

COVID-19, CANCER AND NUTRITION

A LOOK BACK AT OUR WEBINAR ON THURSDAY, APRIL 23

WINSTON MCQUADE, HOST

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PROCURE
Halte au cancer de la prostate.
The Force Against Prostate Cancer.

In this trying time, it is important to remember that this is an unusual situation and that it can also generate intense emotions. If you feel more anxious, stressed, or worried than usual, this is normal. Although these are natural, expected, human reactions, there are many ways to increase our resilience during this time.

HERE ARE 5 POINTS TO REMEMBER.

1. WHY CONSULT A NUTRITIONIST?

Clearly not just for weight loss. Several other reasons can justify a consultation in nutrition, for example: before, during or after radiotherapy, chemotherapy or hormone therapy for prostate cancer; if you have allergies or eating disorders; in prevention of chronic diseases such as cardiovascular disease, arthritis, diabetes; or if you're planning to move away from a heavy meat diet in favor of a more vegetarian diet.

2. GO FOR A SMOOTH TRANSITION TO A NEW DIET

Among the foods suspected of being linked to a higher rate of prostate cancer are animal fats and red meat. If you don't wish to give it up completely, you could adopt a Flexitarian Diet very similar to the Vegetarian Diet. The Flexitarian Diet is a style of eating that encourages mostly plant-based foods while allowing meat and other animal products in moderation, achieving the same health benefits. In addition, opt for white meats (turkey, pork, chicken), fish rich in omega-3, and avoid charring your food on the BBQ.

3. TAKE THE TIME TO SAVOR EACH FOOD

Stress can cause food cravings. During a pandemic, for example, you may be more likely to opt for fast food or junk food. You don't you like to cook, you are alone or can't go out to the grocery store? Elect healthy ready-to-eat meals that are easy to order online and delivered to your home. Eating slowly, taking the time to taste and enjoy each bite while listening to your hunger and satiety signals are winning tips for better food control.

4. MOVE, DRINK WATER AND INCREASE YOUR INTAKE OF FIBER AND PROBIOTICS

During this period of confinement, it is important to move to facilitate intestinal transit, avoid constipation or other intestinal disorders and facilitate digestion. Every day, go out and walk for 45 minutes, drink 1.5 to 2 liters of liquid (water, herbal tea, soup, etc.), eat the equivalent of three fruits (fresh or frozen), prefer foods rich in whole grains and finally, incorporate probiotics into your diet, such as Activia yogurt for example.

5. RESTORE A MEAL AND SNACK ROUTINE

This is the best way to avoid eating your emotions during this extremely stressful period of confinement. Establishing a daily structure of 3 meals, 2 snacks, interspersed with physical activities (walking), cultural activities (films, TV series), periods of reading and rest, will help you avoid eating and snacking compulsively. Always ask yourself «Am I really hungry or am I eating because I'm anxious?».

WARNING - No specific food, supplement or natural health product can prevent an infection, such as COVID-19. However, eating a healthy diet, along with other healthy behaviors, strengthens your immune system's ability to fight infections.

Consult the **Ordre professionnel des diététistes du Québec** for a consultation with a nutritionist.

If you are experiencing stress, anxiety or depression, you can contact the **Info-Social 811 service**.