INCREASES RISK OF RECURRENCE

Due to the nature of colorectal cancer, evidence for the effect of diet on cancer recurrence is limited. However, by following healthy eating guidelines you can not only optimise your recovery from colorectal cancer but also help prevent other health conditions such as obesity, heart disease and diabetes². All while being a healthy role model for your family!

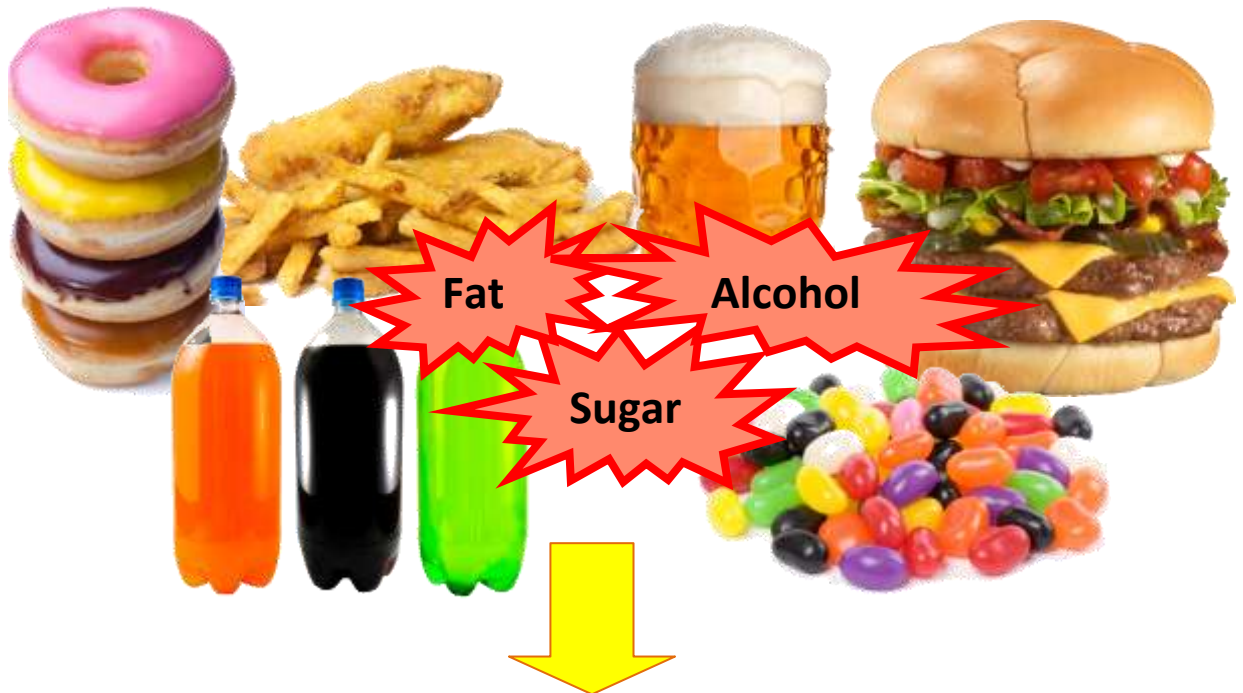


So What Should You Do?

What's really important when it comes to colorectal cancer recurrence and diet is your overall **dietary pattern**¹ (what you're eating every day, not just on the odd special occasion), This means...



Moving **away** from this



And **towards** this!

Wholegrain breads and cereals, starchy vegetables

Fruits and coloured vegetables

Lean poultry and fish, eggs and nuts

Low fat dairy products

Limited high fat and sugar foods



Working Out Your Energy Needs

The key to a healthy weight and diet is **energy balance**. This means the energy you put into your body from food, should match the energy you're putting out through exercise and day to day activities.

Following **healthy eating guidelines** and eating appropriate serving sizes is the key to ensuring you put the right kind of energy into your body.

The trick is to tailor guidelines to your specific needs. To work out your individual energy needs use the quiz below to find out whether your current daily energy/kilojoule (kJ) requirements are **'low'**, **'medium'** or **'high'**. See **page 19** to work out which BMI category you are in.



Circle the option which best applies to you:

1. Age

- a) I am 65 years or older
- b) I am 45-65 years
- c) I am 44 years or younger

2. Body Weight

- a) I tend to gain weight easily
- b) I am in the 'healthy' or 'overweight' BMI category
- c) I am lean and in the healthy or underweight BMI category

3. Height

- a) I am up to 1.58m tall
- b) I am between 1.59-1.75 m tall
- c) I am taller than 1.75m

4. Fitness

- a) I am physically unfit
- b) I am moderately fit
- c) I am very physically active

5. Lifestyle

- a) I have a sedentary job/lifestyle
- b) I have a moderately sedentary job/lifestyle
- c) I have an active lifestyle

Now tally up how many A, B and C's you circled

Mostly A's: You have a **Low** energy requirement of between **6300-8400kJ** (1500-1999cal) per day

Mostly B's: You have a **Moderate** energy requirement of between **8400-10500kJ** (2000-2499 cal) per day

Mostly C's: You have **High** energy requirements of **10500kJ** (2500cal) or higher per day

Food Group Calculator



Now that you know your daily energy needs you can use the table below to find out how many servings from each of the healthy food groups you need each day to lower your risk of colorectal cancer recurrence. Use the 'My Plan' column to note down what you should be having.

