

HEALTHY FORKS

Fighting Cancer One Fork at a Time

NUTRITION SURVIVORSHIP GUIDELINES



gerenne 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. **Be as lean as possible** without becoming underweight
2. Be physically **active for at least 30 minutes every day**
3. **Avoid sugary drinks.** Limit consumption of energy-dense foods
4. Eat a wide variety of **vegetables, fruits, whole grains, and legumes.**
5. **Limit consumption of red meat** (beef, pork, and lamb), avoid processed meats.
6. If consumed at all, **limit alcoholic beverages** to 2 for men and 1 for women per day.
7. **Limit consumption of salty foods** and foods processed with salt (sodium)
8. **Do not use supplements** to protect against cancer.
9. It is best for mothers to **breastfeed exclusively for up to 6 months** 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

Adopt a Physically Active Lifestyle

Physical activity does not only refer to time spent in the gym, research shows small lifestyle changes such as taking the stairs instead of the elevator can be just as beneficial as long bouts of scheduled physical activity.

American Heart Association | American Stroke Association

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least 30 minutes of moderate-intensity aerobic activity **At least 5 days** per week for a total of **150 minutes**

OR

At least 25 minutes of vigorous aerobic activity **At least 3 days** per week for a total of **75 minutes**

or a combination of the two

AND

Moderate HIGH INTENSITY muscle-strengthening activity **At least 2 days** per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of 40 minutes of moderate- to vigorous-intensity aerobic activity **3-4 days** per week

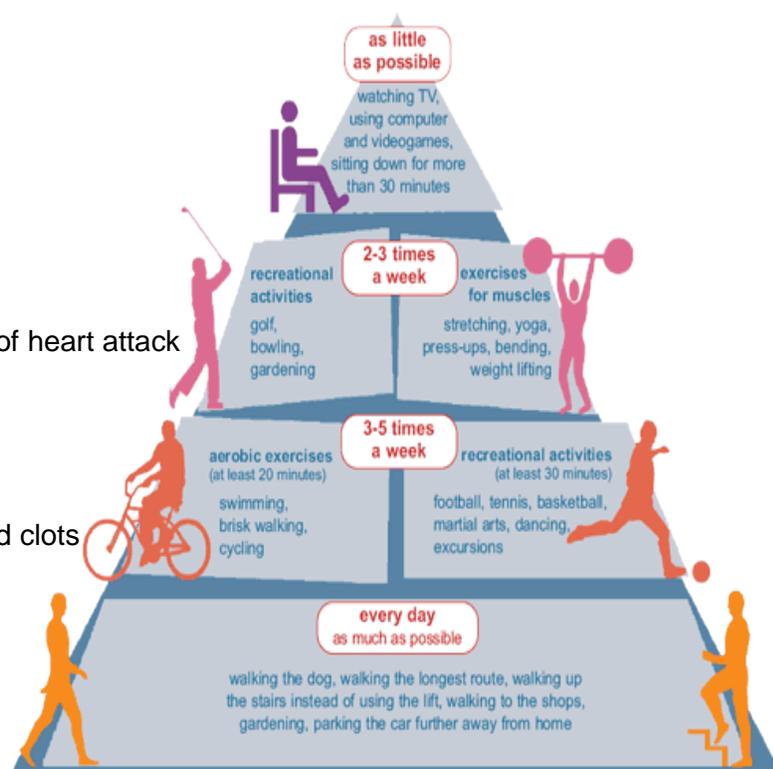
© 2014 Learn more at heart.org/ActivityRecommendations.

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

Ready for a challenge?

Exercise has many benefits including:

- Improving overall health and preventing disease
- Boosting the immune system
- Improving heart and lung health and lowering risk of heart attack
- Lowering risk of heart disease and osteoporosis
- Keeping muscles from wasting due to inactivity
- Improving blood flow to legs and lower risk of blood clots
- Helping to lose and/or maintain weight
- Increasing energy, endurance, strength, flexibility, and balance
- Lessening the effects of stress, anxiety, and fatigue
- Helping to maintain normal bowel function
- Make you less dependent on others for help with normal activities of daily living
- **Always ask your doctor before starting an exercise program.**



<http://www.cuore.iss.it/eng/prevention/activity.asp>

How do I start?

Once you have developed a physically active lifestyle, you may be interested in beginning a workout plan.

Some research shows that high intensity exercise weakens the immune system- always start slow.

Moderate exercise is best, like a brisk walk or bike ride. Start with short 10-15 minute bouts and increase length and intensity as your endurance builds. This will help you to avoid over exhaustion and injury.

Types of Exercise

Aerobic Exercise

- Aerobic Exercise makes the heart and lungs work harder. It moves oxygen through the blood and helps you to maintain a healthy weight by burning calories
- As your strength and endurance improves, do moderate to vigorous activity for at least 30 minutes on most days, to improve fitness, heart, and lung health as recommended by the CDC.

Types of Aerobic Exercise		
Light	Moderate	Vigorous
walking-slowly	walking- very brisk	hiking
standing- light work, i.e. washing dishes, cooking	cleaning- heavy work i.e. washing windows, vacuuming	shoveling
playing instruments	bicycling, tennis	biking-fast
fishing-sitting	mowing the lawn	basketball, soccer

Resistance Exercise

- Adults should train each major muscle group 2-3 days each week using a variety of exercise and equipment.
- Very light, or light intensity is recommended for older persons or previously sedentary adults just beginning exercise.
- Body weight exercises such as push ups, sit ups, planks, and lunges eliminate the need for a gym membership
- Two to four sets of each exercise will help adults improve strength and power.
- 8-20 repetitions per set. *Remember to START SLOW
- Adults should wait at least 48 hours between resistance training sessions.

