

# HEALTHY FORKS

*Fighting Cancer One Fork at a Time*

## NUTRITION SURVIVORSHIP GUIDELINES



gerenme via Getty Images

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## Importance of Nutrition Research

According to the National Institute of Health, nutrition plays a major role in disease prevention and treatment, and it is widely recognized by health professionals and patients as an important foundation for healthcare. Extensive research has led to the development of many specific guidelines for cancer prevention and survivorship.

Following these guidelines may help to prevent a cancer from returning or developing a second type of cancer. There are several reasons why these guidelines are important:

- Cancer survivors who have finished treatment may still have undetected cancer cells in their bodies.
- Cancer survivors have a higher risk of developing:
  - a second type of cancer
  - osteoporosis
  - obesity
  - heart disease
  - diabetes
  - difficulties performing daily activities

## American Institute of Cancer Recommendations

AICR experts estimate that overall, about 1/3 of cancers in the 1.5 million cancers that occur every year in the US could be prevented by following these guidelines. For several specific types of cancer, following them could prevent even more cases.

1. **Maintain your weight** within the healthy range, and prevent gaining weight
2. Be physically **active for at least 30 minutes, 5 days each week**
3. Make **whole grains, vegetables, fruits, and beans** the focus of your diet
4. **Limit** consumption of **fast food** and **processed food**
5. Consume **at most 12-18 oz of red meat** (beef, pork, lamb) each week
6. **Drink mostly water or other unsweetened beverages**, avoid sugary beverages
7. If consumed at all, **limit alcoholic beverages** to 2 for men and 1 for women per day
8. **Do not use supplements** to protect against cancer
9. It is best for mothers to **breastfeed exclusively for up to 6 months**, if able, and then add other liquids and foods.
10. After treatment, cancer survivors should **follow the recommendations for cancer prevention.**

\* Visit the AICR website for further info at [www.aicr.org](http://www.aicr.org)

# Adopt a Physically Active Lifestyle

Physical activity includes all types of movement, from simple daily tasks to structured activity. Being physically active should not feel like a chore, but rather enjoyable movement. Benefits from being physically active even come from small movements throughout the day, such as taking the stairs instead of the elevator. Keep it simple by aiming to move more and sit less.



## How much physical activity do you need?

Here are the American Heart Association recommendations for adults.



### Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



### Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



### Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



### Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



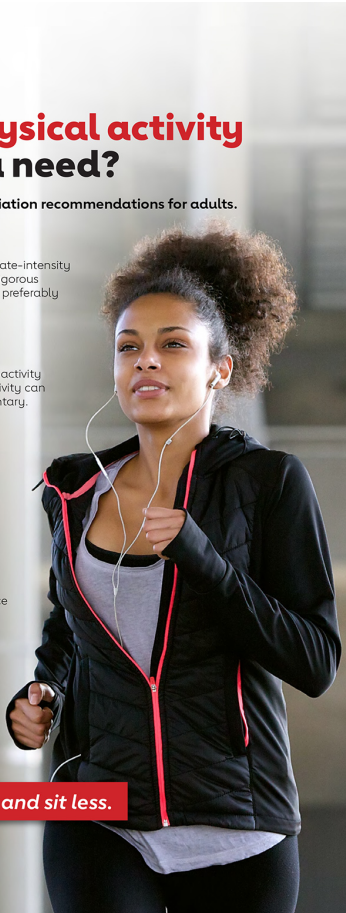
### Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.

**Move more, with more intensity, and sit less.**

Find out how at [heart.org/movemore](http://heart.org/movemore).

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Making physical activity a way of life is more cost-effective than an expensive gym membership. You may be more likely to stick with it, and over the long term you'll be healthier, more mobile and just feel better all around! Having an "active lifestyle" includes walking around while talking on the phone, taking the stairs instead of the elevator, and walking or riding a bicycle to run errands. Not only does this eliminate the issue of time constraints we face when trying to schedule trips to the gym, those who report an active lifestyle generally tend to meet the physical activity guidelines for Americans recommended by the US department of health.

## Keep activity simple: Move more and sit less!

1. Make a Plan- Create your goals based on your current level and are realistic
2. Be Consistent- The best way to keep being active everyday is to make it fun and not a chore, do what excites you



Adults need a mix of physical activity to stay healthy.

### Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

AND

at least  
**2**  
days  
a week



If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

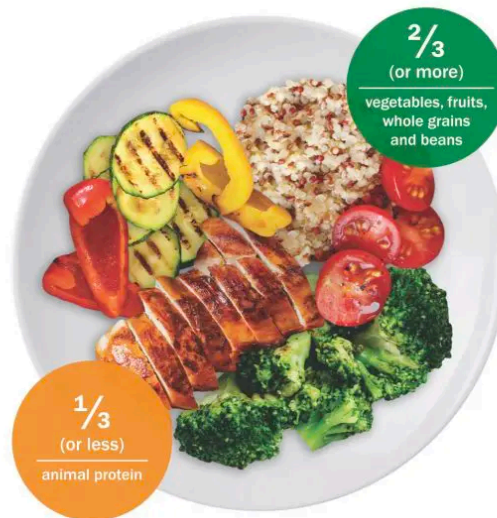


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# Healthy Forks Guidelines

Fighting Cancer One Fork at a Time

## The New American Plate



### Follow the 2/3 + 1/3 New American Plate Guide

Fill 2/3 of your plate with a variety of plant foods- whole grains, vegetables, fruit, beans

Fill 1/3 of your plate with plant-based protein or animal protein

Choose mostly seafood or poultry for your animal protein, keep red meat occasional

Eat smaller portions

Switch to low fat dairy products

**Make your grains WHOLE GRAINS:** A product that contains at least 8 grams (half a serving) of whole grain per serving, but may also contain some refined grain.

Cut back on foods with added sodium, sugar, and fat.

Choose water or unsweetened beverages over sugary drinks like soda and juice



# Try to pick a food from each color group!



## BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

## RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons



# EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

## GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

## ORANGE & YELLOW

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

## WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

**EAT SMART**   **MOVE MORE**   **BE WELL**

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)

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## Understanding “Label Language”

### “100% Organic”

All of the ingredients are organic



### “Organic”

A minimum of 95% of the ingredients are organic  
The package can still include the USDA Organic label



### “Made with Organic Ingredients”

70% to 94% of the product is organic. The USDA logo cannot be used on this package.

### “Natural”

The USDA says meat, poultry and eggs labeled with this word must have no artificial ingredients and be minimally processed. It is safe to assume that “natural” means non-organic.



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### **“Fair Trade”**

Nongovernment organizations certify that growers received minimum prices and community support from buyers as well as followed specific environmental practices. Standards aren't as strict as for Organic.



### **“Free- Range”**

Birds such as chickens are sheltered and have continuous access to the outdoors, along with unlimited access to food and water. However, these claims are not certified.

### **“Cage-Free”**

Birds can freely roam inside a building or room with unlimited access to fresh food and water. They're without cages but can still be packed very tightly, even when organic.



### **“Grass-Fed”**

Animals receive most of their nutrition from grass throughout their lives but may also eat hay or grain indoors during the winter. Animals may still receive antibiotics and hormones, according to the USDA.

### **“No Added Hormones”**

Already true of organic, but there is no certification for these claims.

### **“Whole Grain”**

A product with this stamp contains at least 8 grams (half a serving) of whole grain per serving, but may also contain some refined grain.





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## Antioxidants

Antioxidants have been shown to reduce damage caused by free radicals. Free radicals are unstable molecules that can cause damage to healthy cells, including DNA. If the DNA of a healthy cell is damaged, it may develop into cancer.

Sources of free radicals:

- pollution
- radiation
- sunlight
- cigarette smoke
- herbicides
- alcohol
- aging
- injury

Antioxidant	Benefits	Sources
<b>Vitamin E</b>	May help to slow the formation of cancer, and possibly reduce tumor size	corn, soybean and safflower oil, wheat germ, nuts
<b>Vitamin C</b>	May help to protect cells from damage by free radicals, plays a role in immunity, bone and collagen formation, and protecting the vascular system	kiwi, citrus fruits, strawberries, cantaloupe, broccoli
<b>Selenium</b>	A mineral that helps to protect cells from free radicals, regulates thyroid function, and plays a role in the immune system	brazil nuts, beef, seafood, turkey, chicken breast
<b>Zinc</b>	May enhance the activity of enzymes in the body, possibly helping with wound healing and improving the senses taste and smell	oysters, red meat, chicken, beans, nuts, whole grains, fortified foods (like breakfast cereal)