Food Group	Number of Servings per Day Based on Energy Requirements ²			My Plan
	Low kJ	Medium kJ	High kJ	
Coloured vegetables	4+	4+	5+	
Starchy vegetables	1	1-2	2-3	
Fruit	3-4	5	6+	
Fish and seafood, lean poultry and legumes	1 ½	2	2 ½-3	
Red meat (beef, lamb, pork)	1 per week	1-2 per week	2 per week	
Processed meat (sausages, ham, salami)	0	0	0	0
Low fat dairy products (milk, yoghurt, cheese)	2-3	3	3-4	
Breads, cereals and grains	5-7	7-9	9-13	
Oils, margarine, spreads, nuts, seeds avocado	3	3-5	5+	

Adapted from the Guide to Heart Healthy Eating 2009, with permission from the National Heart Foundation

For more detailed information about what an ideal serving of each food group is and healthy food choices,
Read On!...



Studies suggest eating an unhealthy diet high in red and processed meat, potato chips/ fries, deserts, high fat dairy products and soft drinks could increase your risk of colorectal cancer recurrence!¹

Coloured Vegetables

Coloured Vegetables are a nutrition powerhouse and diets high in these have been associated with a **lower risk of colorectal cancer recurrence!**

Eat them throughout the day

Tips:

- Aim to have 2 servings of coloured vegetables at both lunch and dinner
- Use a mixture of fresh, cooked, uncooked, frozen, canned or dried vegetables, they all count!
- Try to leave the skin on when preparing vegetables, it's loaded with nutrients.
- Wash vegetables carefully before eating to remove any bugs or sprays.



1 serving of Coloured Vegetables:

- ½ a cup of cooked green vegetables such as broccoli, spinach, watercress and green beans
- ½ cup of cooked mixed vegetables such as popular frozen varieties or stir fry (cauliflower, cabbage, peas, carrots, beans)
- 1 medium carrot or tomato (80g)
- 1 cup of green salad vegetables (cucumber, lettuce, mesclun leaves, sprouts, coleslaw)
- 1 wedge of pumpkin (130g)

Aim to fill **half** your plate with coloured vegetables at lunch and dinner!



Starchy Vegetables

Starchy vegetables including potatoes, kumara, taro, corn, parsnip, yams, cassava and breadfruit are higher in **energy and sugar** than coloured vegetables. Studies have found diets high in potatoes and potato fries may actually **increase the risk of colorectal cancer recurrence**. Along with carbohydrates, starchy vegetables should only fill **¼ of your plate**.

1 serving of Starchy Vegetables:

- 1 small Potato (135g)
- 3 Yams
- ½ cob of Corn
- ½ medium Kumara (1/2 cup)



Fruits

Diets high in fruit are linked to a lower risk of colorectal cancer recurrence!

Fruits are loaded with vitamins and minerals and nature's sweetest treat! Have fruit with meals and as snacks in between meals.

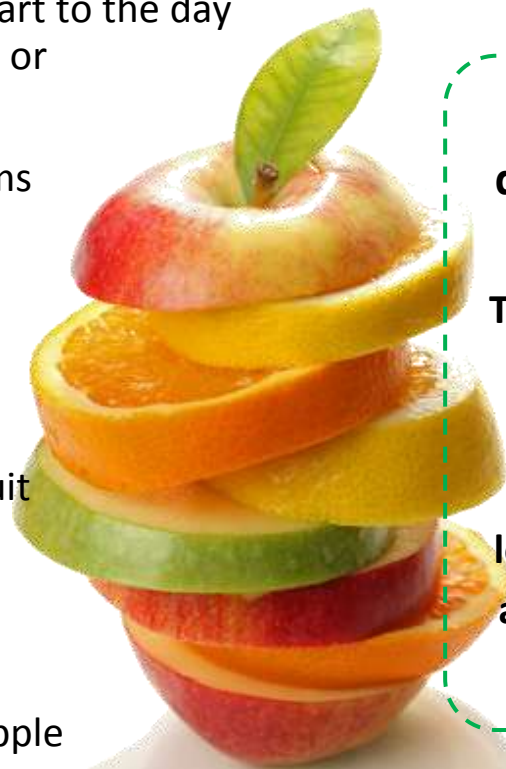
Tips:



