



Meal Planning....

My hardest meal to prepare is: _____

Two ways I can make meals healthier are: _____

I do not eat enough: _____

Three new vegetables I will try this month are: _____, _____, _____

My weak time for eating things I shouldn't is: _____

My plan to have an alternative to eat at this time is: _____

Two successes this past month were: _____

Two weaknesses this month were: _____

I can turn those failures to successes by: _____

I am currently drinking _____ ounces of water daily.

I need _____ ounces of water based on my weight. (1/2 body weight = ounces of water per day)

I am substituting fruit for sugar _____ % of the time.

Two choices I can make to lower my sugar intake are: _____, _____

Cancer Protective Diet

The New American Plate

Learn more at <https://www.aicr.org/cancer-prevention/healthy-eating/new-american-plate/>



- 2/3 or more veggies, fruits, whole grains, beans
- 1/3 or less animal protein

Recommendations

- Consume a diet high in a variety of fruits, vegetables, whole grains and beans.
 - Try to eat 1 ½ - 2 ½ cups of vegetables and 1-2 cups of fruits each day.
- Limit intake of "fast foods" and other processed foods high in fat and sugar.
 - Examples: Foods found in the snack aisle (chips, candy, cookies) and fast food restaurants (McDonalds, Wendy's, White Castle, Taco Bell).
 - Try to cook at home more often and have healthy snacks around such as carrots, berries, sliced vegetables and hummus dip, Greek yogurt and nuts.
- Limit intake of red and processed meats.
 - Eat no more than moderate amounts of red meat (12-18 ounces cooked red meat per week). This includes beef, lamb and pork.
 - Try to avoid all processed meats (bacon, sausage, deli meats, ham, hot dogs).
 - Increase intake of chicken, fish, eggs, nuts, seeds, nut butters and beans.
 - Avoid grilling meats at intense high temperatures as this forms potential carcinogens.
 - Try marinating meats, pre-cooking meats, and trimming fat off of meat before grilling. Cook meat on lower heat to prevent less charring and flare-ups.
- Limit consumption of sugar sweetened beverages (soda, sweet tea, flavored coffees).
 - Aim for drinking water and unsweetened beverages.
- Limit alcohol consumption.

Recommended Survivorship Books

After you Ring the Bell... 10 Challenges for the Cancer Survivor by Anne Katz

Surviving After Cancer: Living the New Normal by Anne Katz

The American Cancer Society New Healthy Eating Cookbook by Jeanne Besser

The New York Times Picture Your Life After Cancer edited by Karen Barrow, forward by Tara Parker-Pope

After Cancer Care by Gerald M Lemole, MD, Pallav K Mehta, MD, Dwight L McKee, MD, Forward by Mehmet C. Oz, MD

Picking Up the Pieces: Moving Forward After Surviving Cancer by Sherri Magee, PhD and Kathy Scalzo, MSOD

American Cancer Society Complete Guide to Nutrition for Cancer Survivors: 2nd Edition by Barbara L. Grant, MS, RD, CSO, LD, Abby S Bloch, PhD, RD, Kathryn H. Hamilton, MA, RD, CSO, CDN, Cynthia A. Thompson, PhD, RD, CSO

What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope Edited by Julie K. Silver, MD