

ONCOLOGY SUPPORT SERVICES

Nutrition Workshops

To support your health and well-being we are offering bi-weekly nutrition webinars including live cooking demonstrations with nutritionist Conner Middelmann.

The webinars are free of charge. The presentations are offered via video conference.

To receive the Zoom link and follow-up material after the class, please register at: bch.org/nutrition.

All webinars run from 4:30 to 6 p.m. Mountain Time.

Jan 20: How To Eat When You Have Cancer

While eating certain foods cannot cure or prevent cancer, a nutritious diet may reduce the risk of developing the disease or experiencing a recurrence, as well as supporting your well-being through treatment. We will discuss dietary patterns and foods that can help our bodies fight cancer, and show you simple, tasty ways to enjoy these.

Jan 27: Health Starts In The Gut

To optimally nourish your body, it's not enough to consume nutritious food; we also need to be able to digest and absorb the nutrients in it. Moreover, the bacteria in your gut can support your body's ability to fight cancer, so it's important to nourish these, too. Learn more about gut health at this webinar and watch Conner prepare a few gut-friendly dishes.

Feb 10: Eating Through Cancer Treatment

From nausea to constipation, diarrhea, loss of appetite, and taste changes — cancer treatments can throw your eating habits off-kilter. Some folks also need to make long-term dietary adjustments to support their treatments. After reviewing ways to deal with treatment side effects, Conner will show you some simple, nourishing, and comforting dishes that you (or your caregivers) can make.

Feb 24: Manage Your Macros

How much protein, fat, and carbohydrate do you need, and which foods supply them? Find out what each macronutrient does for your health and how much you may need, and learn about simple, tasty ways to integrate nutritious proteins, fats, and carbs into your diet.

March 10: True or False?

Do sugar, red meat, dairy or soy cause cancer? Should you eat a vegan, keto, alkaline, or raw-food diet? Juicing – yes, or no? Are microwave ovens safe? Should you eat organic food? This workshop will review the science behind these — and more — claims and clear up some of the confusion. And as usual, Conner will demonstrate a nourishing dish or two.

March 24: How To Gain Weight

Unintended weight loss is a common side-effect of cancer treatment. We look at the risks of being underweight and discuss strategies for preventing weight loss and regaining weight. Then Conner will show you some simple, tasty dishes to help you replenish your muscle tissue and fat stores.

Each workshop comprises a roughly 40-minute presentation followed by a live cooking demo. Everyone who registers will be sent a recording of the session, Conner's PowerPoint slides, and links to the recipes she demonstrated, even if you weren't able to attend in person.



Facilitator: Conner Middelmann, nutritionist and 23-year cancer survivor, is a passionate advocate of eating whole foods that aren't just healthy, but delicious, too. With her joyful and

practical approach to nutrition — anchored in the Mediterranean diet — she shows simple, tasty, and affordable ways to support your nutritional health. Find out more about Conner on modernmediterranean.com.

Inquiries:

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