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00:00.000 --> 00:15.400 Support for Yale Cancer Answers comes from AstraZeneca, the company behind Your Cancer, an effort to bring together the community that has worked together to bring us miles closer to a world without cancer. To learn more visit [yourcancer.org](http://yourcancer.org).

00:15.400 --> 00:53.900 Welcome to Yale Cancer Answers with doctors Anees Chagpar and Steven Gore. Yale Cancer Answers features the latest information on cancer care by welcoming oncologists and specialists who are on the forefront of the battle to fight cancer. This week, it is a conversation about healthy eating around the holidays with Courtney McGowan and Heidi Larson. Courtney McGowan is a dietician at the Yale School of Public Health and Heidi Larson is a Clinical Dietician in the Yale Cancer Center Outpatient Clinics. Dr. Gore is a Professor of Internal Medicine in Hematology at Yale and Director of Hematologic Malignancies at Yale Cancer Center.

00:53.900 --> 01:15.000 <vGore>I stopped recording originally because I was stunned that we were calling you dieticians, which I thought was kind of an old term that we did not use anymore. I thought we talked about nutrition, nutritionists, and you told me otherwise that nothing is wrong with a dietician, but I feel like it undersells you guys.

01:15.000 --> 01:45.100 <vCourtney>Well as a dietician, you go through a 4-year degree, then you go through 1-year post-graduate internship and then you sit for boards. Whereas, a nutritionist often there is no regulatory oversight. I am pretty sure, I could send in 100 dollars and get a certificate of nutrition for my cat.

01:45.100 --> 01:49.700 <vGore> Nutritionists are kind of more lay people.

01:49.700 --> 02:00.800 <vCourtney>Yeah, and some of them are more studied than others certainly, but like I already said, there is no regulatory body that governs that and no oversight that makes sure they have the foundation of education.

02:00.800 --> 02:09.000 <vGore>So, the more mainstream pathway is still a dietician. And you guys are proud of it, it sounds like.

02:09.000 --> 02:09.500 <vCourtney>We are, yeah.

02:09.500 --> 02:15.900 <vGore>It is interesting. I was just trying to be respectful because I do so appreciate the work that you for our patients.

02:15.900 --> 02:19.600 <vCourtney>Thank you.

02:19.600 --> 03:32.200 <vGore>We are talking about holidays and I have got to do a little self-confession here. As you all know, I am not at my optimal weight and I was doing really well; we had one of these shows last year as you recall, and that is not a lie but subsequent to that, in January as I started really sticking to a really great plan for me I thought, it was a low-carb plant-based diet. I

do eat fish, but I am mostly plant-based so I continue to eat fish as a source of protein, and I was doing really well. I was not hungry, I was losing weight, you know half a pound or a pound a week, which seemed quite healthy and really enjoying it. I have never really bought the low-carb thing, particularly but it was really working for me, and then Passover came. And Passover of course, a family holiday, focuses around big family meals like Thanksgiving, which is coming up and of course because of the passover rules, is very carb based, and I never got back on the plan and now I am probably 10 pounds higher than when I started, how about that?

03:32.200 --> 04:05.300 <vCourtney>Yeah that is what is tricky about those diets, you end up really eliminating or minimizing food groups and that is hard to maintain, and so when you have an event like that it is hard to get back to that elimination group, whereas if you are following a more balanced diet that includes some carbohydrates, some whole grains, you eat that way for the day or the period of celebration and then it is important to get back on that healthy eating pattern and get rid of the pumpkin pie.

04:05.300 --> 04:21.400 <vGore>Gotcha. What shall I do Courtney, how shall I get myself going with Thanksgiving coming up and I do feel better when I am eating well and I do feel better when I am thinner, there is no question about it.

04:21.400 --> 04:50.800 <vCourtney>Yeah. So, certainly you are on the right track to do a primarily plant-based diet. It is what they recommend for heart disease, diabetes, and cancer. It is a great foundation of a diet. It does not mean that you have to be vegetarian, but choosing your leaner proteins like your chicken, fish, like you are doing, and then getting your protein from nuts and beans and other sources like that. And doing grains, but choosing whole grains. Part of why you may have done so well is not necessarily because of what you are eating but because of what you eliminated.

04:50.800 --> 04:54.400 <vGore>I am not a big bread eater really.

