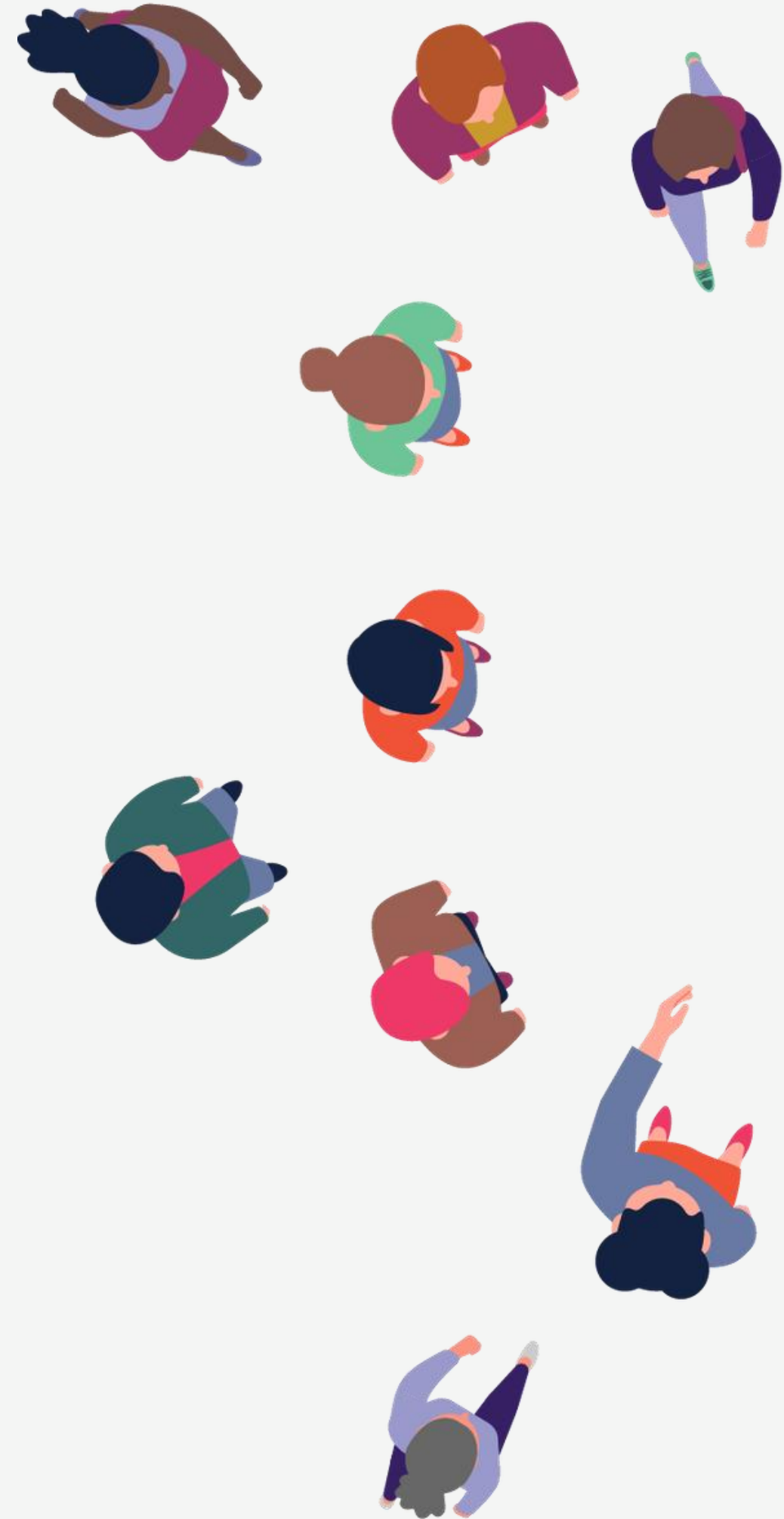


2026 | SUMMIT

Cutting through the noise and cost of healthy eating

Speaker: Aubrey Redd, MS, RDN, LDN, FAND



Cutting Through the Noise (*and Cost*) of Healthy Eating

Aubrey Redd, MS, RDN, LDN, FAND



“Cut out sugar”

“Buy organic only”

“Don't eat soy”

**So much
advice... who
should you
believe?**

“Eliminate dairy”

“Go keto”

“Detox”

The best nutrition advice is based on research. Not fear.

