

Healthy Living: General Nutrition Recommendations

The following guidelines are **not** intended to replace nutrition recommendations given to you by your doctor or a healthcare team member. For appropriate nutrition recommendations consult a registered dietitian or your doctor.

★ Eat five or more servings of fruit and vegetables each day

- Include vegetables or fruits in every meal and for snacks
- If you drink fruit or vegetable juice, choose a juice that contains 100% fruit juice
- Avoid french fries, snack chips and other fried vegetable products

★ Choose whole grain starches instead of processed starches and refined sugars

- Choose whole grain breads and cereals, whole wheat pasta, brown rice, and beans instead of white bread, white rice and regular pasta
- Limit intake of refined sugars, including regular soft drinks, sweetened cereals, cookies, cakes, pies, doughnuts and candy

★ Limit intake of red meats, especially processed red meats

- Select lean cuts like skinless poultry, fish and loin cuts of beef or pork
- Trim visible fat from meat
- Avoid unhealthy meats such as bacon, sausage and hot dogs
- Bake, broil and poach rather than frying or charbroiling

★ Choose small portions of fats and oils

- Choose healthy oils such as olive and canola
- Limit intake of butter and margarine, mayonnaise and salad dressings
- Choose low fat dairy foods such as low fat milk and reduced fat cheese
- Limit fried foods, snack chips, ice cream and candy

★ Limit alcoholic beverages

- No more than two drinks per day for men
- No more than one drink per day for women
 - One drink = 12 ounces of beer
 - 5 ounces of wine
 - 1.5 ounces of liquor
- Your healthcare team may instruct you to avoid alcohol during cancer treatment

***Above recommendations adapted from the American Cancer Society Nutrition Guidelines**

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.