- Fresh, frozen, canned and dried all fruits count towards your 5+ a day.
- Wash fruit carefully before eating
- Choose canned fruit in natural fruit juice
- Look for fruit 'juices', made with real fruit rather than fruit 'drinks' and limit to one glass per day
- Add fruit to your breakfast meal for a great start to the day

1 serving of Fruit:

- 1 medium apple, nectarine, pear or orange (135g)
- 2 small apricots, kiwifruit or plums (100g)
- ½ cup canned fruit (135g)
- ½ cup stewed fruit
- 1 cup of fruit juice (250ml)
- 1 heaped tablespoon of dried fruit (raisins, sultanas, cranberries)
- 10-15 grapes or cherries
- 1 small banana (10 cm long)
- 1 cup of berries, melon or pineapple



Finding it difficult to eat fruit?
Try mixing it in with a smoothie made with low fat milk and low fat ice-cream

Studies have shown fruits and vegetables high in **flavonols** such as **apples, beans, onions and broccoli** may help prevent colorectal cancer recurrence! ³



Fish, Seafood, Lean Poultry and Legumes

Fish, seafood, poultry and legumes provide iron, protein and zinc. They are also a great alternative to red meat when aiming to lower your risk of colorectal cancer recurrence.

Tips:

Try to incorporate them into two meals per day

- Include a serving of vitamin C (from fruit, tomatoes, broccoli or peppers) in meals to boost your body's absorption of Iron from meat and legumes
- Fish and seafood are a great source of omega-3's for heart health, aim to have at least two servings per week
- Choose lean, skinless poultry such as skinless chicken breast

1 serving of Fish/ Seafood:

- 150g cooked white fish (e.g. hoki, orange roughy, blue cod)
- 100g cooked oily fish (salmon, dory, tuna, snapper)
- 1 cup mussels, prawns, scallops or other seafood



1 serving of Poultry:

- 2 small skinless chicken drumsticks
- 1 skinless chicken leg
- 1 small skinless chicken breast (120g)

1 serving of Legumes:

- 1 cup of cooked dried beans
- ½ cup cooked soy beans
- ½ cup Tofu
- ½ cup lite baked beans
- ¾ cup kidney beans or chicken peas

Legumes: what are they?

Legumes are a rich source of protein and include soybeans, kidney beans, chick peas, lentils, baked beans. They can be used dried or canned and make a cheap substitute for meat to bulk up meals.



Red and Processed Meat

A Meaty Issue

Red meat (beef, lamb and pork) has a bad name for its influence on colorectal cancer⁴. However it does provide many important nutrients such as **protein, vitamin B12 and Iron**.

Therefore if you choose to include red meat in your diet a **strict limit of only 300g per week of lean, red meat** is recommended. This is enough to ensure you receive enough of these nutrients whilst optimising your health outcomes following colorectal cancer.



Tips:

- To make sure you don't have more than 300g of red meat per week, plan to have it with only two dinner meals
- Use leftover chicken in sandwiches rather than processed meats (see page 22 for food safety tips!)
- Choose lean meats such as beef, venison, lamb or trim pork and trim off visible fat before cooking
- Avoid using too much oil when cooking meat by using healthy techniques such as grilling, boiling, dry roasting or casseroles

1 serving of Red Meat:

- ½-¾ cup of premium or lean mince
- 2 slices of cooked lean meat (e.g. roast beef, 120g)
- 1 small lean steak (120g)

Processed meats (sausages, deli ham, salami, luncheon and bacon) are often high in **fat and salt** and strongly associated with colorectal cancer^{1, 4}. It is therefore recommended that you **avoid** these meats.



Avoid eating burnt or charred meat, especially when barbecuing as it can contain cancer-causing chemicals!³

Low Fat Dairy Products

Low fat dairy products are a rich source of **calcium and protein**. High calcium diets could **lower your risk of colorectal cancer recurrence!** Get off to a good start by including at least one serving of dairy products in your breakfast.



1 serving of Dairy Products:

- 1 glass of trim milk (250ml)
- 1 glass of trim, calcium fortified soy milk (250ml)
- 1 pottle of low fat yoghurt (150g)
- 2 slices edam cheese (40g)
- 1 tablespoon lite sour cream
- ½ cup of low fat custard



Full fat dairy products can be high in **saturated fat** which can raise your cholesterol levels. High fat dairy products have also been associated with increased risk of colorectal cancer recurrence¹. So make the smart choice and go for **low-fat or trim dairy products**.

For a low fat, high calcium treat choose a **milk based** ice-block with less than **450kj and 4g fat per ice-block**



Some studies suggest a high calcium diet may help prevent colorectal cancer recurrence⁵. Though dairy products contain the most calcium, other foods which contain calcium include peanuts, broccoli, canned salmon (in spring water) or sardines, spinach, baked beans and tofu.

