

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

May 2018

Sweet Potato & Spinach Turkey Burgers

Directions

Microwave sweet potato 4-6 minutes or steam 15 minutes until tender. While sweet potato is cooking, prepare grill and set heat on medium-high. If broiling, set top rack on second rung (at least 6 inches from broiler) and set heat on broil. Prepare large broiler pan with cooking spray.

In large bowl, mash sweet potato. Add turkey, spinach, onion, garlic, herbs, salt, pepper and oil. Mix together and form 6 patties about 1/2-inch thick.

Grill patties 4-8 minutes on each side or until center is 165 degrees F. If broiling, arrange patties on broiler pan and broil 4-8 minutes on each side or until center is 165 degrees F.

TIP: add condiments like ketchup, mustard or hummus to your bun, slice up vegetables and avocado to add on top. Serve with a side salad, or homemade baked French fries.

At the beginning of this article we looked at some common nutrition goals during treatment and what eating may look like. There is a lot of interest on “what to do after treatment”. And with endless information in the media, it can be overwhelming. I turn to the experts, where the recommendations are evidenced- based. The American Institute for Cancer Research along with the World Cancer Research Fund published the *Food, Nutrition Physical Activity and the Prevention of Cancer: a Global Perspective*, the most comprehensive report on diet and cancer ever completed.

They have outlined 10 recommendations for cancer prevention and survivorship:

1. Be as lean as possible without becoming underweight
2. Be physically active for at least 30 minutes every day
3. Avoid sugary drinks. Limit consumption of energy-dense foods.
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (i.e. beef, pork) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods process with salt.

Where can I go for “good” information?

It can be often be challenging for cancer patients and caregivers to navigate the flood of “cancer- specific” nutrition information found online through websites or blogs, in books and in the media. Misconceptions can easily spread through social media and can leave you with many unanswered questions.

Here are 5 tips to help you spot misinformation:

1. Is the person or product promising a quick fix? **TIP: if it sounds too good to be true, it probably is.**
2. Is the website trying to sell you a product? Special foods or supplements? **TIP: do not take any new product without discussing with your healthcare team**
3. Does the website or blog provide more information on personal stories than facts? **TIP: nutrition advice should be based on the best available scientific research.**
4. Is the claim based on a single study? Is it based on few research studies? Were the studies done in animals or humans? If studied in humans, are you similar to those that were studied? (i.e. sex, age, diagnosis etc.). **TIP: the stronger the study design and more studies available that have the same conclusions, the stronger the evidence that there is truth.**
5. What are the qualifications of the person writing the information? **TIP: look for the word RD to identify a registered dietitian.**



Written by Megan Morrison, RD

Recipe taken from the American Institute for Cancer Research

- Makes 6 servings

Nutrition per serving:

- 134 calories, 7 g fat, 7 g carbohydrate, 12 g protein, 1 g dietary fiber, 351 mg sodium

Ingredients

- 1 medium sweet potato, cut into 3/4-inch chunks (about 2 cups)
- 1 lb. lean ground turkey
- 2 cups medium packed fresh spinach, chopped small
- 1 small onion, finely chopped
- 2 large cloves garlic, minced
- 2 tsp. finely chopped fresh rosemary
- 2 tsp. finely chopped fresh sage
- 2 tsp. finely chopped fresh thyme
- 3/4 tsp. salt
- 1/2 tsp. black pepper
- 1 Tbsp. extra virgin olive oil
- 6 whole-grain buns or 6 large lettuce leaves
- Cooking spray

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

24 Cecil St. Toronto, ON
www.gildasclubtoronto.org
416 214 9898



Writing through Cancer

An expressive writing program for anyone living with cancer

May 2, 9, 16, 23, 30 1 to 3 PM

Living with Cancer Group

A support group for those newly diagnosed to up to 18 months post-treatment

May 1, 8, 15, 22, 29, 6:30—8 PM

WELLSPRING



4 Charles St E
Toronto, ON
www.wellspring.ca
416 961 1928

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdy>

AYA PROGRAM UPDATES

AYA MICHAEL KAMIN HART SCHOLARSHIP

Are you a cancer patient or survivor between 18 to 39 who are applying to go or currently attending to university or college in Ontario? **Apply for the MKH Scholarship, due June 11, 2018.** Visit <http://goo.gl/Wc3qRm> to apply!



MAY 24—ADOLESCENT & YOUNG ADULT CANCER MEET UP

This month our AYA meet-up will be on Thursday, May 24 2018. It will take place on the 16th floor, Room 726, at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca beforehand if they are planning to attend. Pizza will be provided. **Please note that AYA MEET-UPS IN JUNE, JULY & AUGUST ARE CANCELLED.** Stay tuned in September for more information about ongoing meet-ups.

NEW OPPORTUNITY: MUSIC MEET-UP FOR AYA

Music meet-up is a 6-session group program specifically offered to support young people dealing with the challenges that come with having a cancer diagnosis and its treatment. Each session is centred on a specific theme and includes music-based activities and development of practical coping skills. Participants should be well enough and willing to attend all 6 weekly, 1.5 hour sessions. There is no fee for this program and no previous music experience is required. Sessions 1-6 start **Wednesdays from June 27 to August 1st from 11 am to 12:30PM.** Email chana.korenblum@uhn.ca or aya@uhn.ca

COMMUNITY EVENTS & UPDATES

MAY 30: PINK PEARL SNAKES & LATTES SOCIAL

You are invited to take part in an evening of board games, appetizers and lattes. This is a free event for young women facing cancer to create connections & build friendships in a safe and supportive environment. It will take place on **Wed May 30 at 7 PM at Snakes & Lattes (600 Bloor St West).** **Please RSVP by May 25th to RSVP@pinkpearlfoundation.org** to attend. Registration will be confirmed by email.

ON THE TIP OF THE TOES: TREKKING JULY 15—25, 2018

ON THE TIP OF THE TOES

Around you between the ages of 19 to 29? If you are, sign up to attend **On the Tip of the Toes' Trekking Expedition at Mt. Assiniboine and Banff National Park from July 15 to 25, 2018.** This expedition offers 14 young adults in cancer remission to trek with other participants their age living a similar reality. To be eligible you must have been diagnosed with cancer and needed treatments and medical interventions but have ideally completed this and is currently in remission for less than 5 years. **Applications are due on June 1, 2018.** To register and learn more, visit: <http://bit.ly/2l9L8uq>

HELPING WOMEN WITH METASTATIC CANCER

Melanie's Way is an organization that helps women with metastatic cancer by creating a personalized experience, a "wish" that brings them and their loved ones joy and creates memories. To learn more about the program, visit www.melaniesway.com



SURVIVE & THRIVE EXPEDITIONS

Join Survive and Thrive on any of their outdoor summer expeditions including:

June 16 to 24: Kayaking on Owyhee River (June 16 to 24)

July 28 to August 3: Canoeing at Lake Superior

August 16 to 21: Rock climbing in the Canadian Rockies in Canmore, Alberta

Visit www.surviveandthrive.org for more information on how to apply!



SURVIVE & THRIVE
Cancer Programs

