

New Connections

HELPING YOU FIND YOUR WAY AFTER TREATMENT



Issue 21



The basics of
good nutrition
still apply.

As you might expect, suggestions for good nutrition are the same for people who have had cancer as those for people who have never had the disease. Eat your vegetables and fruits. Eat low-fat protein and fiber. Sound familiar?

The truth is that a balanced, nutritious diet may be even more critical to you than to people who haven't had cancer because it will help you to:

- Regain your strength
- Boost your energy
- Rebuild tissue
- Reduce lingering treatment side effects
- Maintain your proper weight
- Speed healing and recovery
- Feel better overall

If you have recently finished treatment, this is an important time and you want to do what's best for you. And doing so will help you to focus on your health and well-being rather than on the disease you had. Even if you are a 10-year survivor, it never hurts to be reminded of the value of good nutrition.

Below are the American Cancer Society's guidelines for healthful eating as well as a reference for typical serving sizes. You'll be amazed at how easy it really is to get the nutrients you need each day. We've also provided a list of items you should have in to keep in your pantry. You'll see that eating better doesn't mean you have to give up all your favorite foods.

Guidelines for healthful eating

- Eat five or more servings of vegetables and fruits every day. A single serving might be:
 - 1 cup of chopped vegetables, or an amount the size of a baseball
 - 1 cup of lettuce or other leafy vegetable, about 4 leaves
 - 1 medium apple or orange, about the size of a tennis ball
 - 1/2 cup of chopped, cooked, or canned fruit
 - 3/4 cup of 100% fruit juice or 100% vegetable juice
- Eat whole grain bread, pasta, and cereal instead of refined grains. A single serving might be:
 - 1 slice of bread
 - 1 ounce of ready-to-eat cereal, or about 1/2 to 3/4 cup
 - cup of cooked cereal, rice, or pasta
- Limit red meat and eat more poultry, fish, beans, or nuts. A single serving might be:
 - 2 to 3 ounces of baked chicken breast or a piece the size of the back of your fist
 - 1/2 cup cooked or canned beans or peas

- 1/3 cup nuts
- 1 egg
- Choose low-fat or non-fat dairy to reduce your intake of saturated fat. A single serving might be:
 - 1 cup of milk or yogurt
 - 2 ounces of processed cheese or 3 sandwich-size slices

Shopping List: Basic ingredients for a healthy kitchen.

The first step to cooking healthy is to stock your kitchen with a variety of foods that you can toss together in a hurry for healthy meals. Keep these foods on hand for fast meals on busy nights.

In the Cupboard

- Beans: Black, pinto, kidney, chickpeas, lentils, refried
- Rice: Brown, long grain, rice mixes
- Pasta: Whole wheat, spaghetti, fettuccine, penne, bowtie, ramen noodles
- Other grains: Couscous, orzo, cornmeal, whole wheat crackers, bread sticks, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, salsa
- Canned vegetables: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, raisins
- Sauces: Pasta, pizza, tomato
- Soups: Canned soups, broth and bouillon and dried soup mixes
- Meats: Canned tuna, salmon, minced clams, and chicken
- Evaporated milk
- Vinegars: Cider, red and white wine, balsamic
- Oils: Olive, canola, peanut, and nonfat cooking spray

In the Refrigerator

- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, mozzarella, Swiss, Monterey Jack, cottage, Parmesan
- Reduced-fat sour cream and cream cheese
- Whole wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, and chili
- Ketchup and mustard (spicy and Dijon)
- Salad dressings with olive oil or reduced fat

In the Freezer

- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: Whole grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra lean hamburger
- Fish: Red snapper, salmon, orange roughy, cod, flounder, sole
- Frozen yogurt or fruit sorbet

And Now....

Once you've stocked up your pantry, click [here](#) for ways to incorporate those items into dishes you already make!

**For more cancer information, call 1-800-ACS-2345
or visit www.cancer.org, anytime, day or night.**

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