To supplement, or not?

So far, there is no strong evidence that using dietary supplements such as omega-3 fatty acids or antioxidants will affect your risk of colorectal cancer recurrence. If you are worried that your diet is not providing you with enough nutrients, discuss this with your doctor **before** starting on a supplement. This is important as dietary supplements may interfere with your medication.



Breads, Cereals and Grains

Breads, cereals and grains are loaded with carbohydrates, **fibre** and **B vitamins**, all important factors in maintaining **healthy bowel function**.

Include at least **1-2 servings** of these at every meal.



Tips:

- Choose wholegrain breads and cereals which are high in **fibre** (**over 5g per 100g**) to keep you fuller for longer and prevent constipation
- Avoid high fat breads and cereals options such as **croissants, garlic bread, danish pastries** and **toasted muesli**. Instead choose healthy options such as Weetbix, rolled oats and high fibre breads
- Whole grain breads and cereals include foods with **whole grains, grain, oats, oat bran, bran, kibbled wheat, rye or barley** listed in their ingredient list

1 serving of Breads, Cereals and Grains:

- 1 small bread roll (30g)
- 1 slice of wholegrain bread (26g)
- 1 cup wholegrain breakfast cereal (50g)
- ½ cup muesli (55g)
- ½ cup cooked porridge (100g)
- 1 small wholegrain muffin (80g)
- ½ cup cooked wholegrain pasta (75g)
- ½ cup of cooked basmati rice (75g)
- 1 medium slice of rewena bread (30g)
- ½ cup cooked noodles (75g)



Finding Fibre Hard To Handle?

Foods such as fruit (prunes, apricots, apples) and wholegrain breads are high in fibre. Increasing your intake of these foods too quickly can lead to nasty side effects such as diarrhoea and bloating. Increase your intake of these foods slowly by introducing one food at a time. Avoid foods which cause unpleasant side effects. Also, make sure you drink plenty of water to help ensure easy bowel movements and avoid constipation.

Oils, Spreads, Nuts and Seeds

Healthy plant fats are an important part of a healthy diet. Unhealthy dietary patterns, high in unhealthy animal fats are associated with an increased risk of colorectal cancer recurrence! Healthy fats also important for a healthy heart



Tips:



- In New Zealand **margarine** is legally required to contain the same amount of fat as butter (around 81% fat!). However many of the spreads we think of as margarine are actually low-fat table spreads which look and taste like margarine. Look for **table spreads** with less than **60g total fat per 100g**, and less than (<) **1g trans fat per 100g**.

- All oils have the same **amount** of fat in them, though not the same **kind** of fat.

Choose **vegetable oils** such as **flaxseed, grape seed, sesame, sunflower, canola, olive or rice bran oil**. Avoid coconut oil, palm oil, ghee, lard, shortening or dripping.

1 serving of oils/ margarine/ spreads:

- 1 teaspoon of oil
- 1 teaspoon or low fat table spread
- 2 teaspoons of lite mayonnaise

1 serving of Nuts/ Seeds:

- 1 dessertspoon of pumpkin or sunflower seeds
- 10 almonds, cashew nuts, hazelnuts, peanuts
- 8 unshelled walnuts
- 3 brazil nuts
- 1 tablespoon of avocado



Selenium is an essential nutrient for good health which many New Zealanders don't get enough of in their diet⁶. Boost your intake of selenium by eating 3 Brazil nuts per day.



Alcohol

Drinking too much alcohol is associated with an increased risk of multiple health conditions including **colorectal cancer**. For that reason it is recommended that you **avoid alcohol**.

If you choose to drink, do so in **moderation**. Follow the safe drinking guidelines outlined below⁷, and make sure to have at least **two alcohol free days** each week:

For Men:



No more than **21** standard drinks per week.

For Women:



No more than **14** standard drinks per week.

1 Standard Drink:

- 30mL spirits
- 330ml can of 4% alcohol beer
- 100ml of wine

One regular wine glass can hold up to **3** standard drinks! Choose smaller glasses and watch how much you're really drinking



Drinks

Hydration is essential for healthy bowels.

Keep hydrated by drinking fluids throughout the day.

Tea, coffee, trim milk and water all count towards your fluid intake. Try to avoid fruit juice, cordial, powder drinks and soft drinks as they are high in sugar and can contribute to weight gain.

Did you know fruit juice contains the same amount of sugar as many soft drinks?

For extra variety add a slice of fruit to your water or choose artificially sweetened or 'Diet' juices and soft drinks



Snacks

Preparing yourself with healthy snack options will help stop you buying unhealthy food options while you're out. Snacking is also a great way to help you gain weight if you are currently under weight. If you have a low appetite, snack throughout the day to keep your energy levels up and prevent weight loss.

