

## Nutrition Keys for Health, Healing and Cancer Recovery

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*"Let medicine be your food  
and food be your medicine."*

*Hippocrates*

## Eating healthfully includes

- Whole, nutrient-rich plant foods
  - Fruits and veggies – especially dark colors
  - Whole grains
- Lean proteins
- Low-fat/non fat dairy foods or dairy alternatives with vitamin D & calcium
- Oils that are high in
  - Monounsaturated fat
  - Polyunsaturated fat – omega 3 and 6's

## Ten Antioxidant Rich Fruits

- Wild blueberries
- Cranberries
- Blackberries
- Prunes – Dried Plums
- Raspberries
- Strawberries
- Red delicious apples
- Granny smith apples
- Sweet cherries
- Black Plums

## Ten vegetables you need in your kitchen – Andrew Weil

- Onions
- Garlic
- Spinach
- Cabbage
- Sweet potatoes
- Beets
- Squash
- Tomatoes
- Broccoli
- Mushrooms

## American Institute for Cancer Research's (AICR) most asked about foods

- Beans
- Berries
- Cruciferous vegetables
- Dark green leafy vegetables
- Flaxseed
- Garlic
- Grapes and grape juice
- Green tea
- Soy
- Tomatoes
- Whole grains

## Whole grains

- Amaranth
- Barley
- Buckwheat
- Kamut
- Millet
- Oats
- Popcorn/Cornmeal
- Quinoa
- Rice
- Rye
- Spelt
- Teff
- Wheat
- Wild Rice

## Lean Protein Sources

- Fish
- Skinless Poultry – chicken & turkey
- Red meat/pork – loin, round
- Beans – legumes and pulses
- Egg whites
- Nonfat dried milk

## Calcium rich foods

- Low-fat and non fat dairy foods
- Dairy alternatives, i.e. soy & rice milk
- Canned fish with bones
- Almonds
- Calcium fortified foods
- Some canned beans
- Leafy greens

## Comparison of Dietary Fats

Fatty acid content normalized to 100 percent

DIETARY FAT	SATURATED FAT	MONOSATURATED FAT	POLYUNSATURATED FAT	*TCCA
Canola oil	7	61	11	21
Safflower oil	8	77	1	14
Flaxseed oil	9	16	57	18
Sunflower oil	12	16	1	71
Corn oil	13	29	1	57
Olive oil	13	75	1	9
Soybean oil	15	23	6	54
Peanut oil	19	48	*	33
Cottonseed oil	27	19	*	54
Lard	43	47	1	9
Palm oil	51	29	*	10
Butterfat	63	28		10
Coconut oil	91			7

SATURATED FAT    MONOSATURATED FAT    POLYUNSATURATED FAT    \*TCCA  
 ■ Alpha-Linolenic Acid (on Omega-3 Fatty Acid)    ■ Linoleic Acid (on Omega-6 Fatty Acid)

SOURCE: HILL PULP PAPER CORPORATION  
 Canola Info    canola.info.org

## Weight Control

- Healthy Eating  
PLUS
- Physical Activity

## Physical Activity Vs Exercise

- Exercise is structured
- Physical Activities don't have to be and include Activities of Daily Living (ADL)

## Why exercise?

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- Helps with digestion
- Helps to reduce fatigue
- Makes us feel good – improves mood
- Improves tolerance to treatments
- Improves sleep
- Decreases risk for other health related disease
- Makes us or keeps us strong
- Builds confidence

## How much exercise do I need?

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- Cardiovascular – Aerobic
  - Minimum 3 days per week
- Strength training
  - Minimum 2 days per week
- Flexibility
  - Minimum 2 days per week
- Balance
  - As often as possible



## When not to exercise

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- If you have a fever
- If your physician/medical staff advises against it
- If you are dehydrated
- If you are at risk for falling (modify and sit)

Remember keep moving  
or you can lose it.

