

Healthy Nutrition for Cancer Prevention & Support



When a person has cancer, it means that some of their body's cells have grown uncontrollably. Cancer can spread to nearby tissues and other parts of the body. Some common cancers include colorectal, breast, and prostate cancer.

General Nutrition:

- Maintain a healthy body weight
- Adopt a high-fiber, low-fat dietary pattern that includes a high intake of vegetables
- Limit consumption of animal fats and meats
- Increase intake of plant-based foods
- Consume legumes and soy foods regularly
- Manage blood sugar levels

Some Cancer-friendly Foods:

- Soy-based foods like tofu and tempeh
- Whole grains like oats, brown rice, and whole wheat bread
- Cruciferous and leafy green vegetables like broccoli, cabbage, brussel sprouts, and collard greens
- Beans, peas, and lentils
- Fatty fish including salmon, mackerel, and sardines
- Ground flaxseeds and walnuts
- Peanuts, tree nuts, and seeds

General Recommendations:

- Eat a dietary pattern that is centered around plant foods like fruits/vegetables, nuts/seeds, and legumes and one that limits red/processed meats
- Choose whole grains instead of refined grains
- Eat at least 2 ½ to 3 cups of vegetables daily
- Eat at least 1 ½ to 2 cups of fruits daily
- Choose legumes like kidney beans, garbanzo beans, and soy
- Limit alcohol and added sugar intake

Sample Meal: Nutrient-rich Dinner

- 1/2 cup cooked quinoa
- 1/2 cup tofu baked with peanut butter, olive oil, and soy sauce
- 1/2 cup cooked pinto beans
- 1 cup grilled mixed vegetables
- 1 tbsp. chopped peanuts

Evening snack

- 2 tbsp. hummus dip with whole-grain pita chips

Potential Benefits:

- Lignans and isoflavones are compounds in beans and soy-based foods that are associated with reduced risk of breast cancer
- A dietary pattern that is high in fiber and low in fat lowers risk of colon cancer and other cancers
- Folate and carotenoids found in vegetables may provide protection against many types of cancer

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Limit:

- Processed meats and red meat
- Cured foods and deli meats made with nitrates
- Foods high in saturated fat
- High-fat dairy products
- Added sugars
- Food additives
- Alcohol

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