## Phytochemicals

Phytochemicals are plant chemicals that act as antioxidants- they are found in fruits, vegetables, legumes, nuts, seeds, whole grains, fungi, herbs, and spices. They have an effect on the smell, color, and flavor of the plant. In order to reap the benefits that phytochemicals have to offer, it is important to eat 5-9 servings of a wide variety of colored fruits and vegetables a day.

According to the AICR phytochemicals provide a frontline defense against cancer.

Phytochemical	Food Sources
<b>Addiallyl sulfides</b>	Onions, garlic, leeks, chives
<b>Anthocyanin</b>	Purple grapes, blueberries, cherries, plums, eggplant skin, red cabbage
<b>Beta carotene</b>	oranges,carrots, apricots, cantaloupe, mangoes, pumpkin, sweet potato, winter squash, spinach, broccoli, kale
<b>Capaicin</b>	Chili peppers
<b>Catechins</b>	Apple,grapes, pomegranates, raspberries, red wine, tea, dark chocolate
<b>Curcumin</b>	Ginger, turmeric
<b>Indoles</b>	Broccoli,cabbage, kale, cauliflower,brussels sprouts
<b>Isoflavones</b>	Soy beans, tofu, soy milk
<b>Isothiocynates</b>	Broccoli,cabbage, kale, cauliflower,, brussels sprouts
<b>Labiata</b>	Rosemary, sage, oregano, thyme
<b>Lignans</b>	Flaxseed oil, flaxseed flour, flaxseed meal, ( whole flaxseed cannot be digested so it has no health benefits)
<b>Lutein</b>	kale, spinach, collard greens, Swiss chard, romaine lettuce, broccoli, kiwi, brussels sprouts
<b>Lycopene</b>	Tomatoes, ketchup, tomato sauce, guava, watermelon, red grapefruits
<b>Monoterpenes</b>	Citrus fruits, mint, sage, cherries,, cranberries
<b>Phthalides</b>	Celery Seed
<b>Quercetin</b>	Outer part of onion
<b>Reservatrol</b>	Red and purple grape skin, red wine, grape juice



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to Pesticides in Produce™

**I** Imported  
**D** Domestic

- WORST**
1. Apples
  2. Celery
  3. Strawberries
  4. Peaches
  5. Spinach
  6. Nectarines **I**
  7. Grapes **I**
  8. Sweet bell peppers
  9. Potatoes
  10. Blueberries **D**
  11. Lettuce
  12. Kale/collard greens



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- BEST**
1. Onions
  2. Corn
  3. Pineapples
  4. Avocado
  5. Asparagus
  6. Sweet peas
  7. Mangoes
  8. Eggplant
  9. Cantaloupe **D**
  10. Kiwi
  11. Cabbage
  12. Watermelon
  13. Sweet potatoes
  14. Grapefruit
  15. Mushrooms

## How to Read Food Labels

The nutrient contents of a product are displayed on the nutrition facts panel. Almost all processed foods, meat and chicken have a nutrition facts panel. Fresh fruits, vegetables and some raw sources of protein (such as meat, chicken and fish) do not have a label.

**New Label / What's Different?**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 2mcg 10%	
<b>Calcium</b> 260mg 20%	
<b>Iron</b> 8mg 45%	
<b>Potassium</b> 240mg 6%	

**Servings: larger, bolder type**

**Serving sizes updated**

**Calories: larger type**

**Daily Values Updated**

**New: added sugars**

**Change in some nutrients required**

**Actual amounts declared**

**New footnote**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Familiarizing yourself with the Nutrition Facts label is important. Here are a few tips:

- Serving sizes are based on what is normally eaten. It's different for every product. Take note of the serving size of a product at the top of the panel. It may be different from what you expect.
- G=Gram. Mg=milligram
- Although you may not be on a 2,000 kcal diet, the percent daily value is a good approximation of what you are eating.
- Calories, fat, cholesterol, sodium, total carbohydrate and protein are listed on the left side of the panel.

