

Authors:

Dietitian Expert: Cynthia Thomson, PhD, RD, CSO

Nurse Expert: Mary Koithan, PhD, RN-C, CNS-BC

Abbott Nutrition: Anne Voss, PhD, RD and Abby Sauer, MPH, RD

Energy Balance For Healthy Survivorship After Cancer

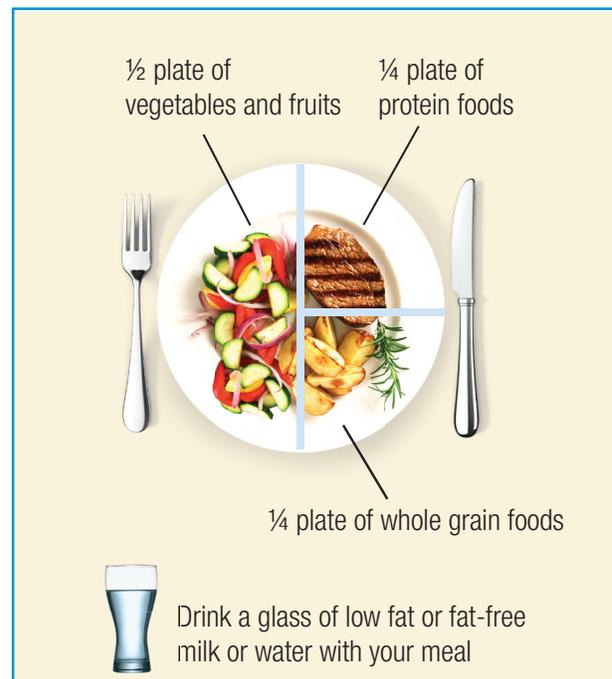
As you finish your cancer treatment, many eating-related side effects tend to go away, making it easier for you to eat well and get the nutrition you need. And now, as a cancer survivor, eating a healthy diet, staying physically active, and maintaining a healthy body weight are very important. Eating well can help you regain your strength, rebuild tissue, and feel better overall.

Research also suggests that proper nutrition, physical activity and weight control may improve survival and may reduce the risk of cancer recurring. Additionally, physical activity and diet quality have been associated with higher quality of life, improved function, and lower risk of other illnesses, such as cardiovascular disease, osteoporosis or diabetes.

Consider the following to help you stay strong and healthy:

Eat a Well-Balanced, Healthy Diet

- Ask your dietitian to help you create a nutritious, balanced eating plan that's right for you.
- Choose a variety of foods from all the food groups. Try to eat at least 1½ to 2½ cups of vegetables and 1 to 2 cups of fruit each day. This is five to nine servings of vegetables and fruit total.
- Include citrus fruits and dark-green and deep-yellow vegetables in your diet regularly. Fruits and vegetables can be fresh, frozen, or canned without added salt or sugar.
- Fill your plate with more plant foods and less animal foods. Plant foods such as vegetables, fruits, whole grains and beans should fill at least ¾ of the plate. Fish, poultry, or lean red meat should fill no more than ¼.
- Eat plenty of high-fiber foods, such as whole-grain breads, high fiber cereals, and beans.
- Buy and try a new fruit, vegetable, or whole-grain product each time you shop for groceries.
- Decrease the amount of fat in your meals by baking or broiling foods.
- Limit your intake of red meat; select lean protein alternatives such as fish and white meat poultry. Or, choose plant-protein foods, such as beans, peas, soy products, and nuts.



- Avoid salt-cured, smoked, and pickled foods (including bacon, sausage, and deli meats).
- Choose low-fat or fat-free milk and dairy products.
- If you choose to drink alcohol, limit the amount. Most health experts recommend no more than one drink per day for women or two drinks per day for men.

Maintain a Healthy Weight

During cancer treatment, many people lose weight because of treatment-related side effects such as nausea, taste changes and loss of appetite. If you are underweight, you may want to include high calorie, high nutrient foods in your meal plan. Your dietitian or nurse can help you select the right foods, and advise you on appropriate medical nutrition supplement beverages to support healthy weight regain.



If weight regain is challenging and you just cannot seem to eat or drink enough calories to gain weight, work with your health care team, and especially with your dietitian, to discuss other nutrition options. Contact a Certified Specialist in Oncology Nutrition or Oncology dietitian for more information at: <http://www.oncologynutrition.org/search>.

Other people may gain excess weight from medications, reduced activity, or emotional and stress-related eating. Here are some tips to maintaining a healthy weight after cancer treatment:

- **Talk to your healthcare professional about what would be a healthy weight for you.**
- **If you have experienced unintentional weight gain, talk to your healthcare team about a healthy way to lose the extra pounds.**
- **Smart, healthy-weight strategies might include choosing foods low in calories, eating plenty of fruits and vegetables, limiting high fat foods, and snacking smart.**
- **Be “mindful” when eating. We tend to eat more calories, and to eat food with fewer nutrients when we are engaged in other activities such as watching TV, driving, or reading while eating.**

Be Physically Active

Physical activity can help rebuild your strength, relieve stress, and help you maintain a healthy weight. Even light physical activity can help stimulate your appetite, aid digestion and regulate bowel function. ***Always consult your physician before starting or increasing physical activity.***



Here are some tips for being physically active:

- **Ask for advice on creating an individualized exercise and activity program.**
- **Take it slow. Small, gradual changes will keep you motivated, keep your expectations reasonable, and reduce the risk of injury.**
- **Walking is one of the easiest ways to stay active. All you need is a good pair of shoes.**
- **Incorporate physical activity into your daily activities. Try taking the stairs instead of the elevator, parking farther away, or doing errands by bicycle or on foot instead of by car.**
- **Avoid sedentary time; if you need to sit be sure to rise every 30 minutes for a 1 minute walk around the room.**
- **Be sure to include strength building activities such as band stretches, light weight lifting or even yoga or tai chi to build muscle strength.**

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