04:54.400 --> 05:12.200 <vCourtney>What we find though is that, if people veer more toward the whole grains where you are looking at the fiber content on that nutrition label and eating foods that have 2-3 or more grams of fiber per serving, that is how you identify it as being a less processed, less refined good wholesome carbohydrate choice.

05:12.200 --> 05:58.100 <vGore>One other thing that I was doing and not to make this about me, but I do like to talk about myself of course as we all do, I got into making these so-called keto breads which are rather fat dense, they tend to be gluten free because they are often in the gluten-free world and they are more like pumpkin bread kind of of cakes really, and they are very like 200 calories for a slice but they just sit there all afternoon long and I found that my energy level in the afternoon was better. I do not know if it is because of that, I found that, again this was like calories that was stuck around, maybe that was totally stupid, tell me I was totally stupid and I should not do that.

05:58.100 --> 06:23.100 <vCourtney>Well, what I find with the keto diet and why it is so motivating for people, is that a lot of the time people can have initial significant weight loss because of fluid losses. So, when we make recommendations, we follow evidence-based recommendations.

06:23.100--> 06:27.900 <vGore>So, shut up Gore. I was not trying to be keto, I was just using the bread.

06:27.900--> 07:05.400 <vCourtney>A keto diet can be successful initially for people, but most fat diets do not work long term. What they have shown, there is actually something called the National Weight Loss Registry that was set up, must be 20 or 25 years ago and they found that 3 habits really determines long-term weight loss and weight maintenance. The first being monitoring what you are taking in. So, nowadays, it is really easy -- they have many apps that you can track what you are taking in.

07:05.400 --> 07:12.000 <vGore> But you've got to use them. After about 2 weeks of it reminding you that you have not done in it a while, it stops reminding you.

07:12.000 --> 07:31.800 <vCourtney>Well what their finding is that, once you establish the habit, you do not necessarily have to monitor permanently, but once you start falling off track, it is important to get back on there. The second, when I know I have not been eating well, I am not jumping on the scale.

07:31.800 --> 07:38.000 <vGore>Right, same. Not since April.

07:38.000 --> 07:49.500 <vCourtney>So, the second is periodically monitoring your weight. Maybe for the holidays, if people know they are veering off track, the first thing you should do is get on the scale, so you know where you are and know what you have to do.

07:49.500 --> 08:43.100 <vGore>Okay, so I am going to assume that there are some other people like me and my inclination, so this is how I think okay, I am planning and planning and planning and then we just had our Jewish Holidays, so I am not going to do it then, and then of course keep your fast, but then we break the fast with a really, really big meal, so we probably eat more calorie wise in that meal then for 24 hours prior right. And then, I am thinking okay, well I am going away to Europe, which I am for a week, so I am going to be in Provence, and then Thanksgiving, so I keep thinking, well maybe I should just wait until after Thanksgiving, of course then I have a National meeting and I am going to be eating in a restaurant, so then I probably should wait until after that, but then there is going to be all the food around the Christmas holidays. So I am probably not thinking really clearly right.

08:43.100 --> 08:46.700 <vCourtney>What we encourage is for you to embrace it as a lifestyle change instead of a diet.

08:46.700 --> 08:53.600 <vGore>Right, but I will start that lifestyle then. Because I do not want to get on a scale and feel bad, but maybe I should start

with this getting on the scale tomorrow.

08:53.600 --> 09:57.300 <vCourtney>But there are little simple things that you can do too. There is the New American Plate and what you do is you look at your plate and you see there are 2/3rds plant-based and 1/3rd animal-based and encouraging you to change your thinking a bit so that you are thinking of meat as a condiment rather than the focus of the meal. And by doing that and making it a primarily plant-based plate, you are automatically reducing the sugar content and the fat content and you are helping to pull that diet into proportion or that meal into proportion. I am working on a study called the LEAN study and we are doing this with women who are undergoing breast cancer treatment. And it is this lifestyle change where we have an intervention and a control group, but we are working with that intervention group to teach them that lifestyle change of healthy eating and exercise and keeping you moving and now these women who are a few months out and they have embraced it are traveling now that they are done with their chemo and they are doing these big trips to Spain, to the Mid West and they are able to carry the principles that we have taught to know what their plate looks like no matter where they are.

09:57.300 --> 10:00.400 <vGore>And they do not feel like they are on a diet?

10:00.400 --> 10:09.200 <vCourtney>And they do not feel like they are on a diet, and we encourage while you are on vacation, have that extra little treat that means a lot to you, that is important. And the same through the holidays, you know.

