LIVING WITH AN MPN NUTRITION QUICK FACT CARD
Compiled by the MPN Coalition

Myeloproliferative neoplasms (MPNs) are a group of rare blood cancers involving over-production of blood cells in the bone marrow.

Three specific MPNs are:

- Essential Thrombocythemia
- Myelofibrosis
- Polycythemia Vera

If you have one of these diseases, you may be wondering whether you have special needs related to nutrition. This Quick Fact Card provides some basic information on this topic from the members of the MPN Coalition.

Additional information, including videos and presentations from medical experts, is available on the websites of the Coalition members.

MPN COALITION
The MPN Coalition is a group of patient advocacy, awareness and support organizations seeking to empower MPN patients and their families by providing information and support services. Each member of the Coalition provides its own broad array of programs and services. In addition, these organizations collaborate to promote awareness and support for individuals and families affected by MPNs.

The information in this Quick Fact Card, along with additional information and resources such as videos, presentations and FAQs, may be found on the websites of the MPN Coalition members:

- MPN Advocacy and Education International
  - www.mpnavocacy.com
- MPN Education Foundation
  - www.mpninfo.org
- MPN Research Foundation
  - www.mpnresearchfoundation.org
- CancerCare
  - www.cancercare.org
- Cancer Support Community
  - www.cancersupportcommunity.org
- Leukemia & Lymphoma Society
  - www.LLS.org
- National Organization for Rare Disorders (NORD)
  - www.rarediseases.org

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A HEALTHY DIET is important

People living with MPNs often ask whether they have special nutritional needs or whether there are certain foods they should seek out or avoid. However, most physicians recommend adopting the same practices you would follow to achieve a healthy diet in general.

Many physicians recommend the Mediterranean diet for people living with one of the MPNs. This includes:

- Lots of plant-based foods such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy oils such as olive oil
- Limiting the use of salt and incorporate more herbs and spices for flavor
- Limiting red meat to just once or twice a month
- Eating fish and poultry at least twice a week

People living with MPNs may benefit from the following general guidelines:

- Eat dark green leafy and cruciferous vegetables daily such as broccoli, spinach, and kale
- Limit the amount of red meat, sugar and high-fat foods
- Incorporate whole grains and legumes (whole wheat bread, brown rice, beans)
- Drink fluids to stay hydrated

A person living with an MPN may have a weakened immune system as a result of his/her treatment. Anyone living with a weakened immune system should avoid eating:

- Raw meat, poultry, fish, eggs or shellfish
- Unpasteurized daily products
- Unwashed produce and fruits

If you have been losing weight or experiencing difficulty in maintaining your weight, you may find it helpful to:

- Eat smaller meals or snacks throughout the day rather than attempting three regular meals
- Drink fluids between meals rather than during meals to avoid a feeling of fullness
- Add milkshakes or other drinks high in calories to your diet