



Nutrition:

Part of Your Cancer Treatment Plan



From day one, nutrition should be considered alongside treatment for improved outcomes.

After a cancer diagnosis, eating well can help you throughout chemotherapy, radiation therapy and surgery. Aim to follow AICR's Cancer Prevention Recommendations during treatment.*

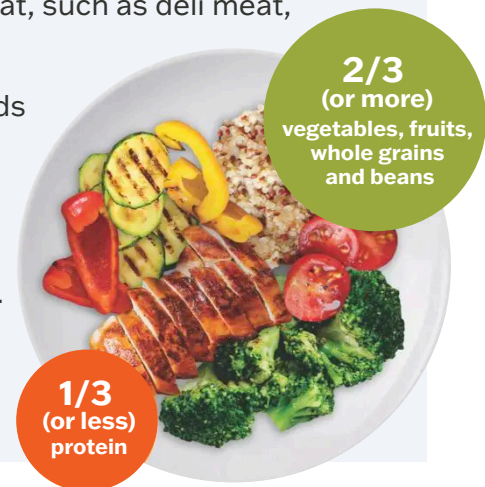
NUTRITION CAN HELP YOU:

- Heal and recover faster from treatments
- Reduce your risk of infection
- Support your immune system
- Build your strength and energy
- Tolerate side effects from treatments
- Maintain a healthy weight
- Replace or retain nutrients that are stored in your body
- Reduce your risk of cancer recurrence

***Work with a dietitian and your cancer care team to set up your personal nutrition plan.**

WHAT SHOULD I EAT?

- Fill 2/3 of your plate (or more) with plant-based foods such as vegetables, fruits, whole grains and beans.
- Fill 1/3 of your plate (or less) with protein such as fish, poultry, eggs or tofu.
- If you eat red meat, limit it to no more than 3 portions a week or about 12–18 ounces (cooked) in total.
- Eat little, if any, processed meat, such as deli meat, hotdogs, bacon or sausages.
- Limit consumption of fast foods and processed foods that are high in saturated fat, salt, refined starches or sugars.
- Limit sugar-sweetened drinks. Choose mostly water and unsweetened drinks.



Follow AICR's Cancer Prevention Recommendations after diagnosis for beneficial effects on survivorship and quality of life.

