

# A Path to Reducing Lymphedema

- ❖ Avocado**
- ❖ Garlic**
- ❖ Papaya**
- ❖ Berries**
- ❖ Ginger**
- ❖ Pineapple**
- ❖ Broccoli**
- ❖ Green Tea**
- ❖ Quinoa**
- ❖ Cabbage**
- ❖ Leafy Greens**
- ❖ Sweet Potatoes**
- ❖ Chia Seeds**
- ❖ Lean Proteins**
- ❖ Tofu**
- ❖ Fatty Fish**
- ❖ Legumes**
- ❖ Turmeric**
- ❖ Flax Seeds**
- ❖ Oats & Nuts**
- ❖ Walnuts**



## Cruciferous Vegetables, Fruits & Leafy Greens, Fiber Foods and Lean Proteins have Anti-inflammatory Properties!

### Cruciferous Vegetables

- ❖ *Cabbage, Kale, Broccoli, Cauliflower, Brussel Sprouts, Arugula, Radishes, Turnips, Watercress, Bok Choy*



### Fruits & Leafy Greens

- ❖ *Colorful Berries*
- ❖ *Dark Leafy Greens*



## Battle Lymphedema Naturally!

### Fiber Foods

- ❖ *Whole grains, Legumes, Avocados, Beans, Fruits, Nuts & Seeds, Vegetables, Bran Cereals, Whole Wheat Pastas.*



### Lean Proteins

- ❖ *Plant-based Proteins*
- ❖ *Fatty Fish*
- ❖ *Poultry*



JUST  
ADD  
TO

- ❖ **HEALTHY SNACKING**
- ❖ **STEAMED SIDE DISHES**
- ❖ **SALADS & SANDWICHES**
- ❖ **YOGURTS & SMOOTHIES**
- ❖ **SOUPS, STEWS & SAUTEES**
- ❖ **GRILL, BAKE, BROIL, ROAST**

**FRESH FIRST!**  
**THEN FIGHTBACK!**



SCAN ME

## 10 lymphedema-fighting foods to naturally support wellness

While there are no specific foods that can directly cure lymphedema or replace medical treatments, maintaining a healthy diet may support overall well-being and help to manage symptoms during cancer treatments. *Here are some organic, natural foods that may help:*

- 1. Berries (Organic Blueberries, Strawberries, Raspberries):** **Nutrition Benefits:** Rich in antioxidants, fiber, and vitamins, berries can support immune health and reduce inflammation. **Phytochemicals:** Anthocyanins, quercetin, and ellagic acid are among the phytochemicals in berries with potential anti-cancer and anti-inflammatory properties, which may aid in reducing swelling associated with Lymphedema.
- 2. Cruciferous Vegetables (Organic Broccoli, Cauliflower, Brussels Sprouts):** **Nutrition Benefits:** High in fiber, vitamins, and minerals, cruciferous vegetables support digestive health and overall well-being. **Phytochemicals:** Sulforaphane, indole-3-carbinol and glucosinolates in these vegetables may also have anti-cancer properties.
- 3. Leafy Greens (Organic Spinach, Kale, Swiss Chard):** **Nutrition Benefits:** Rich in vitamins, minerals, and antioxidants, leafy greens promote bone health and provide essential nutrients. **Phytochemicals:** Chlorophyll, carotenoids (like lutein and zeaxanthin), and folate may contribute to their anti-cancer effects.
- 4. Turmeric (Organic Turmeric Root or Powder):** **Nutrition Benefits:** Contains curcumin, which has anti-inflammatory and antioxidant properties. **Phytochemicals:** Curcumin is the primary phytochemical in turmeric linked to potential anti-cancer effects and reduced inflammation associated with Lymphedema.
- 5. Garlic and Onions (Organic Garlic Cloves & Onions):** **Nutrition Benefits:** Garlic and onions are rich in vitamins, minerals, and antioxidants. **Phytochemicals:** Allicin, quercetin, and diallyl sulfide in garlic may have anti-cancer and anti-inflammatory properties associated with Lymphedema.
- 6. Green Tea (Organic Green Tea Leaves):** **Nutrition Benefits:** Contains antioxidants like catechins, which promote overall health. **Phytochemicals:** Epigallocatechin gallate (EGCG) is a catechin in green tea associated with potential anti-cancer and anti-inflammatory effects.
- 7. Ginger (Organic Fresh Ginger Root):** **Nutrition Benefits:** Contains vitamins, minerals, and antioxidants that support digestive health and reduce nausea. **Phytochemicals:** Gingerol is the primary phytochemical in ginger with anti-inflammatory properties.
- 8. Omega-3 Fatty Acids:** **Nutrition Benefits:** Foods rich in omega-3 fatty acids, such as fatty fish (*salmon, mackerel, sardines*), *flaxseeds* and *walnuts*, can help reduce inflammation associated with Lymphedema. Anti-inflammatory effects of Omega-3 fatty acids, particularly eicosatetraenoic acid (EPA) and docosahexaenoic acid (DHA) found in fatty fish, have potent anti-inflammatory properties. **Phytochemicals:** Lignans and ellagic acids also found in Omega-3 rich foods have antioxidant properties, which may assist with battling Lymphedema.
- 9. Fiber-Rich Foods (Whole Grains, Beans, Lentils, and Vegetables):** **Nutrition Benefits:** High fiber content can aid digestion and healthy weight in support of fight against Lymphedema. **Phytochemicals:** Phenolic compounds and flavonoids found in plant-based foods, fruits, vegetables, whole grains and legumes have antioxidant and anti-inflammatory properties that protect cells from damage, while also exhibiting potential anticancer effects.
- 10. Lean Protein Sources (Organic Chicken, Turkey, Tofu, Legumes):** **Nutrition Benefit:** Crucial for tissue repair and immune function can provide essential amino acids necessary for maintaining and repairing the body's tissues. **Vitamins and Minerals:** Lean proteins have key vitamins & minerals to support overall health, including vitamins C and D, calcium, and zinc, playing a role in immune function, bone health, and tissue repair. **Anti-Inflammatory:** Foods like tofu and legumes (beans, lentils, and chickpeas), contain phytochemicals that have anti-inflammatory properties. Chronic inflammation can exacerbate lymphedema symptoms, so reducing inflammation is beneficial.