Healthy Snack Ideas

- Fruit (e.g. apple, orange, banana, grapes, frozen berries)
- 10 nuts or 1 tablespoon of seeds
- 1 cup of fruit salad
- 2 wholegrain crackers with cottage cheese
- 1 pottle of lite yoghurt
- 1 slice of toast with hummus and sprouts
- Vegetable sticks with hummus
- 1 slice of toast with avocado and tomato



Eating Out

Tips:

- Avoid high fat take out options such as burgers and fries, pizza, fried rice and deep fried/ battered foods
- Try not to be tempted by cheap up-sizing deals, stick to the small or regular size
- Save money by keeping dining out and takeaways for special occasions or limit yourself to once per fortnight.
- When ordering out try to avoid meals with creamy based sauces, go for tomato based sauces instead



Healthier Take-Out Options:

- Sandwiches
- Soups
- Sushi
- Kebabs without cheese
- Salads with French Dressing
- Wraps
- Grilled or seared chicken
- Meals made with steamed or boiled chicken/shrimp and vegetables

Exercise

The benefits of **regular physical activity** include **improved bowel health, weight management, improved mobility, heart health, lower risk of colorectal cancer recurrence** and the list keeps going! If you're just starting to increase your activity, or looking to get back into an active lifestyle, find a form of activity you **enjoy**. It's important to receive the all clear from your doctor before starting activity after your treatment. They can also provide advice on what form of activity is best for you.

Tips:



- Get active by doing something you enjoy for 30 minutes every day. This can include all sorts of activity such as walking, swimming, cycling, jogging or getting to work on the gardening and house work. Break up the activity into three lots of 10 minutes to make it more manageable
- Set yourself weekly goals such as *'this week I will swim one more length of the pool than last week'* to keep you on track and motivated.
- Increase the amount of everyday activity you do, for example taking the stairs rather than the lift, banning the television remote or getting off a bus stop earlier to fit a short walk in.

Finding it hard to get started with an active lifestyle or stay motivated? Talk to your doctor or nurse today about signing up to the green prescription.

Te Rongoaa Kakariki **Green
Prescription**

Foods to Avoid

Foods high in **fat, sugar and salt** are bad for your heart, weight and recovery. **Avoid** these foods or limit them to special occasions.

High Fat	High Sugar	High Fat and Sugar	High Salt
Potato Chips (including corn and vegetable chips)	Cordial	Biscuits	Potato Chips (including corn and vegetable chips)
Cream	Soft Drinks	Cakes	Salted Nuts
Fried Foods	Lollies	Chocolate	Vegemite
High Fat Takeaways (burgers, fish and chips, fried chicken, pizza)	Puddings and Desserts	Donuts	Marmite
Regular mayonnaise and aioli	Ice-blocks	Muesli Bars	Pickled Foods
Processed Meats	Fudge	Regular Ice-Cream	Processed Meats
Pies, Pastries and Sausage Rolls	Condensed Milk and Syrups	Single Chocolate Ice-Creams	Soy Sauce
Fatty Meat (e.g. roast pork with crackling, chicken skin)	Roll-ups	Slices	Soup Sachets

Tips for reducing fat:

- Trim visible fat from red meat and poultry
- Avoid creamy high fat sauces at restaurants by choosing tomato based dishes
- Use low fat cooking methods such as grilling, boiling, steaming, dry-roasting and stir frying

Tips for reducing sugar:

- Be careful when choosing low or reduced fat foods as often the fat is replaced by sugar. Look for foods with less than 15g sugar per 100g
- Limit the amount of sugar added to coffee and cereal to a maximum of 1 tsp

Tips for reducing salt:

- Use herbs, spices and fruits to flavour meals in place of salt
- Add minimal salt when cooking and take the salt shakers off the table to avoid adding extra salt to your meals
- If using salt, use iodised table salt

Sample Day

This example shows an ideal day of eating to promote optimal health after colorectal cancer.

Breakfast: 1 bowl of wholegrain cereal, 1 handful of frozen berries, 1 pottle of lite yoghurt, 1 glass of fresh orange juice, 1 black tea



Lunch: One chicken and salad sandwich on wholegrain bread, 1 apple, 1 small low fat- high calcium ice-cream, 1 glass of water



Dinner: Blue cod fillet with potatoes, carrots and peas, 1 glass of water, 1 bowl of fruit salad



Snacks: 10 almonds, 2 wholegrain crackers with cottage cheese, 1 carrot, 2 cups of black tea



Exercise Goal:

30 minutes of brisk walking, enough to break a sweat!