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## **About those Health and Nutrient Claims**

Health claims link food with preventing disease states, such as Heart Healthy Foods. Nutrient claims use approved wording to describe the nutrient value foods, for example, low calorie foods. Let's look at a few.

### **Calories**

- **Calorie free:** Less than 5 calories per serving
- **Low calorie:** 40 calories or less per serving
- **Reduced calorie:** At least 25% lower in calories than a “regular,” or reference food.

### **Fat and Cholesterol**

- **Cholesterol free:** Less than 2 mg of cholesterol and 2 g or less saturated fat and trans fat combined per serving.
- **Low cholesterol:** 20 mg or less of cholesterol and 2 g or less saturated fat per serving
- **Reduced or Less Cholesterol:** At least 25% less cholesterol than a reference food and 2 g or less saturated fat per serving
- **Fat free:** Less than 0.5g of fat per serving
- **Low fat:** 3 g or less fat per serving
- **Saturated fat free:** Less than 0.5g of saturated fat and less than 0.5g of trans fat.
- **Less saturated fat:** 25% or less saturated fat and trans fat combined than the comparison food
- **Reduced saturated fat:** At least 25% less saturated fat and reduced by more than 1 g saturated fat per serving compared with a reference food
- **Trans fat free:** Less than 0.5 g of trans fat and less than 0.5 g of saturated fat per serving
- **Percent (%) fat free:** Used only if the product meets the definition of low fat or fat free. Percent fat free indicates how much fat is in 100 grams of food. For example, if 100 grams of food has 7 grams of fat in it, the food is 93% fat free.
- **Lean and extra lean:** Indicates the fat content of meat, chicken and seafood
  - Lean:**
    - Less than 8g total fat and 3.5g or less saturated fat and less than 80mg cholesterol per serving
  - Extra Lean:**
    - Less than 5g of fat and less than 2g of saturated fat and trans fat combined, and less than 95mg of cholesterol per serving.

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## Sodium

- **Sodium Free:** Less than 5 mg per serving.
- **Very low sodium:** 35 mg or less sodium per serving.
- **Low sodium:** 140 mg or less sodium per serving
- **Reduced sodium:** At least 25% lower in sodium than the regular product

## Sugar

- **Sugar Free:** Less than 0.5 mg grams of sugar per serving
  - **No Added Sugar:** No sugar has been added, but there may be natural sugar in the food.
  - **Zero net carbs:** Sugar Alcohols and fiber have been taken away from the total carbohydrate amount in the food.

## Fiber

- **High Fiber:** 5 g or more per serving. (Foods making high-fiber claims must fit the definition of low fat, or the level of total fat must appear next to the high-fiber claim.)
- **Good source of fiber:** 2.5 g to 4.9 g per serving.
- **More or Added Fiber:** At least 2.5 g more per serving than a reference food

## Other Terms

- **Free, Without, No, Zero:** None or a trivial amount.
- **Calorie free:** Means containing fewer than 5 calories per serving
- **Sugar Free and Fat Free:** Means containing less than half a gram per serving
- **Good source:** 10%-19% of the Daily Value per serving
- **Healthy:** Low in fat, saturated fat, trans fat, cholesterol, and sodium and containing at least 10% of the Daily Value for Vitamin A, Vitamin C, Calcium, Iron, Protein, or Fiber.
- **High in:** 20% or more of the Daily Value for a given nutrient per serving; other terms include “rich in” or “excellent source.”
- **Less, Fewer, Reduced:** Containing at least 25% less of a nutrient or calories than a reference food. For example, Pretzels can claim to provide less fat than potato chips.
- **More, extra:** At least 10% more of the Daily Value than in a reference food. The nutrient may be added or may occur naturally.



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## Vitamins, Minerals, and Herbs

**Choosing a multivitamin:** A multivitamin that offers 100% of the daily value of the nutrients offered in the product is desirable. This information is on the nutrient facts label. However, its important to avoid multivitamins that have herbal products. Ingredients derived from herbs can pose harmful drug interactions with your prescriptions or over the counter medications.