Why is nutrition so confusing?

We get nutrition advice from so many sources every single day.

- Friends
- Family
- Providers
- Social media
- News headlines
- Influencers
- Advertisements
- Books
- Internet searches

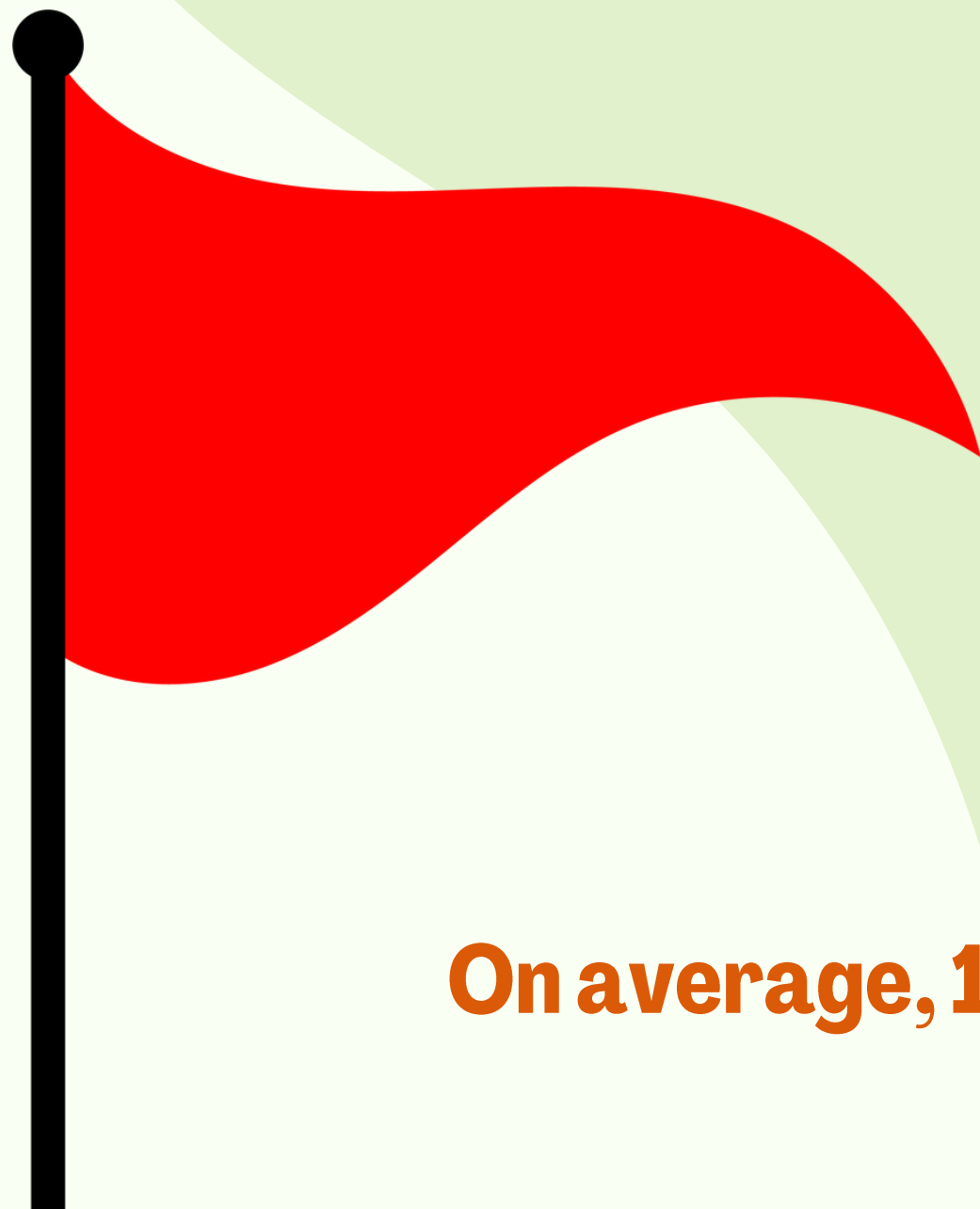


How to spot nutrition misinformation

Be skeptical when you see...