10:09.200 --> 10:14.600 <vGore>Do you encourage people to continue tracking while they are on the holiday if they are looking at total calories?

10:14.600 --> 10:25.900 <vCourtney>No, but what it would be is, when they come back and they get back into that routine, if they are struggling to get back into that healthy routine, then that is the time that they can reincorporate that tracking to re-evaluate where they are.

10:25.900 --> 10:38.900 <vHeidi>So, I think in your case, Dr. Gore, you have a lot that is coming up, but I am sure there is a lot of space in between where you will be home where you have that opportunity to get back on track.

10:38.900--> 12:01.100 <vGore>Gotcha. And again, we do not want to make this about me but maybe I need to post some before and after pictures on the website. Interesting. So, here is another little anecdote for your guys. My wife and I, really enjoy these new plant-based meat substitutes that have come out, The Beyond Meat, I do not know if you have that at all, there is Beyond Meat Burgers, there is Beyond Meat Sausages which are spectacular, they also have a ground beef thing that I have not quite figured out how to use that, which are made from the pea-protein based and then there are these impossible burgers that you cannot get for home use, but they are in restaurants and we have had them in some really good restaurants, they are really delicious. And as you may know of course, Burger King is using the impossible burger now. So, we were

on the road and we decided to try an impossible Whopper just because we do not do fast food at all. They took a really great product and I do not mean to be dissing Burger King, but they took a really great product and they made it into basically a Whopper, the same size and the same taste and the same everything, and of course it came with French fries and I did not like it, I mean I liked it but I mean it was sad. I heard they are using what I thought was a really great product and it is still fast food when you eat it that way.

12:01.100 --> 12:12.500 <vCourtney>Yeah, they are going to try and keep their Whopper, their Whopper, so they are going to keep that sauce on there and they keep the fries with that and so part of it is up to the consumer.

12:12.500-->12:36.500 <vHeidi>When that came out, I was a little excited too, but then I went on their website and found it still comes down to the calories and even though it is maybe more environmentally friendly because it is not animal based, it is still very high calorie and can contribute to the weight problem we have in this country.

>12:36.500 --> 13:04.900 <vGore>Got it. Okay, so our readership, our listening audience is thinking okay, this is airing the week before Thanksgiving, so if they are planning menus, what should they be thinking, are they going to make a turkey this year, are they going to a tofurkey, or doing Brussels sprouts, what should we be thinking, no pumpkin pie, it is not sounding like Thanksgiving...I do not eat turkey on mine.

13:04.900 --> 13:10.700 <vCourtney>There are ways to lighten it up.

13:10.700 --> 13:09.400 <vGore>What are some tips?

13:09.400 --> 13:39.900 <vCourtney>Depending on how tied you are to those family recipes, it might just be that you watch your portion control, you cook everything the same and you watch your portions. The other option would be to use a lower fat milk when you make the mashed potatoes and people at home might be cringing about the thought of hearing less butter, but all of those squashes are great sources of vitamins and minerals and phytonutrients and the turkey is okay.

13:39.900 --> 13:41.200 <vGore> Nothing wrong with turkey right?

13:41.200 --> 14:00.400 <vHeidi>And I think people do not think about the fact anymore that Thanksgiving is really a harvest celebration and so, if you think about it, there is really a lot of vegetable based products that maybe we have just metamorphosized into something else.

14:00.400 --> 14:22.500 <vGore>Well yeah, there is that famous harvesting of the marshmallow. Was not that a native American festival? That was a fast first half, but right now we have to take a short break for a medical minute. Please stay tuned to learn more about healthy eating and my very bad habits and the holidays with Heidi Larson and Courtney McGowan.

14:22.500--> 14:36.300 Medical Minute Support for Yale Cancer Answers comes from AstraZeneca, a biopharmaceutical business that is pushing the boundaries of science to deliver new cancer medicines. More information at [astrazeneca-us.com](http://astrazeneca-us.com).

14:36.300 --> 15:20.900 This is a medical minute about genetic testing which can be useful for people with certain types of cancer that seem to run in their families. Patients that are considered at risk receive genetic counseling and testing so informed medical decisions can be based on their own personal risk assessment. Resources for genetic counseling and testing are available at federally designated comprehensive cancer centers. Interdisciplinary teams include geneticists, genetic counselors, physicians, and nurses who work together to provide risk assessment and steps to prevent the development of cancer. More information is available at [Yalecancercenter.org](http://Yalecancercenter.org). You are listening to Connecticut Public Radio.

