



Women's Medicine Collaborative
A program of The Miriam Hospital
Lifespan. Delivering health with care.™

Nutrition & Cancer Survivorship

Maintain a Healthy Weight

- Being overweight is linked with an increased risk of certain cancers - be as lean as possible throughout life without being underweight.
- Avoiding excess weight gain is important in lowering cancer risk, as well as reducing the risk of other chronic diseases.
- Getting regular physical activity and limiting intake of high-calorie foods & drinks are key in helping maintain a healthy weight.

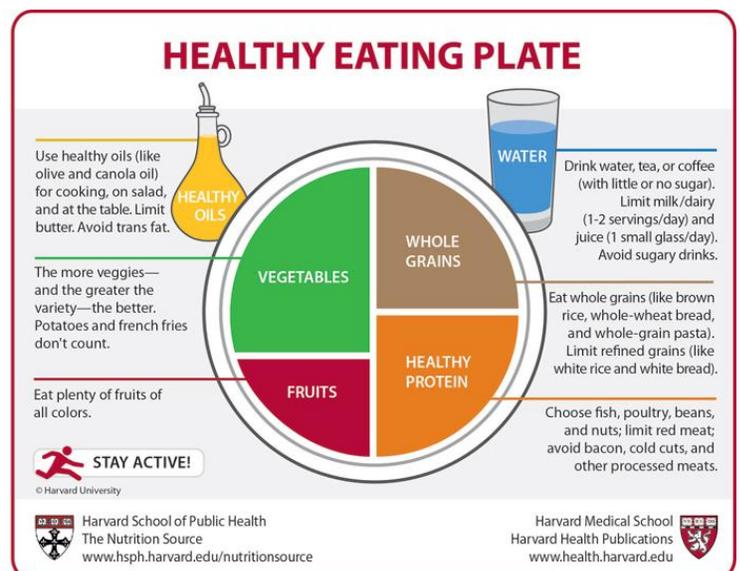


Create a Healthy Plate

- Eat a variety of foods.
- Create a balanced plate that is ½ fruits & vegetables, ¼ whole grains, and ¼ healthy protein.
- Choose healthier fat sources in moderation.
- Stay hydrated by drinking plenty of water.
- If you drink alcohol, limit your intake – no more than 1 serving per day for women.

Eat More Plants!

- Eat a diet rich in fruits & vegetables – aim for at least 5 servings each day.
- Choose whole grains instead of refined grain products.
- Avoid processed meat and red meat.
- Include more plant-based protein sources into your diet – try experimenting with beans & lentils.





Limit Sugar Intake

- Sugar increases calorie intake without providing any valuable nutrients. Sugar eaten in excess can also lead to weight gain.
- Aim to limit foods such as cakes, candy, cookies, sweetened cereals, and sugar-sweetened beverages.

What About Soy?

- There's some evidence that eating whole soy foods (edamame, tofu, soy milk) may help lower the risk of some cancers.
- Avoid products with high levels of soy, such as soy isoflavone which can be found in nutrition supplements & protein bars/powders.



Organic Foods

- Currently, there is no evidence that organic foods are more effective in reducing cancer risk.
- Buying organic is a personal choice.
- All produce, organic or non-organic, should be rinsed thoroughly with clean water before consumption.

Our Registered Dietitians at the Women's Medicine Collaborative provide individual nutrition consultations, group nutrition education programs, and grocery store tours.

For more information, call 401-793-7817. Find out more online at www.WomensMedicine.org