- "Cures" or "miracle" claims
- One food is blamed for everything
- Extreme restriction
- A personal story is presented as proof
- A product is being sold
- One study = "The science proves..."

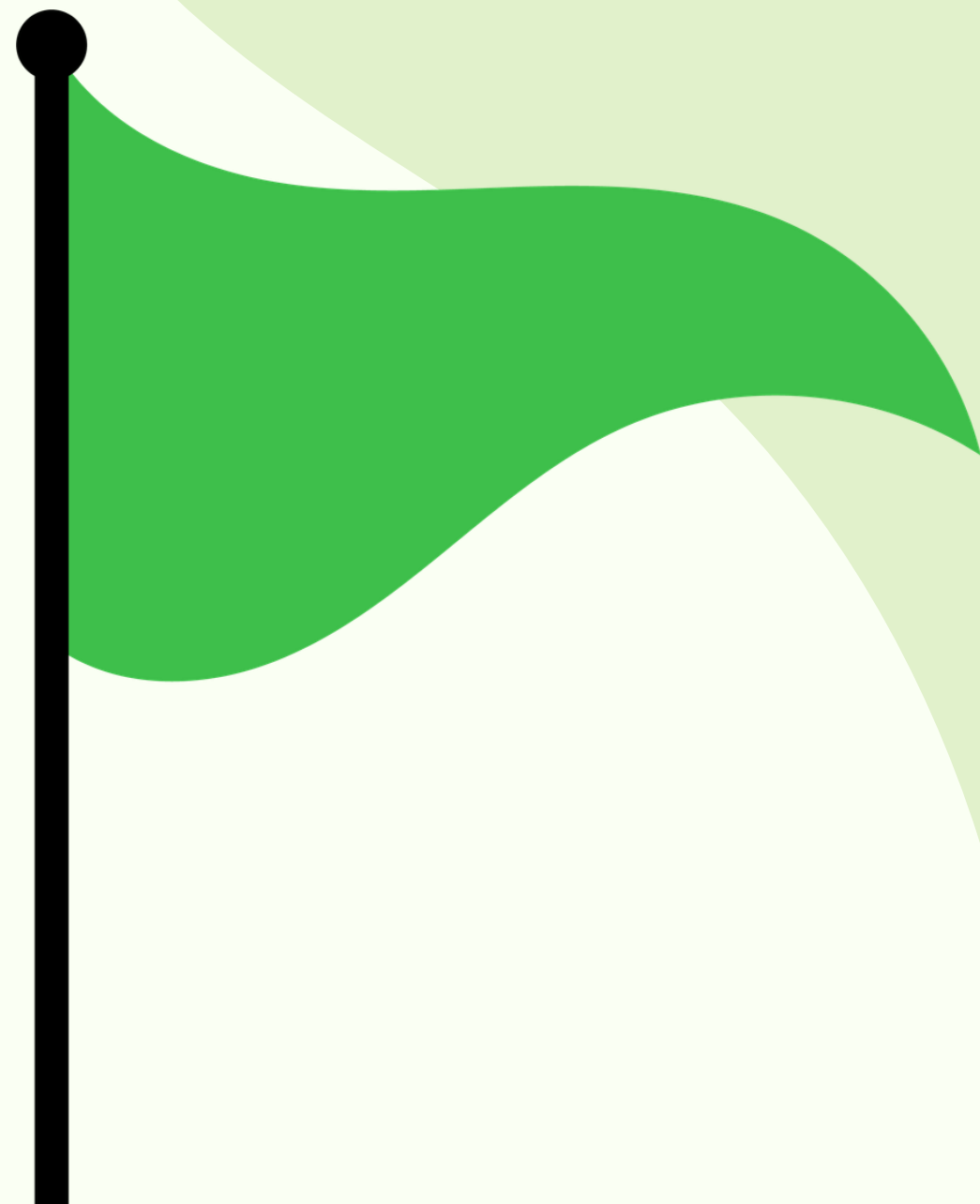
On average, 1 in 3 articles on social media contain misinformation.



