



LIVING BEYOND BREAST CANCER®

PHYSICAL CONCERNS



A healthy plate

Eating well is an important part of staying healthy during and after cancer treatment. You don't have to change your whole diet right now. You can always make more changes when you are more comfortable.

VARIETY

Different foods have different benefits for your body. Eating a mix of foods keeps meals interesting and provides more nutrients. Use “MyPlate” as a guide to build meals each day that focus on plants (fruits, vegetables and grains).

Try to get different foods in each group throughout the week. A leafy green plant like broccoli will have different nutrients than a root vegetable like carrots, for example. So it is important to eat many kinds of foods in each food group.

WHOLE FOODS

Pre-made meals are easy to cook but they often have added ingredients and sauces that mean more calories but not more nutrition. Fresh food is best, but frozen vegetables and canned fruits are good too if you check the label and avoid added salt and sauces.