



# “Nutritional Strategies for Carcinoid Patients”

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## Nutritional Strategies for Carcinoid Patients

### **Foods that Provoke Symptoms:**

- Large Meals
- Alcohol
- Tomatoes
- Fatty Foods
- Caffeine
- Chocolate
- Nuts
- Spicy Foods
- Raw Vegetables
- Pineapple
- Vinegar
- High-Amine Foods:
  - Aged Cheese: Cheddar, Swiss, Blue, Parmesan
  - Smoked, Salted, Pickled Meats
  - Soy Sauce, Tempeh, Tofu, Miso
  - Peanut, Coconut, Brazil Nut
  - Raspberries, Banana, Avocado
  - Shrimp Paste
  - Spoiled Protein
  - Fava Beans
  - Sauerkraut

## Nutritional Strategies for Carcinoid Patients

### **Low Residue Diet (Use for Diarrhea):**

Avoid Fibrous & Hard-to-Digest Foods:

- Beans
- Peas
- Nuts
- Seeds
- Raw vegetables
- Fruits w/skin
- Popcorn
- Salads
- High-fiber cereals
- Spicy foods
- Caffeine

Better Choices:

- Plain baked chicken, fish, egg-whites
- Well-cooked vegetable
- Applesauce, canned fruits--no skin (peaches, pears)
- White rice, pasta, potatoes without skin
- White toast, pretzels, melba toast, saltines
- Cream of wheat/cream of rice (w/cinnamon)
- Yogurt (usually tolerated)

Also:

- Consider adding electrolytes:
  - Smart Water & Coconut Water
- Glutamine may help prevent and manage diarrhea
  - mix it into a drink, 10g 3 X/day

## Nutritional Strategies for Carcinoid Patients

### **For Patients with NO SYMPTOMS:**

- Substitute vegetable for animal protein
- Balance EFA's; choose low-mercury fish 3-4x/wk
- Choose 2-3 fruits daily & 5-7 vegetable servings for optimal prevention
- Try to meet a fiber goal of 30-35 gm daily
- Limit alcohol
- Emphasize immunity-enhancing foods

### **What to consider WITH SYMPTOMS:**

- Smaller Meals
- No Alcohol
- Low-Fat Diet (Emphasize Omega-3 Intake)
- High Protein Intake & Niacin Supplements
- Eat Well-Cooked Vegetables, as Tolerated
- Avoid Amine-Rich Foods
- Follow a Low-Residue Diet

## Nutritional Strategies for Carcinoid Patients

### Serotonin:

The ONLY time that you need to stay away from foods that are high in Serotonin is before and during the collection of the 24-hour urine for the 5-HIAA test.

#### What to Avoid:

- Walnuts
- Pecans
- Pineapple
- Plantains
- Kiwi
- Plums
- Tomatoes
- Avocados
- Dates
- Grapefruit
- Cantaloupe
- Honeydew
- Olives
- Eggplant

#### What to Limit:

- Berries (all varieties)
- Apples
- Cherries
- Papaya
- Mango
- Pear
- Peach
- Orange
- Lemon
- Lime
- Carrots
- Cucumbers
- Lettuce
- Nuts & Seeds

→ Just keep the list handy for when you need it.  
You have enough to think about!

## Protein-Rich Recipes

### **High Protein Shake:**

#### Ingredients:

- 1 scoop vanilla whey protein powder or egg white powder (~20g protein per scoop)
- 1 c. vanilla rice milk or lactose-free milk
- 1c. frozen peaches
- 1 c. plain Greek yogurt or kefir yogurt drink
- 1 tbsp. agave sweetener

#### Directions:

- Place all ingredients in a blender
- Blend until smooth

### **Energy Boosting Frozen Yogurt**

#### Ingredients:

- 1 c. plain Greek yogurt with live active cultures
- 5-6 Strawberries
- Optional: Natural Sweetener: Agave Nectar

#### Directions:

- Place yogurt in deep glass bowl
- Add berries one-by-one to bowl while blending with hand emersion blender
- Add natural sweetener
- Blend until smooth
- Optional: Place in freezer for 5-10 minutes for thicker texture

### **High-Protein Snack Option: Salmon or Tuna Salad**

#### Ingredients:

- 6 oz. can Salmon or Minimal Mercury Tuna
- 1 tsp. lite canola-based mayo
- 1 tbsp. lemon juice
- 3 tbsp. chopped parsley and dill (antioxidant rich!)

#### Preparation:

- Place tuna, lemon juice and dill into a bowl
- Add mayo
- Mix well
- Enjoy on top of easily digestible crackers

## Low-Residue Recipes

### **Congee (Healing Comfort Food):**

#### Ingredients:

- ½ cup long-grain white rice
- 6 cups water or broth
- ½ tsp. salt
- Ginger root (optional)

#### Directions:

- Rinse rice in cold water and drain.
- Combine rice, water/broth, salt, and ginger root in a saucepan. Bring to a boil.
- Reduce heat to medium-low, stir occasionally and simmer, partially covered, about 1 hour, or until you reach a desired consistency.

\*Alternative: Use cinnamon to make this a sweet rather than savory comfort food.

### **Skinless Baked Apples:**

#### Ingredients:

- 4 cups of peeled & sliced Golden Delicious apples
- 2 Tbs Agave Nectar
- 1 Tbs Brown Sugar
- 1 tsp Cinnamon
- 1/4 tsp Vanilla Extract

#### Directions:

- In a bowl, combine all ingredients and gently stir
- Place in Pyrex, cover loosely with tin foil
- Bake at 350 degrees for 30 minutes