Consult with a Registered Dietitian (RD) for individualization of your nutritional goals and diet plan based on your personal medical history, nutritional and dietary history and special needs (i.e., food allergies, diabetes, etc), plus achievement of a healthy weight among other possible considerations. Important point: your nutritional goals during cancer treatment may be different than goals during recovery.

My goals of what to eat on a daily (or weekly where indicated) basis after treatment:

(1) 9+ servings of fruits and vegetables (3 servings at each meal plus snacks)
(2) 3+ servings of whole grain foods
(3) 1-2 servings per day of beans
(4) Nuts – a small handful of mixed nuts a few times per week as a snack
(5) 1 serving of low-fat dairy foods (usually organic yogurt for the probiotics – i.e. friendly bacteria)
(6) 1-2 servings of soy foods that are typical in Asian diets
(7) Fatty ocean fish – 1 to 3 times/week (serving typically 3-6 ounces)
(8) Eggs – 1-2 per week with increased levels of omega-3 fatty acids
(9) Emphasize healthy fats (fatty fish, flaxseed, olive oil, canola oil, avocado, nuts)
(10) Green tea – 2-4 cups daily
(11) Alcohol – limit to 1 serving/day or less (usually 6 oz. red wine)

My web site www.CancerRD.com has two weeks of menus with recipes to show specific examples of what I eat on a daily basis. New recipes are added regularly to my web site and blog.

“Don’t take cancer lying down!”
• Kerry Courneya, PhD, of The University of Alberta-Calgary, who has done the pioneering research regarding the benefits of exercise after cancer.

Find several types of exercise you enjoy doing on a regular basis that will help your body with aerobic conditioning (3-4/week), strength training (2-3/week), and flexibility (daily). Activities like moderate walking, gardening, stretching, gentle yoga, and T’ai chi may be done daily.

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