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Effect of an individualized diet in body composition of breast cancer patients attending a navigator program in Sonora, Mexico

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Studies have shown that nutrition interventions in breast cancer patients improve their nutritional status and quality of life. Data about costs of specialized nutrition intervention programs regarding their cultural and socioeconomic status is limited. The aim of this study was to design an individualized diet for each breast cancer patient in a Navigator Program (NP) and determine the economic cost of the nutritional plan according to their socioeconomic status. Total energy expenditure was calculated and a caloric restriction was done according to the patient's nutritional status. The nutritional plan followed NIH guidelines and was adapted to the Mexican Food Equivalent System. A weekly menu was provided by a nutritionist based on four different configurations (w leguminous + w/wo milk or wo leguminous + w/wo milk) generated from the patient's usual diet. Weekly costs were calculated for each configuration based on local market prices in Hermosillo, Sonora, Mexico. From 27 subjects, 85% (23/27) had overweight or obesity, 61% (11/18) had a weekly income above 5 minimum wages, and 41% (11/27) received a 1500 kcal/d nutrition plan. The average weekly cost of a 1500 kcal nutritional menu was \$504 MNX \pm 46 [\$27 USD \pm 2], equivalent to 7 minimum wages/week (\$73 MNX [\$4 USD], minimum wage in Mexico). Animal protein was the most expensive food group, followed by vegetables and fruits. Health professionals in navigator programs should be aware of diet costs and socioeconomic data of breast cancer patients in order to improve their adherence to treatment, nutritional status and quality of life.

Biography

Ana T Limon-Miro is a nutritionist with a Master degree in Health Sciences at Universidad de Sonora. She is the coordinator of the nutrition area in the Navigator Program for Sonoran Breast Cancer patients at Universidad de Sonora. She is currently a PhD student in the Science Program of Centro de Investigación en Alimentación y Desarrollo A.C. interested in nutrition intervention programs in breast cancer patients.

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