



Q&A from the THRIVE session *Supplements & Nutrition* with Kelly Scheller Williams, RDN, LDN hosted on October 3, 2023.

What is the best diet for non-reoccurrence?

Mediterranean diet, Vegetarian diet

How can I ensure there will be no interactions with current medications/supplements?

Make a list of them, take pictures of the ingredients (if able), and check with your doctor and /or pharmacist.

Any specific nutrition related to MBC, particularly, HER2+?

Fiber! 30 grams/day from whole foods, fruits/veggies, plant-based proteins, etc. Try to choose grains, breads, cereals, etc. with ≥ 3 grams of fiber per serving.

What fruits are good especially when making smoothies?

All types of berries are wonderful bases for fruit/veggie smoothies. Bananas and avocados also work well.

Best supplementation for post-treatment osteoporosis?

Calcium and vitamin D - 500-1000mg calcium and 1000IU vitamin D daily. These doses are variable per individual and diet.

I work with Prostate cancer patients and many of them take turkey tail mushroom, thoughts?

Very healthy supplement in many ways. They are typically safe to take without many side effects. I would suggest patients talk to their oncologist regarding supplementing with treatment.

Protein powder and creatine?

Both are okay to take with or without treatment. I am not partial or biased to any particular type or brand.

If you are a healthy person, what vitamins would you recommend that most people need as a supplement on a daily basis?

Generally a Multivitamin for both Men and Women and calcium/vitamin D for women.



Diet suggestions for Immunotherapy?

Mediterranean diet, Vegetarian diet, Vegan diet

Is Saw Palmetto any good? Studies are very mixed.

Here is a good website by [Web MD](#).

What is an effective daily dose of curcumin/turmeric in a supplement?

~500mg/day

Are Amla powder and cranberry powders safe and helpful?

They both may be safe and helpful as they are full of antioxidants. I'm not aware of any interactions with meds/other supplements but may be concentrated powders like greens/reds and not advised to take during treatment.

Is magnesium safe and what type?

Yes, Mg is safe to take. Either form is okay to take:

- Mg citrate can help with constipation or cause diarrhea
- Mg glycinate can help with stress and inflammation

If there is a caffeine sensitivity, do green tea capsules/pills contain the same caffeine as when drinking green tea?

1 cup of green tea has 25-45 mg caffeine and 1 serving of green tea extract/capsule can range from 50-200 (mild to megadose).

Is Green Tea safe with Letrozole?

Yes, green tea is safe to take with letrozole.

What about other types of teas, rose hip, etc...are good for hot flashes due to anti-inhibitor for breast cancer?

Some studies show that Black Cohosh, Valerian Root, Licorice, Red Clover, and Ginko Biloba tea can help with hot flashes.

Why is CoQ 10 important?

Antioxidants to help protect cells from oxidation may help improve high blood pressure. Low levels may induce fatigue per studies.



What is a proper dosage of CoQ10 and can taking statins lower my CoQ10 level?

150-300mg/day (may be split up into two doses). Yes, people who are on heart-related medications have been shown to have lower CoQ10 levels per studies.

What about rice, white, jasmine, wild, or other?

For the best nutrition, choose wild rice, brown rice, and rice blends more often than white or jasmine rice.

Any supplements to avoid with Verzenio?

Just grapefruit juice and grapefruits.

“Treatment”, what about ongoing daily chemo by pill, is that during treatment, or not?

Yes, daily chemo pill is considered ‘treatment.’

Any known supplement interactions with Tamoxifen? Foods of most concern are grapefruits and tangerines. Here’s a great [link](#) to more info on foods and Tamoxifen.

Is someone who is on Tamoxifen for the next 5 years+, considered ‘in treatment’? Or this is only chemo and radiation?

Yes, this is considered treatment.

Any foods that help with lymphedema?

Choose whole foods, low sodium, non-processed foods.