



**The Good Clean Nutrition Podcast
Podcast Episode 22 Show Notes**

Episode 22: Eating Well: Nutrition During Cancer Treatment with Cara Anselmo, MS, RDN, CDN

The National Cancer Institute estimates that approximately 40% of men and women will be diagnosed with cancer at some point during their lifetimes.* In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, is joined by Memorial Sloan Kettering oncology dietitian Cara Anselmo, MS, RDN, CDN to discuss nutrition and lifestyle recommendations for people who have been diagnosed with cancer. Tune in as Cara shares advice for people newly diagnosed with cancer, her top nutrition recommendations, and how to manage different side effects of treatment.

In this episode we'll cover:

- [3:07] Cara's path to becoming an oncology dietitian
- [4:39] Advice for people newly diagnosed with cancer
- [8:17] Steps to optimize nutrition after a cancer diagnosis
- [12:14] Managing side effects of cancer treatments
- [17:38] Unexpected weight gain during cancer treatment
- [21:42] Addressing the complexity of nutrition data
- [23:50] Debunking myths about soy
- [30:42] Top nutrition and lifestyle tips for people with cancer

**Source: The National Cancer Institute. Based on 2015–2017 data. Learn more: <https://www.cancer.gov/about-cancer/understanding/statistics>.*

About Cara Anselmo:

Cara Anselmo, MS, RDN, CDN is a Registered Dietitian Nutritionist specializing in oncology nutrition and is currently on staff at Memorial Sloan Kettering Cancer Center. Cara earned her Master of Science in Clinical Nutrition from New York University and her Bachelor of Arts degree in English from Brown University. She has over 15 years of experience working with patients and clients in a variety of settings, including seeing patients and clients privately, and is also a certified yoga teacher (CYT-200).

Connect with Cara on [Twitter](#) and [LinkedIn](#), and visit her [website](#).
Learn more about [Memorial Sloan Kettering Cancer Center](#).

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.



Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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