Healthy Forks Guidelines

Fighting Cancer One Fork at a Time



- Fill half your plate with fruits and veggies
 - 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 over sugary drinks like soda and juice

Try to pick a food from each color group!

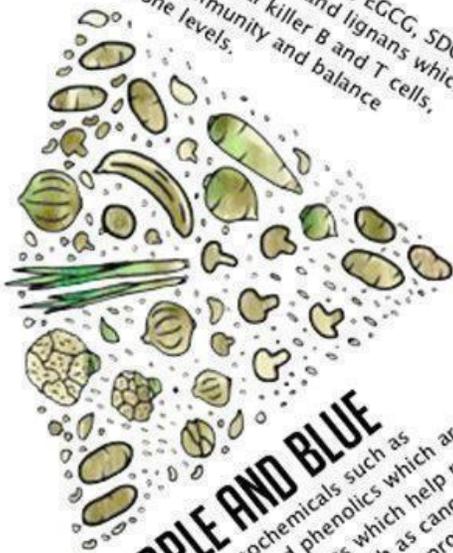
RED

Contains nutrients such as lycopene, ellagic acid, quercetin and hesperidin. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and cholesterol levels, scavenge harmful free-radicals and support joint tissue in cases of arthritis.



WHITE

Contains beta-glucans, EGCG, SDG, flavenoids, alicin and lignans which activate natural killer B and T cells, support immunity and balance hormone levels.



PURPLE AND BLUE

Contains phytochemicals such as anthocyanins and phenolics which are powerful antioxidants which help reduce the risk of diseases such as cancer, heart disease and alzheimers, improve memory and cell communication and slow the process of aging.



THE FOOD COLOR WHEEL

GREEN

Contains chlorophyll, fiber, lutein, zeaxanthin, magnesium, calcium, folate, vitamin C and beta carotene which inhibit the action of carcinogens and promote healthy bodily function.



ORANGE

Contains beta-carotene, zeaxanthin, flavenoids, lycopene, potassium and vitamin C. These nutrients reduce age related macular degeneration and the risk of prostate cancer, lower cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, repair damaged DNA and work with magnesium and calcium



YELLOW

Contains beta-cryptothanxin and carotenoids lutein and zeaxanthin which support inter cellular communication, prevent heart disease, reduce the risk of cataracts and age related macular degeneration.

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.



“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.



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



foodnews.org

 **EWG's 2011 Shopper's Guide**
to Pesticides in Produce™

- 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

I Imported
D Domestic



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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

Understanding Your Food Label

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.

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.

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.

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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.



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.

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: 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: 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/>

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.

Breast Cancer Survivors: *Overall, the seven recent epidemiologic studies examining soy consumption among breast cancer survivors – in six population studies and one combined analysis – show that consuming moderate amounts of soy foods (**20 g organic soy products/day**) does not increase a woman's risk for poorer outcomes. The amounts classified as moderate are comparable to what Asian women consume. Some of the studies point to a potential benefit among women receiving certain treatments or with certain tumor characteristics.*

Prostate Cancer Survivors: *Increasing levels of prostate-specific antigens (PSA) may indicate signs of prostate cancer development. Overall, trials have hinted that soy foods may lower PSA levels and may benefit prostate cancer survivors; none of the studies have demonstrated harm.*

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.



Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 minutes Before Breakfast	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water
Breakfast ~200 cal	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
Snack ~180-200 cal	*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
30 minutes Before Lunch	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water
Lunch ~350 cal	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
Snack ~160 cal	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)
30 Minutes Before Dinner	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water	16 oz water

Dinner ~550 cal	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	8 oz green tea 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	8 oz green tea Organic Veggie burger Whole wheat bun 1 tomato + 1 cucumber sliced With 1 tsp olive oil + vinegar	8 oz green tea ½ cup brown rice 1 cup shrimp (in low fat BBQ sauce) 1 cup roasted asparagus	8 oz green tea 2 cups zucchini/garlic(roasted) 3 oz white fish 1 sweet potato 1 tsp olive oil	8 oz green tea 1 cup roasted broccoli/garlic 3 oz broiled wild caught sea bass 4 oz quinoa	8 oz green tea 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
Snack ~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.



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>

Recommended Reads

Anticancer: A New Way of Life by David Servan-Schreiber, 2008.

Eating Well Through Cancer: Easy Recipes & Recommendations During and After Treatment by Holly Clegg, 2006.

Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective by the World Cancer Research Fund and the American Institute for Cancer Research, 2007.

Foods to Fight Cancer: Essential Foods to Help Prevent Cancer by Richard Beliveau, 2007.

SuperFoodsRx: Fourteen Foods That Will Change Your Life by Stephen Pratt, 2003.

The Great American Eat-Right Cookbook: 140 Great-Tasting, Good-for-You Recipes by Jeanne Besser, 2007.

The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Recovery by Rebecca Katz, 2009.

The New American Plate Cookbook by the American Institute for Cancer Research, 2005.

The Survivor's Handbook: Eating Right for Cancer Survival by Neal Barnard, 2006.

The Top 100 Immunity Boosters by Charlotte Haigh, 2005.

What to Eat During Cancer Treatment: 100 Great-Tasting Family-Friendly Recipes to Help You Cope by Jeanne Besser, 2009.