



# Nutrition During and After Cancer Treatment

**N**utrition is an important part of your cancer treatment and recovery. The American Cancer Society's 2002 Guidelines for Nutrition and Cancer Prevention provide good advice regarding healthy eating for cancer prevention for all individuals, including cancer survivors. These guidelines are based on strong scientific evidence that shows that eating a healthful diet, along with regular physical activity, can promote health and reduce the risk of developing another cancer. These guidelines include the following suggestions for healthy eating:

## What Should I Eat?

- ◆ Choose a diet with many types of plant-based foods. Try substituting legumes (dried beans and peas) for meat at some meals each week.
- ◆ Try to eat at least five colorful servings a day from the fruits and vegetables group, including citrus fruits and dark-green and deep-yellow vegetables. Colorful vegetables and fruits contain natural health-promoting substances called *phytochemicals*.
- ◆ Include more high-fiber foods, such as legumes and whole-grain breads and cereals, each day.
- ◆ Limit high-fat foods, particularly those from animal sources. Choose lower-fat milk and dairy products. Reduce the amount of fat in your meals by choosing a lower-fat cooking method, such as baking or broiling.
- ◆ Choose salt-cured, smoked, and pickled foods less often.

## Action Plan

- ◆ Achieve and maintain a healthy weight and be physically active.
- ◆ Drink alcohol only in moderation, if at all.
- ◆ Prepare and store food safely.
- ◆ Try a new fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries.
- ◆ Ask a registered dietitian to help you personalize a nutritious, balanced eating plan.
- ◆ Use the Food Guide Pyramid to help choose foods for a well-balanced meal plan.



# Recipe Recipe Recipe

## Linguine with Fresh Tomato and Basil Sauce\*

4 cloves garlic, minced  
2 tablespoons olive oil  
8 large fresh tomatoes, peeled, chopped, and seeded  
¼ cup red wine (optional)  
½ cup chicken broth  
¼ cup fresh basil or 1 tablespoon dried basil  
Salt and freshly ground pepper to taste  
1 pound linguine, uncooked  
1 cup parmesan cheese, freshly grated  
Fresh ground pepper to taste  
Red pepper flakes (optional)

Cook the garlic slowly in olive oil in a medium skillet. Do not brown. Add the chopped fresh tomatoes, wine, broth, and seasonings. Bring to a boil, reduce the

heat, and simmer uncovered 15 to 20 minutes until the sauce thickens to the desired consistency.

When you're ready to serve, cook the pasta in boiling salted water just until tender. Drain well, and toss with the tomato sauce. Serve immediately in heated bowls or plates. Top each serving with parmesan cheese, fresh ground pepper, and red pepper flakes.

*Note:* To peel fresh tomatoes, make a small cross slit at the bottom of the tomato. Plunge in boiling water for 5 seconds to loosen the skin.

*Makes eight servings. Each serving contains 425 calories, 10 grams fat, 18 grams protein.*

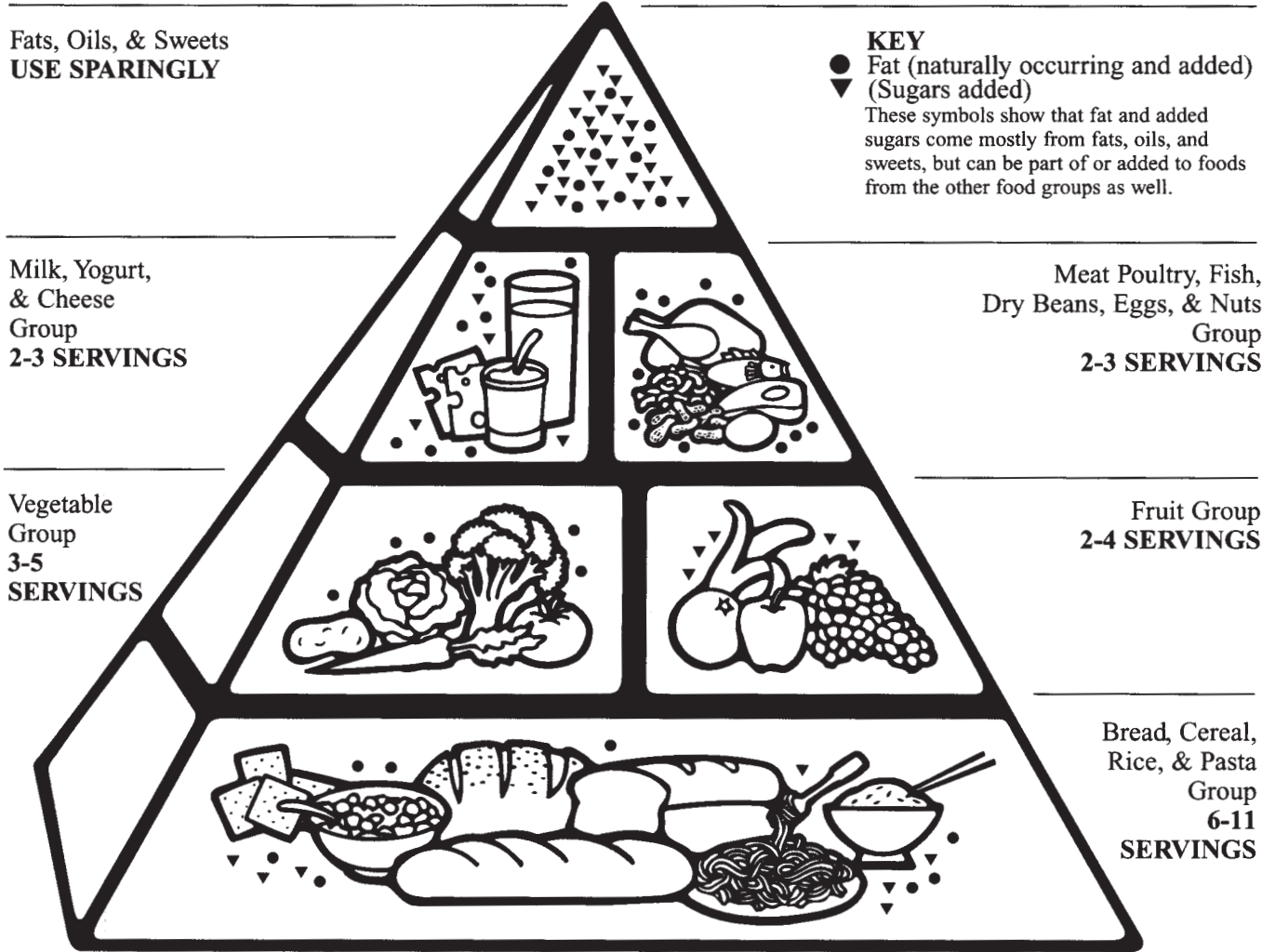
\*Adapted from Weihofen DL, Marino C. *The Cancer Survival Cookbook*. New York, NY: John Wiley & Sons; 1998. This material is used by permission of John Wiley & Sons, Inc.



**American  
Dietetic  
Association**

*This handout may be duplicated for patient education.*

# Food Guide Pyramid



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services