



NUTRITION AND THE CANCER SURVIVOR

You probably already know that eating well and staying active can promote overall health and a sense of well-being. But did you know that making those same changes may also help keep cancer from returning?

Your nutritional needs are key to your well-being. For cancer prevention, good nutrition has also been found to help fend off both recurrence and secondary cancers. Following are 10 cancer prevention recommendations that combine both good nutrition, weight control and exercise.

1) HEALTHY WEIGHT

Maintain a healthy weight by staying within your healthy range.

- Avoid weight gain. Find your healthy range by calculating your body mass index (BMI). Aim to stay within the lower end of your BMI range.
- Body fat in the waistline acts like a hormone pump, releasing insulin, estrogen and other hormones into the bloodstream. This hormone-releasing action can spur cancer growth.

2) PHYSICAL ACTIVE

Be physically active as part of everyday life.

- Be moderately physically active, equivalent to brisk walking, for at least 30 minutes every day.
- As fitness improves, aim for a minimum of 150 minutes of moderate — or 75 minutes of vigorous — physical activity every week.
- Limit sedentary habits.

3) HEALTHY DIET

Base all your meals on plant foods.

- Aim to fill at least two thirds/more than half of your plate with vegetables, fruits, whole grains and beans.
- Plant foods contain vitamins, minerals and phytochemicals. These compounds can help protect cells in the body from damage that can lead to cancer.
- Plant-based foods have less calories, which can also help maintain a healthy weight.
- Eat relatively unprocessed cereals (grains) and/or legumes with every meal.
- Limit refined starchy foods.

4) PROCESSED FOODS

Avoid processed foods.

- Limit consumption of “fast foods” and other processed foods high in fat, starches or sugar.

5) RED AND PROCESSED MEATS

Limit intake of red meat, and avoid processed meat.

- People who eat red meat should consume modest amounts — 12 to 18 ounces (cooked) per week with very little, if any, of it processed.

6) ALCOHOLIC DRINKS

Limit alcoholic drinks.

- If alcoholic drinks are consumed, limit consumption to no more than two drinks per day for men and one drink per day for women.

7) PRESERVATION, PROCESSING, PREPARATION

Maintain a low salt intake.

- Limit consumption of salt.
- Avoid salt-preserved, salted or salty foods; preserve foods without using salt.
- Limit consumption of processed foods with added salt to ensure an intake of less than 6 grams (2.4 grams sodium) a day.
- Do not eat moldy cereals (grains) or legumes.

8) DIETARY SUPPLEMENTS

Aim to meet nutritional needs through diet alone.

- Dietary supplements are not recommended for cancer prevention.

9) CANCER SURVIVORS

Follow the recommendations for cancer prevention.

- All cancer survivors should receive nutritional care from an appropriately trained professional.
- If able to do so, and unless otherwise advised, aim to follow the recommendations for diet, healthy weight and physical activity.

And always remember — do not smoke or chew tobacco. If you currently smoke or use tobacco, ask your physician about ways to quit.

Source: World Cancer Research Fund/American Institute for Cancer Research: Food, Nutrition, Physical Activity and the Prevention of Cancer. A Global Perspective. Washington, D.C.



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