



Lifestyle & Cancer

Ways to Improve Energy and Health During Treatment and Beyond

During Treatment

Possible side effects include:

- Loss of appetite
- Taste alterations
- Fatigue
- Difficulty swallowing
- Diarrhea

Foods to Caution

- Lactose
- Tap water or well water
 - EPA Safe Drinking Water Hotline
800-426-4791
 - International Bottled Water Association
800-928-3711
- Bacteria and microbial contaminants on fruits and vegetables – wash thoroughly
 - Avoid Sprouts—may contain *E. Coli*
- Raw, undercooked meats
- Seafood containing Mercury
 - Shark, swordfish, marlin, sea bass, king mackerel, tilefish, Alaskan halibut, albacore tuna

Important Tips

- Eat what you can when you can, identifying favorite foods for when your appetite is best.
- Aim for adequate protein and calcium.
- See a Registered Dietitian for more specific recommendations

Beyond Treatment

1. Eat a Whole Foods – plant based diet including 9 servings of fruits and vegetables per day. 1 serving = ½ c
2. Reduce fat to 45-65 grams per day.

3. Eliminate or reduce alcohol limiting to 1 or less drinks per day.
4. Choose moderate portions of very lean protein 2-3 times per day, including 12 oz of ocean fish per week.
5. When preparing lean meats, try baking, boiling, steaming, microwaving, poaching, or stewing.
6. Select 2-3 servings of reduced-fat dairy per day.
7. Achieve and maintain a healthy weight by eating appropriate portion sizes and exercising.
8. Exercise Daily accumulating at least 150 minutes, but optimally 300 min per week.
 - a. Use a pedometer to gradually achieve 10,000 steps per day
 - b. Try a variety of exercise – cardio, strength, flexibility
 - c. Break it up into smaller increments (20-20-20)
9. Learn to Manage Stress. Try:
 - a. Exercise
 - b. Writing
 - c. Expressing your feelings
 - d. Doing something you enjoy
 - e. Body-centered relaxation
 - f. Mindfulness activities
 - g. Time management techniques
 - h. Effective coping strategies
 - i. Healthy lifestyle choices
 - j. Support from friends and family
 - k. Changing ways of thinking