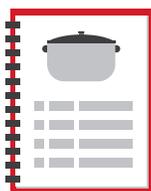


Easy Tips for Eating Well



BUILD A MENU FOR YOU

- Ask your doctor to refer you to a Registered Dietitian (RD), preferably one who is board certified in oncology nutrition. Your RD can help you build a custom meal plan that accommodates your likes/dislikes and fits within your treatment plan.
- Here are some general recommendations to consider:
 - Eat a plant-based diet with plenty of vegetables and fruits that have a lot of color.
 - Choose carbohydrates wisely like non-starchy vegetables such as beans/legumes, fruits and whole grains.
 - Limit refined carbohydrates (added sugars, artificial sweeteners and foods made with white flour).
 - Focus on “good” fat that can be found in nuts, seeds, avocados and fish.
 - Replace beef, pork, lamb and processed or deli meat with poultry and fish.
 - Select beverages wisely (water and unsweetened beverages are best) and limit your alcohol intake to less than 1 drink a day.
 - You can also visit the Dana Farber [“Eating Well During Cancer”](#) video series and resource toolkit for additional information.



MAKE IT SIMPLE

- Rather than try to cook something that requires a lot of preparation, try to find recipes that require minimal prep or recipes that you can incorporate already prepped ingredients into easily (ex: pre-chopped veggies).
- One-pan meals (ex: “sheet dinners”) and slow cooker recipes are great for low-maintenance meals with very little effort.



PLAN AHEAD

- Have a plan before you go to the store so you can save money, conserve energy and stick to a healthier diet.
- Consider buying frozen or canned foods to have in your pantry for days that you are too tired to cook or shop.
- When you cook, consider making a few extra portions and storing them in your freezer.
- Save money by planning meals around weekly ads for sales and coupons.



BE CAUTIOUS WITH SUPPLEMENTS

- Dietary supplements include things like vitamins, minerals and herbs.
- Before taking a dietary supplement, ask your doctor or nurse for a recommendation that complements your treatment.
- If you're already taking supplements, and haven't informed your doctor, you should do so as soon as possible.
- Seek information on supplements from reliable resources such as the National Center for Complementary and Alternative Medicine, the National Cancer Institute (NCI) Office of Cancer Complementary and Alternative Medicine or the Memorial Sloan-Kettering Cancer Center.



ASK FOR HELP

- Send friends and family to the supermarket or ask if they can help by cooking a meal for you.
- Consider subscribing to a meal delivery service that will deliver ingredients and easy-to-follow recipes to your front door.
- Take advantage of the online ordering and grocery-delivery services that many grocers offer.
- Host a meal-prep party – ask your friends to come over and help make a few meals that you can store in your freezer or eat that week.