

Nutrition for Cancer Survivors

Cancer survivors are encouraged to follow recommendations for cancer prevention to reduce the risk of recurrence and the risk for other cancers. In addition, these guidelines also can help to prevent other chronic conditions like diabetes and heart disease.

Diet and Lifestyle Changes

The following are guidelines that may help to reduce your risk for cancer and other health concerns.

- Eat a diet rich in whole grains, vegetables, fruits, and beans. Aim for meals made up of $\frac{2}{3}$ (or more) vegetables, fruits, whole grains, or beans and $\frac{1}{3}$ (or less) animal-based protein rich foods like seafood, poultry, and dairy foods, occasionally with lean red meat.
- If you choose to eat red meat, limit portions and eat no more than 12 to 18 ounces per week.
- Avoid processed meats, such as bacon, sausage, smoked meats, lunch meats, and hot dogs.
- Limit “fast foods” and other processed foods that are high in fat, starches, or sugars. Skip chips, cookies, candy bars, and baked goods, and choose more nutritious snacks like nuts and fruit.
- Limit drinks that are sweetened with sugar. Drink mostly water and unsweetened drinks.
- Avoid alcohol. For cancer prevention, it is best not to drink.
- Aim for a healthy weight by eating a healthy diet and exercising.
- Get at least 150 minutes (2 hours) of moderately intense physical activity per week. That’s about 30 minutes a day, 5 days a week. You can break up a day’s goal into a few minutes here, a few minutes there, if you need to. Talk with your health care team about the types of activities that are best for you.

More Information

To learn more about healthy choices to prevent cancer, talk to your registered dietitian nutritionist (RDN). Check these websites for more information about nutrition and cancer prevention:

- American Cancer Society: www.cancer.org
- American Institute for Cancer Research: www.aicr.org