**To take or not take additional vitamins, minerals, antioxidants or herbal products:** Unless recommended by your doctor or dietitian, such additional products are not required. Obtaining the nutrients provided by these products from a plant based diet instead, is the optimal decision. Store bought vitamins, minerals, and antioxidants do not provide your body with the ideal form of nutrients. These nutrients are better obtained from a healthy diet. In addition, high doses of supplements can be harmful and can interfere with your medications. It is important to consult your healthcare team if and when you are considering any additional supplements. There is not enough research that can confirm if herbal supplements or healthful or useful, so it is important to always practice caution. Concerns or questions should again, be directed to your healthcare team.

**Supplement Quality:** As of now, there are no government agencies that review the safety of dietary supplements. This includes all vitamins, minerals and herbal products. However, two third party organizations can provide you with the additional information and the safety of such products:

- ConsumerLab.com (CL), [www.ConsumerLab.com](http://www.ConsumerLab.com): Consumer Lab performs independent review of dietary supplements, and publishes this information on their website. Information is available to subscribers only. Brands that meet CL standards may carry the CL seal of approval on their product.
- United States Pharmacopeia (USP), [www.uspverified.org](http://www.uspverified.org): Supplement manufacturers volunteer to participate in this program. Quality products review the USP Verified seal of approval. Products are tested for quality, purity and potency. There are many USP verified brand and generic supplements on the market.



<http://www.popsugar.com/fitness/Label-Able-USP-Verified-Supplement-Mark-638682>



<http://www.anh-usa.org/what-you-need-to-know-about-consumerlab-com/>

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## The Soy Controversy

Soy is everywhere. Whether we are looking at new soy products or products that have soy as an ingredient, it's hard to avoid soy. For the purposes of this discussion, we will be focusing on soy-derived foods such as tofu, soy milk and soy powder.

Although soy does provide a number of benefits and nutrients, there is a controversy around soy consumption and cancer. This controversy revolves around the phytochemical isoflavone, a component of soy.



### AICR on Soy

*Soy foods contain isoflavones, which are phytoestrogens that in some ways mimic the action of estrogen. Because high levels of estrogen link to increased breast cancer risk, there was a fear that soy foods – and its isoflavones – may increase risk. Yet overall, human studies show soy foods do not increase risk and in some cases, research suggests they may lower it.*

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## Limit Alcohol

Happy Hour may be good for the bar, but definitely not for your health. The AICR recently stated that:

*Breast cancer isn't the only type of cancer to which drinking alcohol is linked. AICR's expert report, **Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective and Continuous Update Project** found strong evidence that alcoholic beverages increase risk of developing the following cancers:*

- Mouth
- Pharynx
- Larynx
- Esophagus
- Pre and Post-Menopausal Breast
- Colorectal
- Liver

Not only is alcohol high in calories, it has a very limited nutritional benefit. Abstaining from alcohol is what is best for your health. However, if you do want to drink, men should limit themselves to two servings or less of alcohol a day. Women should limit their servings to one or less per day. A serving is:

- 5 ounces of wine
- 12 ounces of beer
- 1 ½ ounce of liquor.

