

Here are ways to eat healthy foods, be active, and keep a healthy weight. These help lower the chance of breast cancer coming back or getting other types of cancer. Talk to your dietitian or doctor about nutrition and exercise goals that are best for you.

Get 30 minutes or more of exercise most days.

- Aim for at least 4 days each week.
- Do things that raise your heart rate.
- Remember it does not have to be all at once. (Example: Take a brisk walk for 15 minutes in the morning and again in the evening.)

Stretch and strengthen your body.

- Do activities such as yoga to stretch your muscles.
- Lift light weights or use a resistance band to strengthen your muscles.
- Aim for activities that stretch and strengthen your muscles 2 days each week. This helps reduce injury and soreness. It also improves range of motion.

Keep a healthy weight.

- If you are overweight, aim to lose 1-2 pounds per week.
- Be sure weight loss happens slowly over time. More than 1-2 pounds per week can mean muscle loss instead of fat.
- Remember that losing 5-10% of your body weight can lower the risk of many diseases.

Eat foods that are high in fiber.

- Remember adults need 25-35 grams of fiber daily from plant-based foods.
- Aim to eat 3 cups of non-starchy vegetables each day such as spinach, squash, peppers, and broccoli.
- Choose different colorful fruits and vegetables. These are good sources of vitamins and nutrients.
- Have 2 cups of fruit in your diet each day. An apple, banana, or orange is about 1 cup.
- Choose whole grains such as whole wheat pasta and wheat bread instead of white pasta or white bread.
- Remember beans, nuts, and seeds such as flax seed are good sources of fiber.

Eat foods that are low in fat.

- Remember 50 grams of fat per day is the general goal.
- Limit foods with unhealthy saturated and trans-fats such as dairy, meats, fried food, and some packaged foods.
- Choose foods with healthy, unsaturated fats such as olive and canola oils, nuts, seeds, avocados, fish, and flax.
- Aim to eat at least 2 servings of fish per week. A serving is 4 ounces or 3/4 cup—the size of the palm of a hand.

Limit sugary foods and drinks.

- Choose foods with natural sugars such as fruit if you want something sweet.
- Check food labels for added sugars. The goal for most women is less than 25 grams of added sugar per day.
- Watch out for high fructose corn syrup, brown sugar, evaporated cane sugar, or honey.
- Choose water most often, then other unsweetened drinks.

Choose healthy meats.

- Limit red meats such as beef, pork, and lamb. Aim for less than 18 ounces per week.
- Choose lean meat options most of the time such as chicken and fish.
- Limit processed meats such as bacon, sausage, ham, deli meats, and hot dogs.
- Avoid meats processed with nitrate or nitrite chemicals.

Watch the amount of salt you eat.

- Remember less than 2,000 milligrams per day is best.
- Flavor food with herbs and spices instead of table salt.
- Limit foods that are processed with sodium such as baked goods and canned soup.

Drink plenty of healthy liquids.

- Choose water most often.
- Stay hydrated. Drink enough that you are not thirsty and your urine is clear or light yellow.
- Limit alcohol use. Have two drinks per day for men or one drink per day for women, if any.

Check before taking vitamins or supplements.

Eating a variety of healthy foods is the best way to get nutrients. Some people are allergic to or can't tolerate certain foods. This can make it hard to get proper nutrition. A dietitian or doctor can help you know if you need vitamins or supplements. *Talk to your doctor before taking any vitamins or supplements. They may interfere with some cancer medicines.*

LEARN MORE. Our dietitians and exercise specialists in the Wellness and Integrative Health Center provide personal plans based on a patient's diagnosis and health needs during and after treatment at Huntsman Cancer Institute.
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