
NATIONAL SKIN CANCER MONTH

MALIGNANT MELANOMA

MAY 2020

Malignant Melanoma



What is it?

Malignant Melanoma is a serious form of skin cancer.

Where does it develop?

It develops in the cells that produce pigment. The pigment gives skin its color.

What causes it?

The exact cause is not clear, but different activities can increase risk: exposure to ultraviolet (UV) rays from sunlight or tanning lamps and beds.

Nutrition and Cancer

Research suggests that a diet rich in a variety of vegetables, fruits, whole grains, and legumes (beans), and low in red and processed meat, may help fight cancer.

Protective plant substances are known as phytochemicals and can help defend the body against cancer.

Polyphenols

One of the most important types of phytochemicals.
-Found in fruits, vegetables, coffee, dark chocolate, legumes, etc.

Sugar and Cancer



Current research suggests consuming higher amounts of sugar may lead to higher insulin levels. -Higher levels may influence cancer cell growth and increase risk of developing other diseases.

NOTE

Registered dietitian nutritionists can help one avoid restrictive diets that may lead to excessive and unhealthy weight loss and decreased muscle mass during cancer treatment.

Low Sugar Snack Ideas

- ◆ Celery and cheese
- ◆ Hummus and vegetables
- ◆ String Cheese
- ◆ Pistachios
- ◆ Popcorn
- ◆ Pretzels
- ◆ Potato Wedges
- ◆ Guacamole
- ◆ Cucumber Sandwich
- ◆ Carrots with Ranch
- ◆ Deviled Eggs
- ◆ Quesadilla
- ◆ Snow peas
- ◆ Spiced Pumpkin Seeds
- ◆ Toast with egg and avocado (pictured below)



High-Protein Additions

- Add powdered milk to: puddings, soups, ground meats, vegetables, cooked cereal, milkshakes, yogurt, pancakes
- Add eggs to: casseroles, meat loaf, mashed potatoes, cooked cereal, macaroni and cheese, chicken
- Eating cheese as snacks, on sandwiches, or add in casseroles, potatoes, vegetables, and soups
- Use whole milk in cooking and food preparation as tolerated
- Add peanut butter to toast, bagels, crackers,

High-Calorie Additions

- Add butter or margarine to pudding, casseroles, veggies, breads and pastas
- 1 teaspoon butter = 34 calories
- Add avocados and mayonnaise to sandwiches and salads
- 2 tablespoons avocado = 50 calories
- 1 tablespoon mayonnaise = 90 calories
- Add evaporated milk in place of whole milk in desserts, baked goods, and meat dishes
- 1 cup evaporated milk = 320 kcal **VS** 1 cup whole milk = 150 calories
- Add peanut butter to bread, toast, and shakes
- 2 tablespoons = 190 calories and 7 grams of protein





Insulin Resistance

From the:
**American
Diabetes
Association**

What is insulin resistance?

A condition that raises risk for type 2 diabetes and heart disease.

-With insulin resistance, the body has problems using insulin.
Over time, this can make the blood glucose (sugar) levels go up.

What does insulin do?

Insulin helps the body use glucose for energy.

-The body breaks food down into glucose and sends it into the blood. Insulin helps move the glucose from the blood into your cells.

What happens to insulin with insulin resistance?

With insulin resistance, the body can't use insulin properly. At first, the pancreas responds by making extra insulin. But, over time, it cannot make enough insulin to keep the blood glucose within normal levels.

What increases risk?

| | | |
|-----------------------------|---------------------------------|--|
| -Overweight | -Had gestational diabetes | -High blood pressure |
| -Physically inactive | -Age 45 or older | -Have low HDL (good) cholesterol |
| -Family History | -Have high blood glucose levels | -Have high levels of blood fats called triglycerides |
| -Previous diagnosis of PCOS | | |

Added Sugars



Brochure from the Academy of Nutrition and Dietetics

| Nutrition Facts | |
|--|-----------------------|
| servings per container | |
| Serving size | 2 Tbsp (30ml) |
| Amount per serving | |
| Calories | 110 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 27g | 10% |
| Total Sugars 25g | |
| Includes 25g Added Sugars | 50% |
| Protein 0g | |
| Calcium 42mg | 4% |
| Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, iron and potassium. | |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Pay attention to the serving size, will vary per product

Where to find added sugars on a food label

Limiting Added Sugar

The 2015-2020 Dietary Guidelines for Americans recommend that less than 10% of your daily calories should come from added sugars.

Where Added Sugar Lives

- Sugars, syrups, and other caloric sweeteners are added to foods and drinks for their sweet flavor.
- Sugars are often added when food is processed or prepared.
- Important note: limiting added sugars gives flexibility to include occasional sweetened foods and treats.

Added Sugar and Health

Too much added sugar from food and drinks, along with lifestyle factors, have been linked to various health problems that include: dental cavities, weight gain leading to obesity, type 2 diabetes, heart disease, and some types of cancer.

Fun, Easy and Delicious Recipes

Banana Oat Protein Smoothie

1 Serving: 435 calories and 17 grams protein

Ingredients:

- ◆ 1 Large Banana
- ◆ 1 Tablespoon Peanut Butter
- ◆ 1 Cup Vanilla Soy Milk
- ◆ 1/3 Cup Quick Oats
- ◆ 1 Teaspoon Chia Seeds
- ◆ 1/2 Teaspoon Pure Vanilla Extract
- ◆ 3 Ice Cubes

Instructions:

1. Add all ingredients to a blender and blend until smooth.

Note: the smoothie will become more thick as it sits because of the oats. For best results, drink 3-5 minutes after preparing.



Dark Chocolate Sauce with Fresh Berries



375 calories and 5 grams protein per serving

Ingredients:

- 8 oz dark chocolate
- 3/4 cup half-and-half
- 1 tablespoon butter
- 1/2 teaspoon pure vanilla extract
- 12 oz blackberries
- 12 oz blueberries
- 12 oz raspberries

Instructions:

1. Melt the chocolate in a double boiler. Once melted, add the sugar and half-and-half, and stir until well-blended. Stir in the butter and vanilla extract until the sauce is smooth and glossy.
2. Line up six bowls, and place a dollop of chocolate sauce in each. Evenly divide the blackberries, blueberries and raspberries between the bowls. Top each with 2 tablespoons of chocolate sauce.

Black Bean Burrito Bowl

Ingredients:

- 2 Cups Brown Rice
- 2 Tablespoon Cilantro
- 1 Lime
- 12 oz Chicken Breast
- 2 Tablespoon Taco Seasoning Packet
- 1/3 Cup No Salt Added Black Beans
- 1/2 Cup Salsa
- 1/4 Cup Guacamole
- 1/4 Cup Non-Fat Greek Yogurt
- 1/4 Cup Shredded Cheddar Cheese

Cooking Instructions:

1. Preheat oven to 425 F.
2. Toss cooked brown rice with chopped cilantro into a large mixing bowl, and squeeze lime juice on top.
3. Put chicken breast on a baking pan and top with taco seasoning and bake 16-18 minutes, or to an internal temperature of 165 F using a meat thermometer.
4. Put black beans in a medium-sized bowl and microwave for 5 minutes.
5. Divide all ingredients between 4 bowls.
6. Finish off with a sprinkle of cheddar cheese and a wedge of lime.
7. Serve with chips, put in a tortilla, or eat with a fork. Enjoy!



Each serving provides 290 calories and 23 gram of protein



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