Drinking 5 or more drinks during one drinking episode is considered **binge drinking**-- the more excessive drinking becomes, the more harm it poses on your health. According to the National Institute of Health, drinking too much on one single occasion OR over time, may increase the risk of developing the cancers listed above.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 minutes Before Breakfast</b>	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water
<b>Breakfast ~200 cal</b>	8 oz green tea 6 oz hormone-free yogurt ¼ cup high fiber cereal	8 oz green tea 1 organic egg 1 slice high fiber toast	8 oz green tea 6 oz hormone-free yogurt ¼ cup high fiber cereal	8 oz green tea 1 tbsp peanut butter 1 slice high fiber toast	8 oz green tea 1 organic egg 1 slice high fiber toast	8 oz green tea 6 oz hormone-free yogurt ¼ cup high fiber cereal	8 oz green tea 1 organic egg 1 slice high fiber toast
<b>Snack ~180- 200 cal</b>	*3 plant food smoothie	*3 plant food smoothie*	*3 plant food smoothie	*3 plant food smoothie	*3 plant food smoothie	*3 plant food smoothie	*3 plant food smoothie
<b>30 minutes Before Lunch</b>	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water
<b>Lunch ~350 cal</b>	8 oz green tea 1 cup raw cabbage 2 tbsp low fat Asian dressing 3 oz wild caught salmon (or another protein) 1 oz rice crackers	8 oz green tea 2 cups organic lettuce greens (dark multi colored) 1 tbsp LF creamy dressing 4 oz organic grilled chicken 1 oz LF shredded cheese 3 oz brown rice	8 oz green tea 1 bunch roasted asparagus  2 slices whole wheat bread 2 tbsp natural peanut butter	8 oz green tea 1 cup black beans 1/2 cup cubed organic grilled chicken breast ½ cup salsa 2 small low fat corn tortillas 1 oz low fat cheddar cheese 1 cup organic lettuce greens	8 oz green tea 2 slices high fiber bread 3 slices of organic turkey 1 slice of low fat cheese Mustard 2 cup dark salad greens 1 tbsp LF ranch dressing	8 oz green tea 3 oz tuna 2 tbsp fat free mayo 2 slices whole wht bread 2 cup salad greens 1 tomato chopped 1 tbsp LF vinaigrette	8 oz green tea 1 cup low fat vegetable soup ½ cup chopped hardboiled egg white salad with LF mayo 2 slices high fiber bread
<b>Snack ~160 cal</b>	1 cup raspberries 12 almonds (no oil/salt)	½ sliced mango 15 walnuts (no oil/salt)	½ sm. Banana 12 almonds (no oil/salt)	¾ cup orange sections 15 walnuts (no oils/salt)	1 cup papaya chunks 12 almonds (no oil/salt)	1 large apple 15 walnuts (no oil/salt)	1 large pear 12 almonds (no oil/salt)
<b>30 Minutes Before Dinner</b>	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water
<b>Dinner ~550 cal</b>	8 oz green tea	8 oz green tea	8 oz green tea	8 oz green tea	8 oz green tea 2 cups zucchini/garlic(roasted)	8 oz green tea	8 oz green tea

	1 cup raw spinach 1 tbsp low cal blue cheese dressing 3 oz mildly grilled organic chicken breast 1 baked potato/1 oz LF melted cheddar on top	1 green bell pepper Stuffed with 3 oz ground organic lean chicken, ½ cup brown rice, ¼ cup parm cheese, & ¼ cup meatless tomato sauce	Organic Veggie burger Whole wheat bun 1 tomato + 1 cucumber sliced With 1 tsp olive oil + vinegar	½ cup brown rice 1 cup shrimp (in low fat BBQ sauce) 1 cup roasted asparagus	3 oz white fish 1 sweet potato 1 tsp olive oil	1 cup roasted broccoli/garlic 3 oz broiled wild caught sea bass 4 oz quinoa	2 organic chicken meatballs (ground organic chicken, oatmeal, 1 organic egg, ¼ c parm cheese) 1 cup whole wheat pasta ½ cup meatless tomato sauce 1 cup steamed green beans
<i>Snack</i> ~150 cal	4 oz fat free cottage cheese ½ cup raw pineapple	6 oz light yogurt 1 cup blueberries	6 oz light pudding 1 apple	6 oz light yogurt 1 peach	4 oz fat free cottage cheese 2 medium tangerines	6 oz light pudding 1 cup blackberries	6 oz light yogurt 12 cherries

\*A 3 Plant Food Smoothie is a smoothie prepared with three fruits or vegetables of your choice. Try to choose brightly colored varieties in order to maximize your phytochemical and antioxidant consumption.

For example:

**Red Berry Smoothie**

- 1 cup frozen raspberries
- ¼ cup frozen blueberries
- 1 cup spinach

Blend until desired consistency.



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# Helpful Resources

American Cancer Society  
800-ACS-2345 (800-227-2345)  
<http://www.cancer.org>

Academy of Nutrition and Dietetics (AND)  
<http://www.eatright.org>  
800-877-1600

American Institute for Cancer Research (AICR)  
800-843-8114  
<http://aicr.org>

National Cancer Institute (NCI)  
800-422-6237  
<http://www.cancer.gov>

National Institutes of Health - Office of Dietary Supplements  
301-496-4000  
<http://dietary-supplements.info.nih.gov>

Nutrition Data  
<http://www.nutritiondata.com>