15:20.900 --> 16:08.900 <vGore>Welcome back to Yale Cancer Answers. This is Dr. Steven Gore. I am joined tonight by my guests Heidi Larson and Courtney McGowan We have been discussing healthy eating and the holidays and my unhealthy eating. Okay, so we were talking about Thanksgiving and what you guys were telling me was portion control, eat the foods you like but just do not eat so much. That sounds really easy, but how do you not take that second little bit that is like a whole cup of your sweet potatoes or mashed potatoes, how do you not do that when you are cleaning up in the kitchen?

16:08.900 --> 16:32.500 <vCourtney>I mean, you pick and choose to some degree, but the other thing that helps, how about this, you finish your plate and you get up and you walk away from the table, and you kind of circle the room, clear the plate and the other thing that can help is to not keep the food on the table where it is in arms reach, you can grab that serving a little easier than it would be if you had to get up and get it.

16:32.500 --> 17:05.700 <vHeidi>And for weight control, I think too is incorporating some new habits or traditions in your family, there are a lot of road races across Connecticut and so maybe if you cannot run that, you could walk that or many family traditions include a family football game, just getting outside for a walk after you eat can get you away from the table and your attention on something else.

17:05.700 --> 17:18.200 <vGore>That is a great idea. And what about alcohol. Some families do and some families do not have alcohol as part of their Thanksgiving holiday celebration, alcohol is kind of an empty calorie right.

17:18.200 --> 17:21.900 <vCourtney>It is, and we follow the AICR recommendations.

17:21.900 --> 17:22.000 <vGore> What is AICR?

17:22.000 --> 17:39.500 <vCourtney>It is the American Institute for Cancer Research and they look a lot into preventing cancer and their recommendation

now is to limit alcohol to a serving for women or 2 servings for men per day.

17:39.500--> 17:45.700 <vGore>That would be like 2 glasses of wine for example or a cocktail and a glass of wine or something like that?

17:45.700 --> 17:47.900 <vCourtney>Yes.

17:47.900 --> 18:46.100 <vGore>We have talked a lot about the obesity problem, in mine in particular, as an example, because I do not think I am so different than a lot of people, but of course, this is Yale Cancer Answers and for a lot of our patients, we really have the opposite problem where people are undergoing cancer treatment or recovering from cancer treatment or in late stages of cancer course and some of their appetites are not so good and some of them are having nausea problems and the holidays are just fraught with emotional needs and expectations, so I think we should really focus on that. What is your advice for your patients whom you see, who really want to have a meaningful holiday with their families; for some of them, it may be their last Thanksgiving, hopefully not for most of them, but even for the ones who are likely to survive your breast cancer patients, etc., they just cannot imagine eating a Thanksgiving meal. What should they do?

18:46.100 --> 19:11.500 <vHeidi>I think it is very different for each family, so you try and focus on what is important for them, and sometimes the focus might be on planning activities other than just food, having games. So, some patients, a patient who maybe has esophageal cancer and cannot swallow might not be able to eat a meal at all with their family.

19:11.500 --> 19:14.100 <vGore>I had not even thought about that, people get tube feedings in their stomach right?

19:14.100 --> 19:41.000 <vHeidi>I think it is important to have a different focus than just food, have games, maybe go over photo albums from years past, share memories. So, I think just having different focuses. As far as the focus on food, there may be a patient who might be sensitive to smells.

19:41.000 --> 19:48.600 <vGore>Right which is a lot of them getting chemo, especially radiation.

19:48.600 --> 20:17.300 <vHeidi>Yes. Stay away from the cooking smells. If everybody is cooking downstairs, maybe go off into an office, have a small group of people there that can play games. I got this tip from a patient, it is one of the best I have gotten and I share it and people say it is quite effective, is you can use peppermint oil and put it on your wrist in the morning, so if there is an offensive smell, you just smell your wrist and that helps cover up the other offending smells.

20:17.300 --> 20:19.100 <vGore> And that lasts a whole day or do you renew it?

20:19.100 --> 20:30.000 <vCourtney>If it is a peppermint oil, it should last at least several hours. I bet that is not on your dietary boards, but it could be on

your nutrition boards.

20:30.000 --> 20:30.500 <vGore> That sounds interesting to me.

20:30.500 --> 20:34.000 <vCourtney>You are not consuming it.

