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# Nutrition and Carcinoid Syndrome

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## What is Carcinoid Syndrome?

Carcinoid Syndrome is a group of symptoms such as facial flushing, diarrhea, wheezing, and/or rapid heartbeat that are caused by hormones produced from neuroendocrine tumors.

## Nutrition tips for reducing symptoms:

- Eat 4-6 smaller, more frequent meals
- Choose foods lower in saturated fat (for example, lean meats/poultry, fish, plant oils, low-fat dairy\*)
- Limit alcohol
- Limit caffeine
- Limit spicy foods
- Limit sugar and sugary beverages
- Limit carbonated beverages
- Include soluble fiber into your diet if you have diarrhea
- Stay hydrated - aim for 8 glasses (64oz) of fluid per day
- Limit foods high in amines (see table below)

\*Choose lactose-free dairy products or non-dairy products if you are sensitive to lactose.

	<b>Eat More of These Foods</b>	<b>Limit These Foods</b>
Fruits	<ul style="list-style-type: none"><li>• Mango</li><li>• Plums</li><li>• Peaches</li><li>• Nectarines</li><li>• Papaya</li><li>• Apples</li><li>• Pears</li><li>• Strawberries</li><li>• Blueberries</li><li>• Grapes</li><li>• Cantaloupe</li><li>• Honeydew</li><li>• Cherries</li></ul>	<ul style="list-style-type: none"><li>• Ripe banana</li><li>• Raspberries</li><li>• Pineapple</li><li>• Dried fruit</li><li>• Fruit in heavy syrup</li><li>• Watermelon</li><li>• Prunes</li></ul>

Vegetables	<ul style="list-style-type: none"> <li>• Cooked vegetables</li> <li>• Potatoes (without skin)</li> <li>• Carrots</li> <li>• Squash</li> <li>• Zucchini</li> <li>• Turnips</li> <li>• Parsnips</li> <li>• Asparagus</li> <li>• String beans</li> <li>• Red bell pepper</li> <li>• Cucumber (peeled)</li> <li>• Cooked onions</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• Kale</li> <li>• Collard greens</li> <li>• Sauerkraut</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Cabbage</li> <li>• Brussel sprouts</li> <li>• Raw onions</li> <li>• Pickled foods</li> <li>• Avocado</li> <li>• Corn</li> <li>• Tomato and tomato products</li> </ul>
Proteins	<ul style="list-style-type: none"> <li>• Lean meats</li> <li>• Skinless chicken</li> <li>• Eggs</li> <li>• Seafood</li> <li>• Edamame</li> <li>• Almonds and almond butter</li> <li>• Pumpkin seeds</li> <li>• Walnuts</li> <li>• Pistachios</li> <li>• Chickpeas</li> <li>• Low-fat dairy (cottage cheese, yogurt, kefir, cream cheese, milk, mozzarella, ricotta)</li> </ul>	<ul style="list-style-type: none"> <li>• Fatty meats</li> <li>• Peanuts and peanut butter</li> <li>• Brazil nuts</li> <li>• Coconut</li> <li>• Beans</li> <li>• Nutritional yeast</li> <li>• Bacon and other processed meats (lunch meat)</li> <li>• Smoked/salted/pickled foods</li> <li>• Aged cheeses (cheddar, camembert, stilton)</li> <li>• Fermented soy (tofu, tempeh, miso)</li> </ul>
Grains	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• White rice</li> <li>• White bread</li> <li>• White pasta</li> <li>• Quinoa</li> <li>• Cream of wheat</li> <li>• Grits</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain (bread, cereal, pasta)</li> <li>• Brown rice</li> <li>• Bran</li> <li>• Popcorn</li> </ul>

Fats/Oils/Spices	<ul style="list-style-type: none"> <li>• Olive oil</li> <li>• Canola oil</li> <li>• Safflower oil</li> <li>• Sunflower oil</li> <li>• Herbs (basil, oregano, thyme, rosemary)</li> <li>• Spices (nutmeg, cinnamon, paprika)</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado oil</li> <li>• Butter</li> <li>• Coconut oil</li> <li>• Fried foods</li> <li>• Chips</li> <li>• Pastries</li> <li>• Spicy foods</li> <li>• Chocolate and cocoa</li> <li>• Shrimp paste</li> <li>• Fish sauce</li> <li>• Soy sauce</li> </ul>
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## Reducing Stress

Stress can play a role in triggering carcinoid syndrome. To help manage your stress:

- Include light to moderate physical activity as tolerated.
- Aim for 6-8 hours of sleep each night.
- Try meditation or breathing exercises.
- Reach out to mental health services for more stress management strategies.

Not everyone reacts to the same foods. It may not be necessary to cut out or limit all of these potential trigger foods. Keeping a food diary can be helpful when navigating this process. It may take some trial and error to find what works best for you. Work with your Registered Dietitian to come up with a plan that fits your needs.