Now that you have taken time to dream big and set some **SMART** goals, let's take the next step toward greater health!

*What is the role of nutrition in cancer recovery?*

Watch the lecture detailing the numerous benefits of proper nutrition during cancer recovery.
Nutrition and Cancer Recovery

- Nutritional interventions have been shown to contribute to:
  - Shorter hospital stays;
  - Decreased health care costs;
  - Faster healing;
  - Increased tolerance to treatment; and higher treatment dosages

Nutrition Program Objectives

- Improve quality of life
- Maintain a healthy weight
- Improve treatment tolerance
- Manage treatment-related side effects
- Improve eating habits

Goals of Nutrition Programming

- Optimize nutritional status before, during, and after cancer treatment.

Benefits of Nutrition Programming

- Shorter hospital stays
- Decreased healthcare costs
- Faster healing

Benefits of Nutrition Programming

- Increased tolerance to treatment
- Decreased complications during cancer treatment
- Better quality and quantity of life
- Decreased risk of subsequent disease

Cancer Fighting Eating Guidelines

- Eat 3 oz. fatty fish (salmon, tuna, sardines) twice a week.
- Eat 7 servings of whole grains daily.
- Eat 5-9 servings of fruits and vegetables daily. Choose a variety of dark colored produce –

Cancer Fighting Eating Guidelines

- Snack on nuts
- Flavor foods with phytochemical-rich herbs and spices
- Sip on green or black tea daily.
- Reduce total dietary fat by limiting animal fats
- Opt for healthier monounsaturated and omega-3 fats.
- Avoid polyunsaturated vegetable oils, such as corn oil and hydrogenated vegetable oils.

Resources

- American Cancer Society
- American Institute of Cancer Research
- National Cancer Institute
- USDA
- Academy of Nutrition and Dietetics Oncology Practice Group
- Eating Well Through Cancer by Holly Clegg and Gerald Miatello
- Cancer Fighting Eating Plan by Rebecca Katz and Mat Edelson
The next modules will help you put healthy eating into practice.
Cancer Fighting Eating Plan

Below are some basic, evidence-based guidelines you can follow when deciding what to eat. If this list seems overwhelming to you, select 1 or 2 to implement and once those become a habit, add another. Soon you will have tackled this whole list.

- Eat a plant-based diet centered on whole grains, legumes, fruits, and vegetables.
- Achieve and maintain a healthy weight. (For help, check out our Survivor Strong Program)
- Eat 3-4 oz fatty fish (salmon, tuna, sardines) twice/week.
- Omit processed meats, like bacon, sausage, hot dogs, and lunch meat.
- Limit red meat.
- Chose poultry, fish, or beans.
- Eat whole grains daily. Try new grains such as quinoa, bulgur, brown rice, and oats.
- Eat 5-9 servings of fruits and vegetables daily. Choose a variety of dark colored produce – orange, green, and red. Be sure to include cruciferous vegetables, such as broccoli, kale, and cabbage, as well as tomato products.
- Snack on nuts and seeds, but limit portions to ¼-1/3 cup.
- Flavor foods with phytochemical-rich herbs and spices such as oregano, rosemary, garlic, and turmeric.
- Sip on green or black tea daily.
- Drink lots of water.
- Limit or omit alcohol consumption.
- Reduce total dietary fat by limiting saturated animal fats and opt for healthier monounsaturated fat (olive oil, canola oil, and avocados) and omega-3 fats (salmon, flaxseeds, and walnuts).
- Limit polyunsaturated vegetable oils and avoid partially hydrogenated vegetable oils.
- Choose low fat dairy products or dairy alternatives like low fat milk and yogurt.