A Healthy way to a Healthy Weight

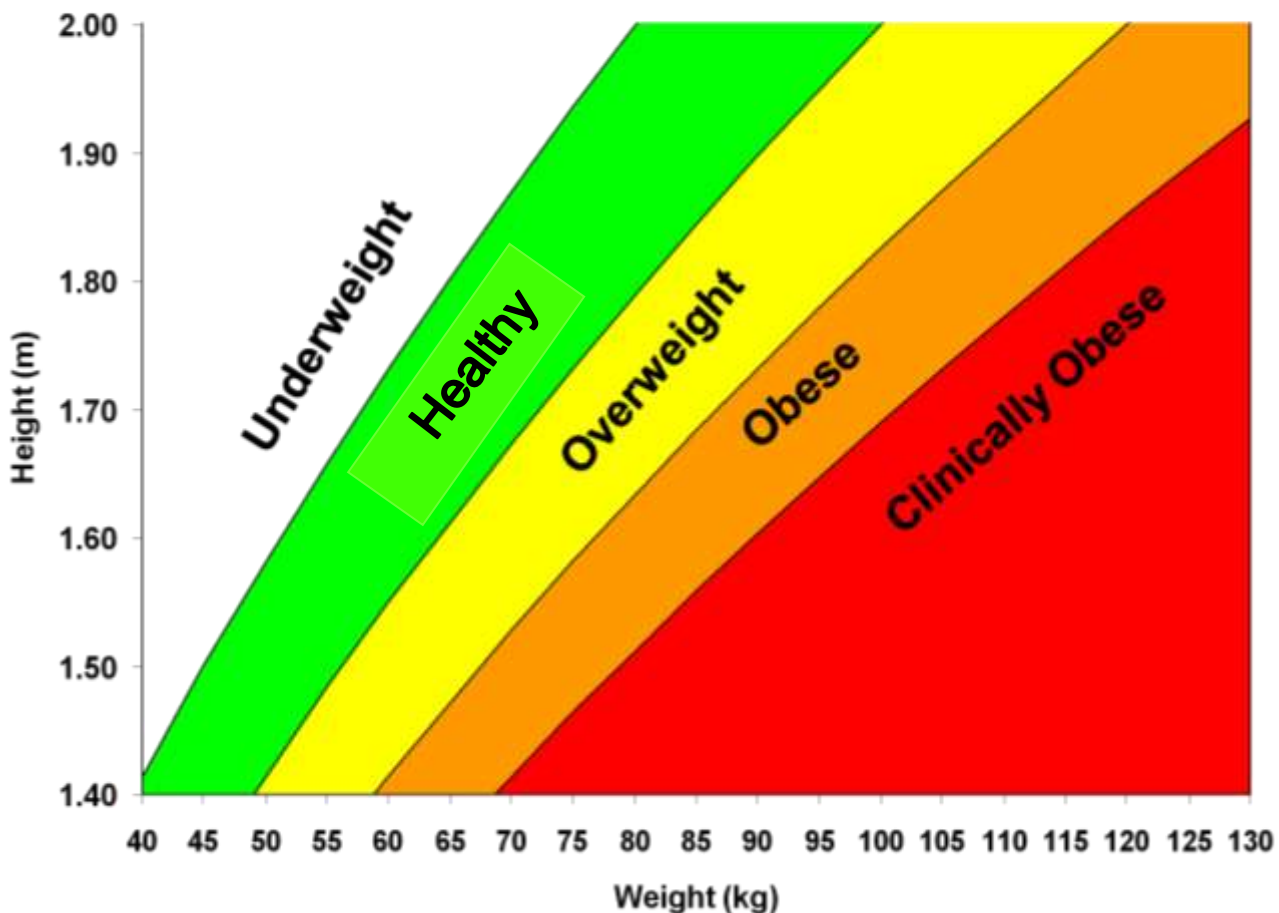


Achieving a healthy weight, through healthy eating and regular physical activity is an essential factor in optimising your health outcomes after colorectal cancer.

Many people find they either lose or gain excess weight during their treatment for colorectal cancer. Therefore reaching a healthy weight may involve gaining, losing or maintaining your current weight.

Measure your height (m) and weight (kg) to work out where your current weight sits on the Body Mass Index (BMI) graph below:

Body Mass Index (BMI)



If your current BMI sits outside of the 'healthy' section, use the graph to check what weight would put you into the healthy range based on your height. This is your ideal weight!

Living with a Stoma

Do you currently have a stoma? If so diet is an important factor in having an Ileostomy or colostomy. Below are some basic diet tips for living with a stoma. These recommendations are different to the rest of this book because of the special requirements of living with a stoma. For more detailed advice contact a **hospital dietitian or stomatherapist**. Not everyone will react the same to foods, so experiment with different foods to work out what works best for you.

