

New year, new foods! (Broadcast)

INTRO:

FROM EASING CHEMOTHERAPY-RELATED SIDE EFFECTS – TO SUPPORTING GUT AND IMMUNE HEALTH – EVERYDAY FOOD CHOICES CAN PLAY A MEANINGFUL ROLE IN OVERALL WELLNESS... ESPECIALLY FOR THOSE NAVIGATING CANCER TREATMENT.

TAKE VO

SYDNEY RUSSELL – ONCOLOGY DIETITIAN AT OSF HEALTHCARE – SAYS SIMPLE DIETARY ADDITIONS LIKE FIBER-RICH SEEDS... ANTIOXIDANT-PACKED FRUITS AND VEGETABLES... AND PLANT-BASED PROTEINS CAN HELP STRENGTHEN THE BODY AND IMPROVE YOUR QUALITY OF LIFE.

GINGER HAS LONG BEEN USED AS A NATURAL REMEDY... AND MODERN RESEARCH SUPPORTS ITS BENEFITS... PARTICULARLY FOR PEOPLE UNDERGOING CHEMOTHERAPY. GINGER CONTAINS AN ANTIOXIDANT COMPOUND CALLED GINGEROL – WHICH OFFERS A NUMBER OF HEALTH BENEFITS.

TAKE SOT | SYDNEY RUSSELL | ONCOLOGY DIETITIAN | OSF HEALTHCARE

"Gingerol is one of the antioxidant compounds found in ginger. It's excellent; from reducing chronic inflammation to helping relieve joint and muscle pain," Russell says. "It also helps manage nausea. Many of my patients undergoing oncology treatment are struggling with nausea. So, ginger tea, ginger broth and ginger smoothies can be great ways to help and keep nausea at bay."

VO TAG

RUSSELL ALSO RECOMMENDS "EATING THE RAINBOW." MEANING TO FOCUS ON FRUITS AND VEGETABLES WITH ANTIOXIDANTS IN THEM... WHICH SUPPORTS OVERALL HEALTH AND REDUCES OUR CANCER RISK. ADDING IN BERRIES... FRUIT LIKE ORANGES AND GOLDEN KIWI... OR VEGGIES LIKE LEAFY GREENS IS A GREAT START.