Eating Well After Treatment

The latest research indicates following a plant-based diet helps keep your body healthy and strengthens your immune system. A plant-based diet has also been shown to reduce your risk for many types of cancer.

What is a plant based diet?
A plant-based diet means that the majority of what you eat comes from plant foods: fruits, vegetables, grains, beans, nuts and seeds.

Is this diet a vegetarian diet?
No, two-thirds of your plate should contain plant foods and one-third could contain animal foods (fish, poultry, meat or dairy). However, in addition to a plant-based diet, some people adopt a vegetarian diet (meaning no meat, poultry or fish) and others may choose to be vegan (meaning the avoidance of all animal products).

Why are plant foods so important?
Plant foods are high in fiber, low in saturated fat and contain vitamins, minerals and phytonutrients that have been shown to decrease your risk of disease.

How to start following a plant-based diet:
• Eat at least five portions/servings of a variety of non-starchy vegetables and fruits every day. (A serving is 1 cup raw or ½ cup cooked vegetables or 1 medium piece of fruit)
• Include ½ cup to 1 cup of whole grains and or legumes (beans and lentils) with every meal.

What other diet changes would be helpful in maintaining health and wellness?
• Include healthy fats in your diet: olive oil, canola oil, avocados, nuts, seeds and high fat fish.
• Avoid sugary drinks and limit drinking fruit juices.
• Avoid or limit processed foods: canned foods, packaged foods and instant foods.
• Limit consumption of red meats (eat no more than 18 oz. per week) and avoid processed/cured meats.
• Avoid or limit alcohol: The American Cancer Institute recommends avoiding alcohol. However, alcohol has been linked to heart health. If you drink, do so in moderation. One drink a day for women, two drinks a day for men is the guideline.
Exercise

Exercise has been shown to decrease your risk of having a cancer recurrence and also reduces the risk of developing some secondary cancers.

How to start an exercise program:
- Discuss with your doctor what your activity level should be.
- Start off slowly and gradually increase the duration and intensity of your activity.
- Aim to exercise at least 150 minutes per week.
- Add strength training exercises (resistance/weight training) at least 2 days per week with your doctor’s approval.

What are the benefits of regular activity?
- Helps increase your energy levels
- Increases bone and muscle strength
- Improves your mood and increases your circulation
- Reduces estrogen levels and other hormones that could promote cancer
- Helps reduce inflammation
- Helps with weight control and weight loss