20:34.000 --> 21:11.600 <vGore>I know a lot of my patients, not specifically around Thanksgiving but similar things, they are still concerned about not spoiling their family's time, many patients feel like their family is already giving so much to them and they are taking more attention or resources, and some patients really feel concerned about that and so they really want to make that best effort to be at grandma's Thanksgiving table, do you have any advice for them or is it just to help empower them to just get what they need and redirect.

21:11.600 --> 21:48.900 <vCourtney>Probably what gets difficult is that for those caregivers who are trying to support the patient, one of the best ways they know how to care for people period is through food and that is how we care for, and so they are going to cook everything under the sun to try and find something that will appeal to the patient and a lot of times, the patients from what we hear is less is more and so, keeping those portions small, not putting an overwhelming amount of food can be beneficial, and just hearing what the patient is saying and understanding that food may not be the way to make them feel comfortable at that time.

21:48.900 --> 22:36.800 <vGore>Yeah, you know, my mom died of pancreas cancer quite a number of years ago and the last family event that we had was a passover Seder in Chicago that we made at her apartment, and the nice thing about that is she was in retrospect pretty far along and probably did not eat very much of anything, but because the Seder has a lot of singing and sharing and the kids were there, I think we all felt so good, I think she felt good being able to be a piece of that even though it was not the food thing, she was not having food aversion but you know, pancreas cancer, she really had no appetite really at that point.

22:36.800 --> 22:40.200 <vCourtney>Yeah, it might have been a relief for her to have those distractions from the food.

22:40.200 --> 22:56.500 <vGore>Yeah, so I hear what you are saying and again we just kind of stumbled into that because we wanted to do it for us as well as for her. It is amazing, last year, you guys were talking about rainbow food, is that still a thing?

22:56.500 --> 23:50.300 <vCourtney>Yes. I think it is a trend for people to get hyperfocused on one individual power food. Avocado is one this year, which is tasty but I think that kind of loses the point. There are different nutrients in different foods that can have potential benefits for you. So, if you are just focusing on berries or avocados, you are missing out on others. The bottomline is to try and choose foods and a colorful variety of foods, all the foods of the rainbow. You want to get some orange, carrots or peppers in there as well.

23:50.300 --> 23:58.400 <vGore>Green is easy. Red. I guess you have peppers and tomatoes.

23:58.400 --> 0:24:00.8 <vCourtney>And apples and pomegranates and berries.

0:24:00.8--> 24:04.000 <vGore> Blue is a little tough outside of blueberries and they are not always the season right?

24:04.000 --> 24:08.400 <vCourtney>Yeah. Purple carrots.

24:08.400--> 24:11.100 <vHeidi>And purple potatoes too.

24:11.100 --> 24:16.900 <vGore>»Are those purple foods really any better than their beige varieties?

24:16.900 --> 24:29.500 <vCourtney>Yeah, phytonutrients are the nutrients that give plants their color, and so each of those phytonutrients make the plant a different color. So, by eating the different colors, you are getting a wider variety of the phytonutrients.

24:29.500 --> 24:30.700 <vGore>No kidding, so it is not just a thing.

24:30.700 --> 24:32.400 <vCourtney>It is legit.

24:32.400 --> 24:33.900 <vGore>Yeah, purple cauliflower same?

24:33.900 --> 24:34.000 <vCourtney>Yeah.

24:34.000 --> 24:38.400 <vGore>»Interesting because purple potatoes when you cook them, sometimes the purple goes away.

24:38.400 --> 24:48.500 <vHeidi> So, if you boil them and you will probably notice the longer you cook them, the more color they use, you can lose phytonutrients, the longer you cook a food.

24:48.500 --> 24:53.000 <vGore>So, roasting them is better?

24:53.000 --> 25:02.700 <vHeidi>Yeah roasts, pan sautee them, because even if you lose some nutrients and add some oil, they leech into the oil and you will still get that benefit when you eat it.

25:02.7008--> 25:20.700 <vGore> Okay, so purple potatoes, probably we do not mash them because you have to boil them if you mash them right? That sounds like a nice colorful Thanksgiving plate that you have spread. I can picture the orange - sweet potatoes or squash.

25:20.700 --> 25:22.100 <vCourtney>Cranberry sauce.

25:22.100--> 25:36.900 <vGore>»Cranberry sauce, that is a great color, I love the pomegranate idea. What do you like to do with pomegranate besides just cut them and pick them and eat the seeds and make a big mess, which is what I like to do, anything else you would sprinkle on salads, do you guys juice them?

