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 professed 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


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