

[IMAGE]

Eating After Cancer

By Editorial Staff

Poor diet can lead to cancer, and poor diet is more common even after battling cancer – exactly what you *don't* need if you're trying to live a healthy post-cancer life. In fact, according to new research, cancer survivors tend to eat inadequate amounts of whole grains, greens and beans; and overeat sodium and saturated fats. Overall, most cancer survivors rated poorly in terms of their adherence to the 2015-2020 Dietary Guidelines for Americans, according to the study, which appears in the *Journal of the Academy of Nutrition and Dietetics*.

So, what *should* you be eating if you've survived cancer? Here are a few of the most important suggestions courtesy of the National Comprehensive Cancer Network. (By the way, these suggestions are great advice for reducing your risk of getting cancer in the first place, too).

- Eat at least five servings of fruits and vegetables daily.
- Eat whole grains (high-fiber breads and cereals), and avoid refined foods (white bread, processed foods with sugar, etc.).
- Limit red / processed meat, opting instead for lean protein sources such as fish, poultry, and tofu.
- Avoid high-fat dairy; select skim milk, low-fat yogurt, and reduced-fat cheeses instead.

Fortunately, your doctor is a great resource for advice and recommendations when it comes to eating healthy. As part of a comprehensive chiropractic wellness strategy, your doctor can advise you on a balanced eating plan that will optimize your health, reduce your cancer risk – and yes, help you stay healthy even if you've survived cancer. For additional nutritional resources for cancer survivors, [click here](#).

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