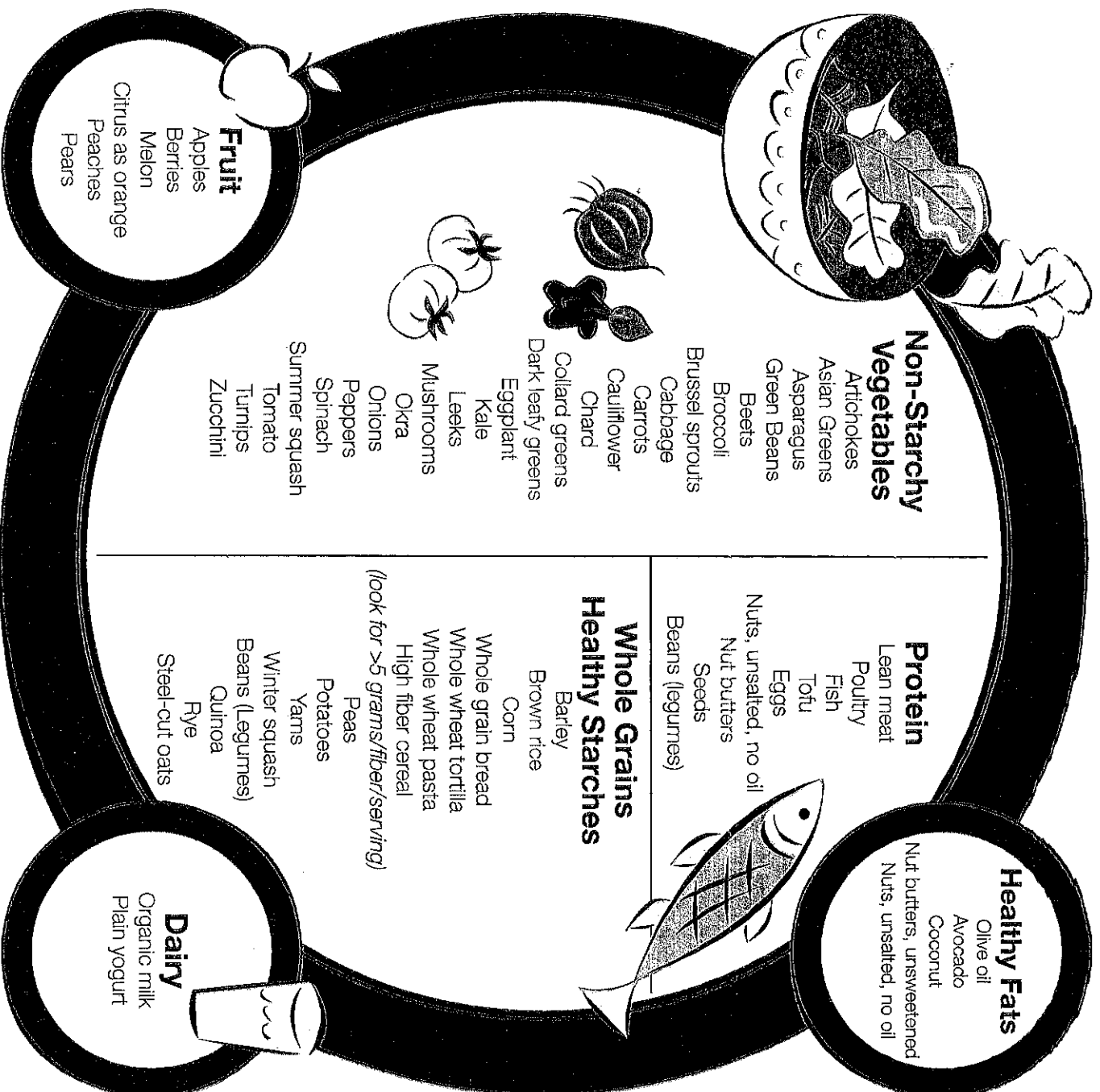
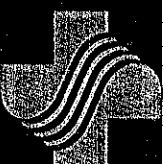


# Nutrition Guidelines for Survivorship

Your long-term eating plan can make a difference in slowing down cancer growth and preventing recurrence. Balanced nutritious meals can also increase your energy and keep your immune system strong. This is what your plate should look like:





## General Nutritional Tips

**Grains:** Grains are divided into 2 groups. Whole Grains and Refined Grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm and provide fiber and B Vitamins. Examples include 100% whole wheat bread, steel cut oatmeal, brown and wild rice. Have up to 2 servings (one cup) per meal. Rarely choose refined grains such as white rice and white bread.

**Vegetables:** Choose non-starchy vegetables often. Enjoy unlimited amounts, preferably without added sauces and dressing. Choose a variety of colors, like the rainbow. Aim for 6 servings every day, 3 cups cooked or 6 cups raw or a combination.

**Fruits:** 3-4 servings per day. One serving is about ½ cup or a small piece of fresh fruit such as a small apple or pear.

**Protein:** Choose one serving of protein at each meal. Good protein sources are: Beans or Legumes (such as lentils, chickpeas, soybeans, black eyed peas, kidney, pinto). Have these at least 3 times a week, ½ cup or more each time.

Choose only lean meats, skinless chicken and turkey a few times a week if you do eat meat. Choose wild fish such as salmon, sardines, trout, more often. 3oz. cooked equals one serving.

Choose nuts and seeds such as unsalted almonds and walnuts without added oils or sugars, and nut butters such as unsweetened almond butter and peanut butter. If you are overweight or trying to lose weight, minimize these. One serving is ¼ cup of nuts or 2 tablespoons of nut butter.

Eggs - 1 to 2 - organic whenever possible, several times weekly.

**Fats:** Increase or decrease depending on your weight as these are high in calories.

## Additional Lifestyle Tips

- Minimize concentrated sweets and sugar in your diet. No sweetened beverages, sugary desserts or pastries.
- Choose foods with less ingredients on the label
- Maintain a healthy body weight
- Physical activity – Get at least 30 minutes five times weekly.
- Search for joy, meaning, and purpose

## Sample Menu for Survivorship Eating Plan

### Breakfast

- Steel-cut oatmeal with blueberries, sprinkled with cinnamon
- 2 poached eggs
- Hot tea

### Lunch

- Lentil sweet potato soup
- Turkey sandwich on whole-grain bread, with spinach, tomato, mustard
- Salad with dark greens, broccoli and carrots, olive oil and vinegar
- Fresh fruit such as a pear
- Sparkling water with lemon

### Dinner

- Baked salmon
- Sautéed vegetables, at least one cup of asparagus and mushrooms
- Wild or brown rice
- Herbal tea

### Snack

- Plain yogurt, sprinkled with walnuts, raspberries