Tips:

- **Eat three regular meals each day with snacks in between.** Irregular meals may cause watery bowel motions.
- **Eat slowly and chew all food well.** This will help prevent blockages.
- **Avoid foods containing pips, seeds, nuts and skins for the first 6-8 weeks after receiving your stoma.**
- **Introduce new foods slowly 6-8 weeks after surgery.** start trying new foods one at a time and in small amounts. If you experience any unpleasant side effects, avoid this food for another 2-3 weeks, then try again
- **Keep up the Fluids!** Particularly on hot days



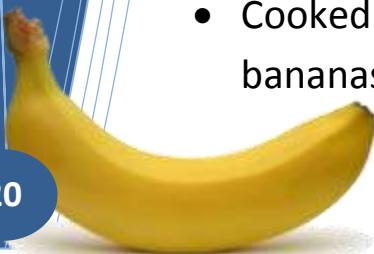
Foods to include:

- Tender meat (e.g. skinless chicken or fish) and eggs
- Mashed or whole potatoes without skins
- Pasta, rice, white breads
- Pumpkin, kumara, carrots,
- Low fat sauces, breakfast spreads that don't contain nuts, seeds or skins
- Cooked fruit, fruit juice, bananas, ripe skinless fruit

Living with an Ileostomy

Because an ileostomy means your colon doesn't have a chance to absorb water, salt and potassium, it's important to increase these in your diet. This means:

- Aiming for 8-10 glasses of fluid each day, more when it's hot
- Using salt in cooking and sprinkling a dash onto meals
- Having potassium rich foods such as bananas, apricots, milk and fruit juice



Foods which can thicken output:

- Ripe bananas
- Boiled rice
- Porridge
- White bread
- Pasta
- Gelatine
- Coconut
- Dried fruit and pineapple

Foods which can cause wind:

- High fibre fruits (e.g. pears, apples, grapes)
- Cucumber
- Sprouts
- Green beans and legumes
- Onions
- Curry powder
- Beer and soft drinks
- Chewing gum

Foods which can cause odour:

- Asparagus, broccoli, cabbage, turnips and swedes
- Onions
- Green beans and legumes
- Cheese
- Alcohol (especially beer)
- Fish

Foods which cause colour changes:

- Tomato sauce
- Red jelly
- Strawberries
- Asparagus and beetroot
- Food colouring
- Iron supplements

Foods which can loosen stools:

- Raw vegetables
- Curry powder and spices
- Prunes
- Nuts
- Fresh fruit (e.g. kiwifruit)
- Coffee
- Alcohol

These guidelines can also help if you're experiencing unpleasant bowel motions

Life after a Stoma

After your stoma is removed, it's important to make dietary changes slowly. Even without the stoma, your bowel may not work the way it used to. Because of this it's important to try new foods gradually (particularly high fibre foods).

Your bowel function should improve over time

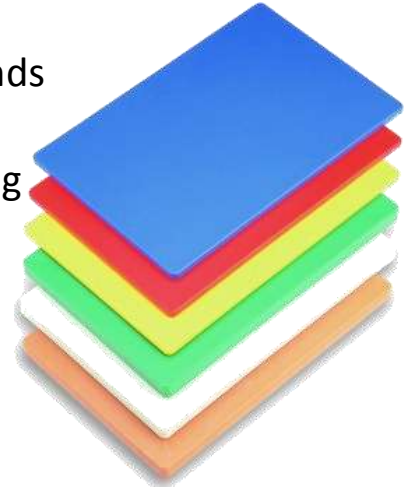
Tips on Food Safety

Clean, safe food is an essential part of **staying well** during your recovery.

To avoid any nasty illnesses make sure to follow good food safety practises, outlined below. Remember- **“When in Doubt, Throw it Out!”**

Food Safety in the Home

- Before handling any food make sure to wash your hands with warm water and soap
- When reheating leftover foods make sure it's steaming hot right the way through. Only reheat food once
- Use clean kitchen utensils to prepare and serve food
- Set aside separate chopping boards, 1 for raw meats, 1 for cooked foods and 1 for vegetables/ other foods



Buying Safe Food

- Check 'use-by' dates before you buy
- If buying pre-cooked foods such as roast chicken, make sure it is still steaming hot, or that it has been refrigerated



Safely Transporting Food

- **Take** refrigerated and frozen foods home quickly and unpack these items first to get them chilled quickly
- If your trip home is longer, use chilly bins or ice-packs to keep food cold
- When at a picnic or barbeque keep chilled foods cold by covering them up and storing them in a chilly bin

Safely Transporting Food

- Keep your refrigerator chilled at between 2-4 degrees
- Cover all cooked food and keep it on the top shelves of the fridge, above raw foods. Keep cooked food for a maximum of 2 days
- Keep raw meat covered and on the lower shelves of the fridge where it can't contaminate fruits and vegetables or cooked foods