25:36.900 --> 25:44.300 <vHeidi>You can make like a punch and sprinkle them in your drink.

25:44.300 --> 26:01.800 <vGore>Yeah. I know some of the middle eastern cultures make a molasses, they call it out of pomegrante and they use it as a, it is not exactly a condiment but it is actually food flavoring element, which is super-tasty.

26:01.800 --> 26:01.100 <vCourtney>Sounds delicious.

26:01.100--> 26:04.600 <vHeidi>And that can go on salads.

26:04.600 --> 26:17.800 <vGore>Yeah, that is great on salads, but I do like to just cut them and eat them, they are so good except that they stain, so next time we are going to have you on, we are going to have your solutions for stains from the rainbow, you guys are good at that?

26:17.800 --> 26:23.900 <vCourtney>Well, that is actually why I do not like beets because they make too much of a mess in the kitchen.

26:23.900 --> 26:26.000 <vGore>Beets are messy, what about golden beets, they are not so bad?

26:26.000 --> 26:28.600 <vCourtney>They are. I will cook with those once in a while.

26:28.600 --> 26:48.600 <vGore>What are your favorite Thanksgiving foods that you can sort of recommend that are healthy and for recovering patients, any fun tips that you would like to share? I know we did not prepare you for you that, I do not mean to put you on the spot, what is your favorite fun thing?

26:48.600 --> 27:18.700 <vHeidi>No, that's okay. I like making a sweet potato soup every year and when it applies to cancer patients, it is easy for somebody to swallow, sweet potatoes are really easy on the stomach. It is a blended soup, so I use coconut milk, coconut milk is easy to digest for people.

27:18.700 --> 27:25.300 <vGore>»Do you saute onions and garlic?

27:25.300 --> 27:29.500 <vHeidi> Yeah, onions, garlic, roasted sweet potatoes and then you just blend it with coconut milk.

27:29.500 --> 27:32.000 <vGore>Using an immersion blender or food processor or blender or whatever you want?

27:32.000 --> 27:34.600 <vHeidi>Really you can use whatever you have.

27:34.600--> 27:40.900 <vGore> That sounds lovely. Carrot soup is another one that we like it with ginger.

27:40.900 --> 27:43.800 <vCourtney>And ginger is great for nausea.

27:43.800--> 27:48.800 <vGore>»What about you? What is your favorite little tip?

27:48.800 --> 27:53.100 <vCourtney>I like a big tray of roasted veggies, the more variety the better with the beets and the Brussels sprouts and carrots.

27:53.100 --> 28:00.800 <vGore>Do you roast them all at one time, sometimes you read in the cook books and they say roast like one pan just put the beets in, I cannot really figure that out.

28:00.800 --> 28:06.700 <vCourtney>I've got 3 little kids so they go on one pan and then the other.

28:06.700 --> 28:09.100 <vGore>Right, how many ovens do you have right?

28:09.100 --> 28:10.700 <vCourtney>I prefer practicals.

28:10.700 --> 28:13.800 <vGore>Do you spray olive oil on them or little salt?

28:13.800 --> 28:18.900 <vCourtney>Yeah, little olive oil. I put a little bit of salt or other seasonings.

28:18.900 --> 29:05.400 <vGore>»Brussels sprouts? I think I should come to your Thanksgiving holidays and then you could tell me when to stop eating and then maybe that is what I need, somebody to police me which I realize is totally, totally a bad idea right. We have to take responsibility for our own health. What about that from a patient point of view as we are running out of time a from the family's point of view, you pointed out that families eat, eat, eat, why are you not eating, I always hear, even if a patient has been in the hospital for 2 days and they have not eaten, that is what the family is focused on, whose responsibility is it? How do we let people off the hook, family members, or should they be pushing?

29:05.400 --> 0:29:37.400 <vCourtney>Sometimes in family dynamics, it becomes less about the food and more about the relationship and the conflict, so for the caregivers who are getting frustrated, I encourage them to provide something but not push them to eat it and provide in small amounts. So, beyond that, there really should not be a lot of pushing to eat because it results in a lot of tension and conflict.

0:29:37.400--> 29:59.600 Courtney McGowan and Heidi Larson are Registered Dieticians. If you have questions, the address is canceranswers@yale.edu and past editions of the program are available in audio and written form at Yale-CancerCenter.org. We hope you will join us next week to learn more about the fight against cancer here on Connecticut Public Radio.