



Tips For Food and Supplements After Cancer Treatment

Cancer survivors who eat healthful foods are more likely to have better outcomes. This includes decrease in both cancer recurrence and the development of new cancers. We encourage you to discuss your food choices with your care team. Hendricks Regional Health has cancer certified registered dietitians to provide more education and tools.

1. **Make Informed Choices.**

Ask your care providers for information on healthy foods.

Avoid "empty calorie" foods that have too many calories and not enough nutrition.

Eat a variety of nutrient-rich foods and learn which combination of foods have the nutrients you need.

Track your calories to learn how many calories are in food to prevent overeating.

2. **Plant-Based Food**

Plant-based food is made from vegetables, legumes, fruits, grains, nuts, seeds, or oils.

A healthy diet is rich in plant sources.

Aim for half your diet to be plant-based most of which should come from fruits, vegetables, and whole grains.

Soy has not been proven to lead to poor cancer outcomes; you can safely eat 3 or fewer servings of soy foods a day.

3. **Animal-Based Food**

Animal-based food is made from meat, poultry, fish, eggs, milk, or honey.

Half or less of your diet can be animal-based foods.

Fish and poultry are healthy animal-based choices.

Eat limited amounts of red meat and avoid processed meats.

4. **Processed Food**

Processed food has been changed from its natural state.

There are three classes of processed food:

- Minimally processed food has been slightly changed to aid in prep and cooking.

- Processed foods have added fats, sugar, or salt.

- Ultra-processed food have artificial flavors, artificial colors, and preservatives.

Limit eating processed and ultra-processed food and limit beverages with added sugars or fats.

5. **Alcohol**

Limit or avoid alcohol; 1 drink for women and 2 drinks for men may be safe depending on a person's biology and cancer type.

Survivors of liver, esophageal, kidney, and head and neck cancers should not drink alcohol.

6. **Supplements**

NCCN experts advise that most cancer patients do not take supplements.

Supplements may be helpful for survivors who are malnourished.

Talk to your cancer doctor, primary care doctor, or registered dietitian for guidance on supplements.

Supplements do not replace the need for a healthy diet.