Clean

Keep your hands, utensils and kitchen clean

Cook

Cook food thoroughly

Cover

Keep cooked and raw food covered

Chill

Always refrigerate food



Your Recovery Diet a Summary



- ✓ A healthy weight can reduce your risk of colorectal cancer recurrence so aim to achieve and maintain a **healthy weight** through healthy eating and regular physical activity.
- ✓ Have **three regular meals** each day
- ✓ Have **5+** servings of **fruit and coloured vegetables** per day. Try to have vegetables in every meal and choose fruit as a snack in between meals
- ✓ Choose **wholegrain** bread and cereal options where you can see the grains
- ✓ Choose low fat dairy products such as trim milk, lite yoghurt and cottage cheese. Aim to have 3 servings of dairy products each day
- ✓ **Limit red meat intake to 300g per week** and choose lean, low fat options. Trim visible fat off before cooking and avoid eating burnt or charred meat
- ✓ Avoid **processed meats** such as sausages, deli ham, salami and bacon. Choose white meat options such as **chicken and fish** instead
- ✓ **Avoid having too much high fat foods** such as pies, pastries and burgers by choosing healthy options when eating out such as sushi, sandwiches and stir-fry
- ✓ **Avoid alcohol**, or when drinking, do so in moderation and follow the safe drinking guidelines
- ✓ Drink plenty of **fluids** every day including water, trim milk and tea. Try to avoid high sugar soft drinks and limit fruit juice to one glass per day (250ml)
- ✓ Try to achieve some form of **physical activity** every day

In making long-term lifestyle changes it's important not to take on too much at once. Set yourself small achievable goals every week such as:

“This week I will eat two pieces of fruit everyday”

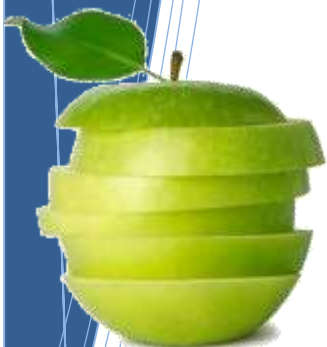
By making small permanent changes you're on your way to a healthy diet and lifestyle to optimise your recovery.

Beat Bowel Cancer Aotearoa

– a charity for patients and their families

A vision shared by a group of bowel cancer patients, their families and medical advisors who first met in 2009, led to the launch of Beat Bowel Cancer Aotearoa in June 2010. Our charity is concerned that one decade into the Twenty-first Century, colorectal (bowel) cancer remains New Zealand's most common cancer and second leading cause of cancer death. We have among the worst mortality rates for bowel cancer in the OECD for men and women alike. Every three days, 10 New Zealanders die from bowel cancer. This is three times the national road toll, and is equivalent to a Boeing-737 crashing every six weeks.

Despite New Zealand's appalling statistics, many New Zealanders are unaware of bowel cancer. Beat Bowel Cancer is working to change this. If bowel cancer is detected in time, it is one of our most treatable cancers. Unfortunately, New Zealand has fallen well behind other countries such as England, Scotland, Canada and Australia because we do not have a national screening programme for early detection of bowel cancer. A pilot screening programme is to run in one region of New Zealand from late 2011, but it is likely to be at least another five years before a decision will be made about introducing a national screening programme to save lives in New Zealand.



Our charity has the mission to reduce the impact of bowel cancer on our community through awareness, education and support. Since our launch, our charity has been distributing more than 10,000 pamphlets; we have a website and a facebook page, and work to ensure that the media remain aware of issues related to bowel cancer in New Zealand.

Crucially, we need help with fundraising so awareness-raising and education can continue. Please visit our website www.beatbowelcancer.org.nz for information, and to see how to make an electronic donation; look at our facebook page (link on website) to see media reports and fundraising events underway. Credit card Donations can be made via the Give a Little and Everyday Hero websites or by cheque posted to: PO Box 6405, Dunedin North, Dunedin 9059, New Zealand.

Please email or write to us if you would like to receive our Newsletters or become more directly involved in our activities: info@beatbowelcancer.org.nz. We look forward to your support to help save lives lost unnecessarily to bowel cancer in New Zealand.



Sarah Derrett
(Chairperson)
November 2010



Seek Advice

If you're suffering from any diet related complications of colorectal cancer, diabetes, or any other condition requiring a special diet, ask your doctor for a referral to a registered hospital dietitian for individualised dietary advice.



Recommended Reading

Healthy Eating for Adult New Zealanders. Code 1518. Ministry of Health. (Ministry of Health resources are accessible from www.moh.govt.nz/foodandnutrition)

Eating Well for Healthy Older People. Code 1145. Ministry of Health

A Guide to Heart Healthy Eating. National Heart Foundation.

Dietary Advice for People with an Ileostomy or Colostomy-
Southern DHB Nutrition and Food Services



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Te Whare Wānanga o Ōtago

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