# FIGHTING THE GOOD FIGHT

*Nutrition Naturally!*

**We can all help to naturally reduce lymphedema through the intake of plenty of water and foods with antioxidant properties.**

Lymphedema is a condition characterized by swelling in the arms or legs due to a blockage or damage to the lymphatic system. It is essential to consult with a healthcare professional, such as a lymphedema therapist or a specialist, to develop a personalized treatment and dietary plan.



**Lymphedema** can develop as a complication of cancer treatment rather than being a direct result of cancer itself. It most commonly occurs in individuals who have undergone surgery or radiation therapy for cancer, particularly when lymph nodes are removed or damaged during the treatment process. Lymphedema can occur in various types of cancer, including:



**Breast Cancer:** Breast cancer treatment often involves the removal of axillary (underarm) lymph nodes and radiation therapy to the chest area. This increases risk of lymphedema in the arm on same side as the affected breast.



**Gynecological Cancers:** Surgery or radiation therapy for cancers of the uterus, cervix, or ovaries will potentially disrupt the lymphatic systems in the pelvic area, possibly leading to lymphedema in the legs or lower abdomen.



**Prostate Cancer:** Lymph nodes near the prostate gland may be affected during surgery or radiation therapy for prostate cancer, which can result in lymphedema in the legs or genital area.



**Melanoma:** Melanoma is a type of skin cancer, and if it spreads to regional lymph nodes, it can lead to lymphedema in affected area. Lower extremity lymphedema (LEL) is the most frequent complication of both SLNB and inguinal lymph node dissection (ILND) in melanoma.



**Head and Neck Cancers:** Treatment for cancers in the head and neck region, such as oral, throat, or tongue cancers, may involve surgery or radiation therapy that affects the lymph nodes, potentially causing lymphedema in the face, neck, or upper chest.



**Sarcomas:** Sarcomas are a rare type of cancer that develop in soft tissues or bones. If they are near lymph nodes or vessels, treatments may cause lymphedema. Soft-tissue sarcomas (STS) occur throughout the body, but 40%–60% of STS are found in the lower extremities, with a majority in the thigh. Lymphedema is a potential complication of limb salvage for STS



**Lymphoma:** Lymphoma itself is a cancer of the lymphatic system, and it may sometimes cause lymphedema due to growth of cancerous cells within the lymph nodes and vessels. The lymphatic system is a key to overall health of the body, since bacteria, viruses, and noxious materials are filtered by lymph nodes, where they are eliminated by healthy lymphocytes.

**Please Note:** Not everyone who undergoes cancer treatment will develop lymphedema, and risk factors, severity, and an onset can vary from person to person. Management and prevention strategies for lymphedema are often incorporated into cancer treatment plans, such as lymph node-sparing surgical techniques and the use of compression garments. Patients should discuss individual risks or preventive measures (*including lifestyle and nutrition*) with their healthcare team, as early detection and proper management are keys to minimizing lymphedema's impact.

**Nutrition can be an intentional, integrated approach to fighting Lymphedema!**