

NUTRITION FOR CANCER SURVIVORS

Diet is one of many factors associated with reducing the risk of developing cancer. Evidence suggests that following the same dietary recommendations for cancer prevention may also lower the risk of recurrence in cancer survivors. These recommendations will also help prevent heart disease and diabetes and maintain a healthy body weight.

Eat Well, Be Active: What you can do (32-pages), is a detailed guidebook available from the Canadian Cancer Society. The following is a summary of their recommendations:

- Eat more vegetables and fruit
- Choose high fibre foods
- Eat lower fat foods
- Cook meat, poultry and seafood thoroughly to destroy germs or bacteria that could cause disease
- Avoid charring or blackening foods on the barbecue as harmful chemicals are formed
- Handle and store foods safely to stop microorganisms from growing
- Limit the amount of alcohol you drink
- Eat less salt
- Be Active
- Maintain a healthy body weight

For a copy, contact the Canadian Cancer Society at 1-888-939-3333 or www.cancer.ca

More Evidence is Needed

As further evidence emerges, guidelines will become available outlining the specific dietary recommendations for cancer survivors.

At this time, there is conflicting evidence about the consumption of foods containing plant estrogens such as soy and flax for people with hormone-sensitive cancers. In addition, available guides for cancer survivors may provide different advice on the use of high-dose antioxidant supplements (vitamin, mineral and herbal) during chemotherapy and radiation treatment.

For more detailed information, refer to “Hot Topics” available in the nutrition section of the BC Cancer Agency’s website.

Additional Guides on Nutrition and Cancer Survival

Nutrition and the Cancer Survivor (19-pages)

American Institute for Cancer Research (AICR)
1759 R Street, NW PO Box 97167 Washington, DC 20090-7167
Telephone: 1-800-843-8114 or 1-202-3287744
Website: www.aicr.org

Nutrition during and after Cancer Treatment: A Guide for Informed Choices by Cancer Survivors (6-pages)

American Cancer Society (ACS)
Telephone: 1-800-227-2345
Website: www.cancer.org

Nutrition and Physical Activity during and after Cancer Treatment: An American Cancer Society Guide for Informed Choices (24-pages)

Cancer: A Cancer Journal for Clinicians 53: 268-291, 2003.
Also available at Website: www.cancer.org

Phone Lines for more Information

Dial-a-Dietitian: (604) 732-9191 or toll free in BC at 1-800-667-3438

Cancer Information Service: 1-888-939-3333

Recommended Websites

British Columbia Cancer Agency. www.bccancer.bc.ca

This website contains information about cancer prevention, treatment and survivorship. See box *Patient/ Public Info*, under *Cancer Treatment* find *Nutrition*.

American Institute for Cancer Research. www.aicr.org

This website contains resources and information for specific types of cancer. Click on *Cancer Survivors* to find Nutrition Guidelines for Cancer Survivors after Treatment, Dietary Tips, Exercise Tips, Frequently Asked Questions and Recipes.

American Cancer Society. www.cancer.org

This website contains resources and information for specific types of cancer. See headings: *Nutrition for Survivor; Nutrition after Treatment, Benefits of Good Nutrition, Food and Fitness*.

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This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.