Nutrition Goals for Survivors

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Goal Setting Objectives

- Review the AICR top 10 life style recommendations for reducing cancer risk / risk of recurrence
- Define goals and goal setting
- Develop individual nutrition and health SMART goals
10 Cancer Prevention Recommendations

1. Be a healthy weight
2. Be physically active
3. Eat a diet rich in whole grains, vegetables, fruits & legumes
4. Limit consumption of “fast foods” & other high in fat, starches or sugars
5. Limit consumption of red & processed meats
6. Limit consumption of sugar-sweetened drinks
7. Limit alcohol consumption
8. Do not use supplements for cancer prevention
9. For mothers: breastfeed your baby - if you can
10. After a cancer diagnosis: follow these recommendations - if you are able
Goals

- Goal = the end toward which effort is directed: an aim / purpose

- Goal Setting = the process of identifying something that you want to accomplish and establishing measurable goals and timeframes
  - Developing an action plan
Think About the Following

- What is a goal that you accomplished in the past year?
- Why was it important to you?
- What steps did you take that helped you to be successful in reaching that goal?
Why Set Goals?

- People who set realistic and achievable goals are more likely to have behavior change than those who do not set goals.

- Goals are a roadmap to get you from where you are to where you want to be.

- You are much more likely to take action when you set your own goals and you develop your own action steps.
Types of Goals

- **Process Goals**: describe how to get where you want to be. They use the technique and focus your attention on what you need to do to achieve your goal.

- **Outcome Goals**: Not concerned with the actions you take as long as you reach your goal. These can be affected by other people’s behavior.

- **Performance Goals**: these are about your own behaviors – used to monitor achievement of process goals.
Examples of Goals

- **Process goal**: I will eat a salad every day for lunch

- **Outcome goal**: I will eat 5+ servings of vegetables daily

- **Performance goal**: I will have 2-3 servings of different color vegetables at lunch
Examples of Goals

- **Process goal:** I will wake up every morning and run for 30 minutes before work

- **Outcome goal:** I will place in the top ten in my age group at my next half marathon

- **Performance goal:** I will run a nine minute mile
Examples of Goals

- **Process goal**: I will put money into my savings account every pay period

- **Outcome goal**: I will save $10,000 this year

- **Performance goal**: I will transfer $385 per pay period to savings
Defining Your Goals

- Defining your goals is the first step once you’ve identified something you want to accomplish – helps to make your action plan.

- Make your goals SMART
  - S – Specific
  - M – Measurable
  - A – Attainable
  - R – Relevant
  - T – Time-based
SMART Goals

Specific Goals

- Easier for you to achieve & help to motivate you
- Include as much detail as possible that include a timeframe for when you will make the change
- Include anyone else who will be involved
- Example:
  - “I want to eat better” (vague, not specific) vs.
  - I will pack my lunch 5 days per week and pack fruit instead of chips for my afternoon snack.
SMART Goals

**Measurable Goals**

- Is your goal easy to measure?

- Example:
  - Have you or have you not met the goal.
  - Did you pack your lunch? Yes or No?
  - Did you pack fruit instead of chips? Yes or No?

- **Other considerations**
  - How much?
  - How many?
  - How will you know when it is accomplished?
SMART Goals

**Attainable Goals**

- Consider any barriers that could prevent you from reaching your goal.
- Is your goal realistic and achievable?
- Ask yourself: How can I accomplish this goal?
- Example:
  - Someone new to running / exercise who sets a goal to run a full marathon next month.
  - A more attainable / realistic goal would be to participate in a 5k race.
SMART Goals

Relevant Goals

- Does this goal matter to you?
- Does it seem worthwhile?
- Is it the right time?
SMART Goals

Time-based Goals

- A goal should be grounded within a time frame
- Having a deadline can create urgency and it also keeps you accountable
- Set a target date for your goal to be complete
- If it’s a long-term goal – set milestones and check-in times to make sure you’re on track.
Setting Yourself Up for Success

- Don’t try to change all of your behaviors at one time – start with a few changes & add more as you achieve your goals or develop habits.

- Manage your goals with a daily “to do” list of your action plans – check off items when you’ve completed it.

- Review your goals list weekly – check off completed goals, add new goals or measure your progress towards your goal.

- Adjust when needed.
Samples of Goals

- Exercise XX days a week for at least XX minutes
- Eat at least ___ servings of fruits & vegetables at least ____ days a week
- Pack lunch _____ days per week
- Limit sodas to ______ days per week
- I will keep a food record for one full week
- I will increase my vegetable intake from 1 serving per day to 2 servings of different vegetables per day this week.
Samples of Goals

- Limit sweets to ____ per week
- I am not going to consume any alcohol this month
- Drink ____ glasses of water per day
- I will create a meal plan for next week’s menu including breakfast, lunch, and dinner before I grocery shop on Saturday.
- I will go to the new Zumba class being offered at my gym this week
Samples of Goals

- I will try one new vegetable every month for 2023
- I will replace refined grains with higher fiber, whole grain options
- Every Monday will be a “Meatless Monday”
- I will walk 8,000 - 10,000 steps per day
- I will increase my weights from 5 lbs. to 8 lbs. in two weeks during my workout
Work on Your Goals

- What is a goal that you would like to accomplish in the future?

- Why is it important to you?

- What steps do you need to take that will help you to be successful in reaching that goal (outline your action plan)?
Stay Accountable

- Write your goals & action plan down
- Share your goals & plan with someone who will support you
- Create an accountability challenge with others working on the same or similar goal
- Track your goals & progress
*Celebrate*

Set-up a **non-food** related reward system to celebrate your successes along the way!

- A Massage
- Pedicure/Manicure
- New Workout Outfit
- Fresh Flowers
- Go to the Movies
- A New Hairstyle
- New Running Shoes
- Plan a vacation
- New Water Bottle
Let’s Make a Goal & Action Plan (Worksheet)

- Initial Goal = Eat healthier
- Specific = I’m not eating enough vegetables each day – just 1-2 per day so I want to eat more vegetables to meet the recommendations of 5 servings/day.
- Measureable = I will be successful if I am consistently eating 5 servings of vegetables each day
- Achievable = yes, I like vegetables I just haven’t prioritized them
- Relevant = vegetables have nutrients that may help to reduce my cancer risk
- Time-bound = by the end of this month I will be consistently eating 5 servings of vegetables

**SMART GOAL** = I will consistently eat 5 servings of vegetables everyday by the end of February
Action Plan Items

SMART GOAL = I will consistently eat 5 servings of vegetables everyday by the end of February

- I will keep a food journal this week to determine how many vegetables I eat each day and which meals provide the most vegetables and which meals I can change to increase vegetables
- I will review what amount is considered a serving of vegetables
- I will make a list of all the vegetables I like to help with meal planning
- I will attend the monthly CSC cooking demos for new recipe ideas
- I will buy a variety of frozen vegetables to have on hand
- I will write down each day what vegetables I ate until I am in a routine
Let’s Make a Goal & Action Plan (Worksheet)

- Initial Goal = workout more
- Specific = I do not currently workout so I would like to be physically active most days of the week
- Measureable = I will be successful if I do some form of physical activity
- Achievable = yes, I need accountability but I like walking and yoga
- Relevant = physical activity may help to reduce my cancer risk and help me sleep better at night
- Time-bound = by the end of this March I will be consistently doing physical activity every day.

SMART GOAL = I will consistently exercise 30 minutes 5-7 days per week
Action Plan Items

SMART GOAL = I will consistently exercise 30 minutes 5-7 days per week by the end of March

- This month (January) I will exercise 15 minutes, 5 days per week
  - I will walk during my lunch break for 15 minutes
  - I will join the gym and commit to doing 15 minutes 5 days/week on different equipment to learn what I like to do
- I will invite a friend to go hiking twice a month
- I will attend 2 CSC exercise classes (nature walk, yoga, tai chi, etc.)
- I will increase my exercise to 20 minutes, 5 days/week in February
- I will increase my exercise to 30 minutes, 5-7 days/week in March
Would anyone like to share their goal, plan or reward system?
Questions?