How to find information you can trust

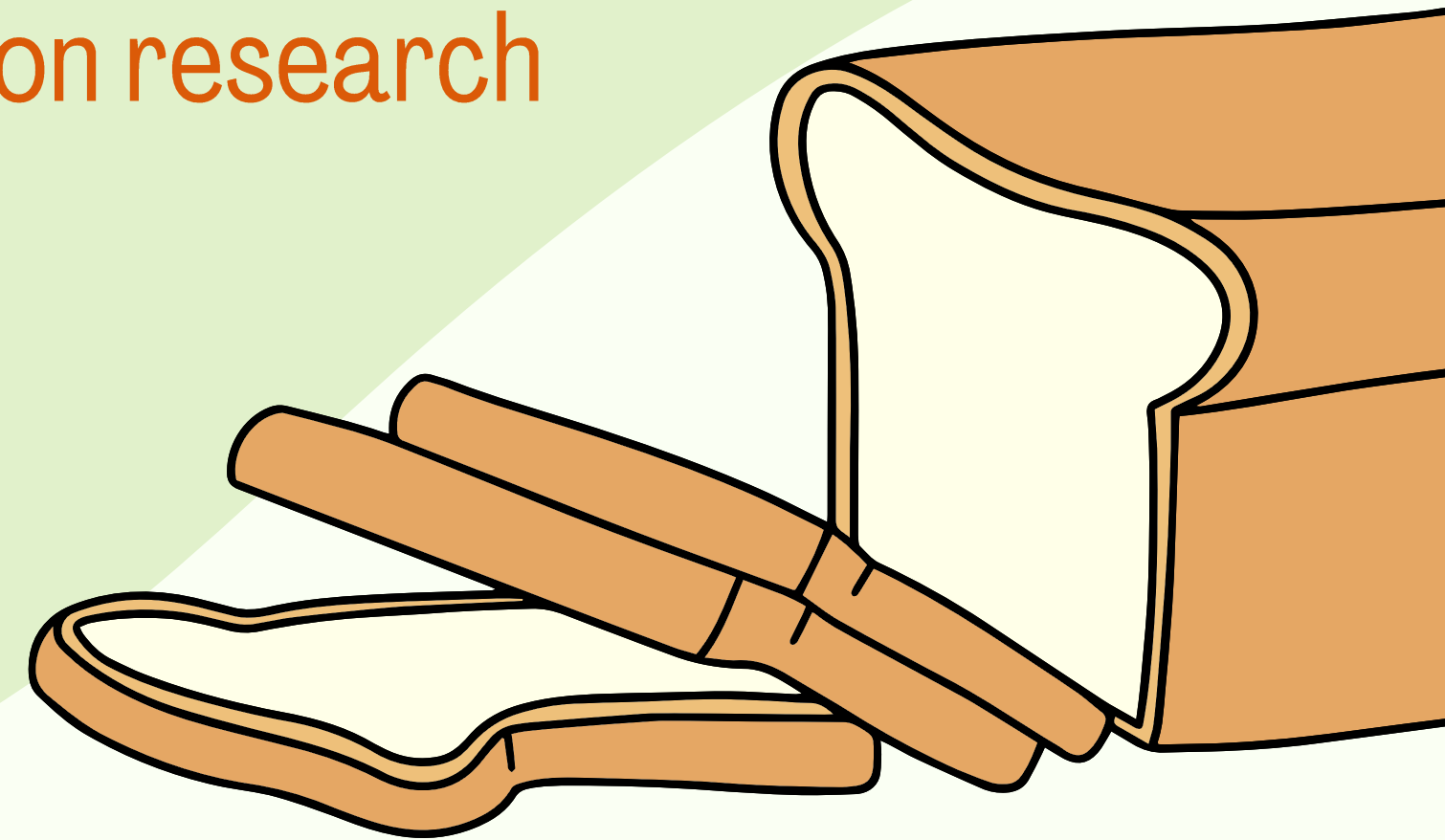
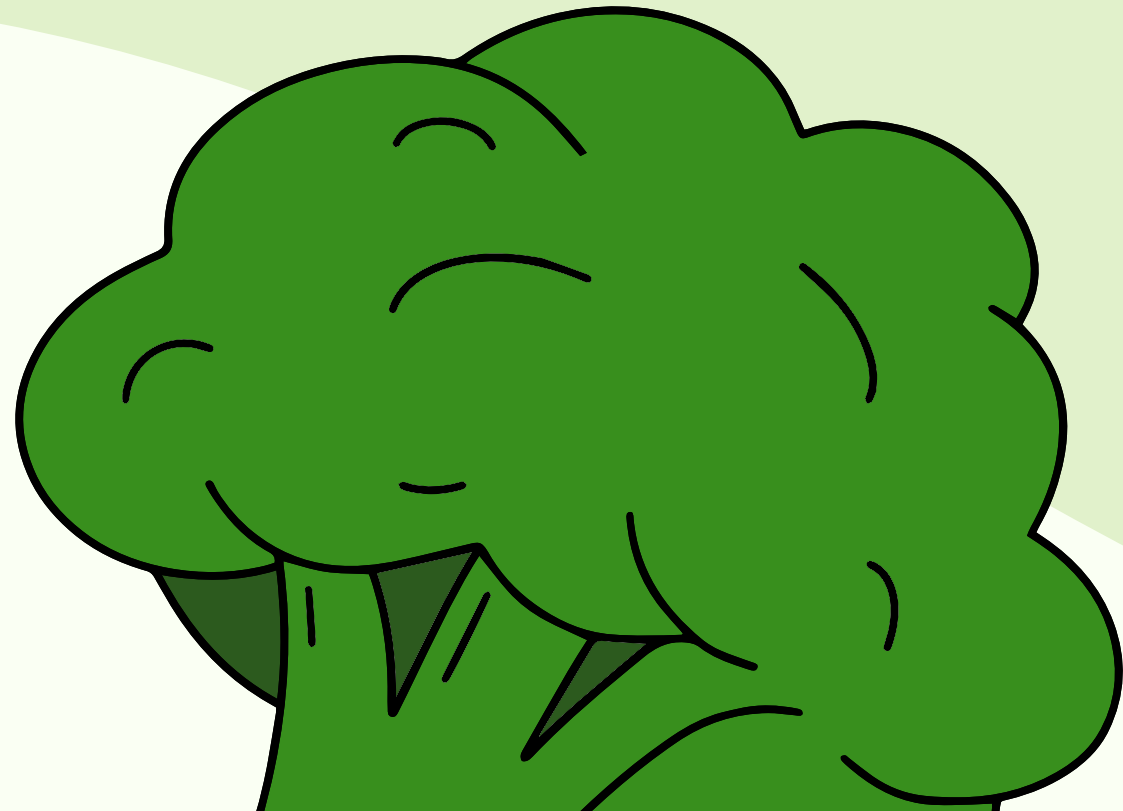
Perform a 5-step “pause & check”

- 1. Who?** Who wrote it.
- 2. Where?** Where is the information coming from?
- 3. When?** When was it published or last updated?
- 4. What?** What's the evidence?
- 5. Why?** Why are they telling me this?



Registered Dietitian Nutritionists are your qualified nutrition experts.

So let's discuss where nutrition research
currently stands.



What the research says

The latest WCRF/AICR report reviewed *432 studies* evaluating diet, nutrition, activity, and weight after diagnosis.

The consensus? No single food can protect you against cancer by itself.

The strongest evidence supports an overall pattern, vs. one “superfood” or “diet plan.”



The big picture

Instead of asking...

"What food should I avoid?"



"What supplement should I buy?"



"What's the perfect cancer diet?"

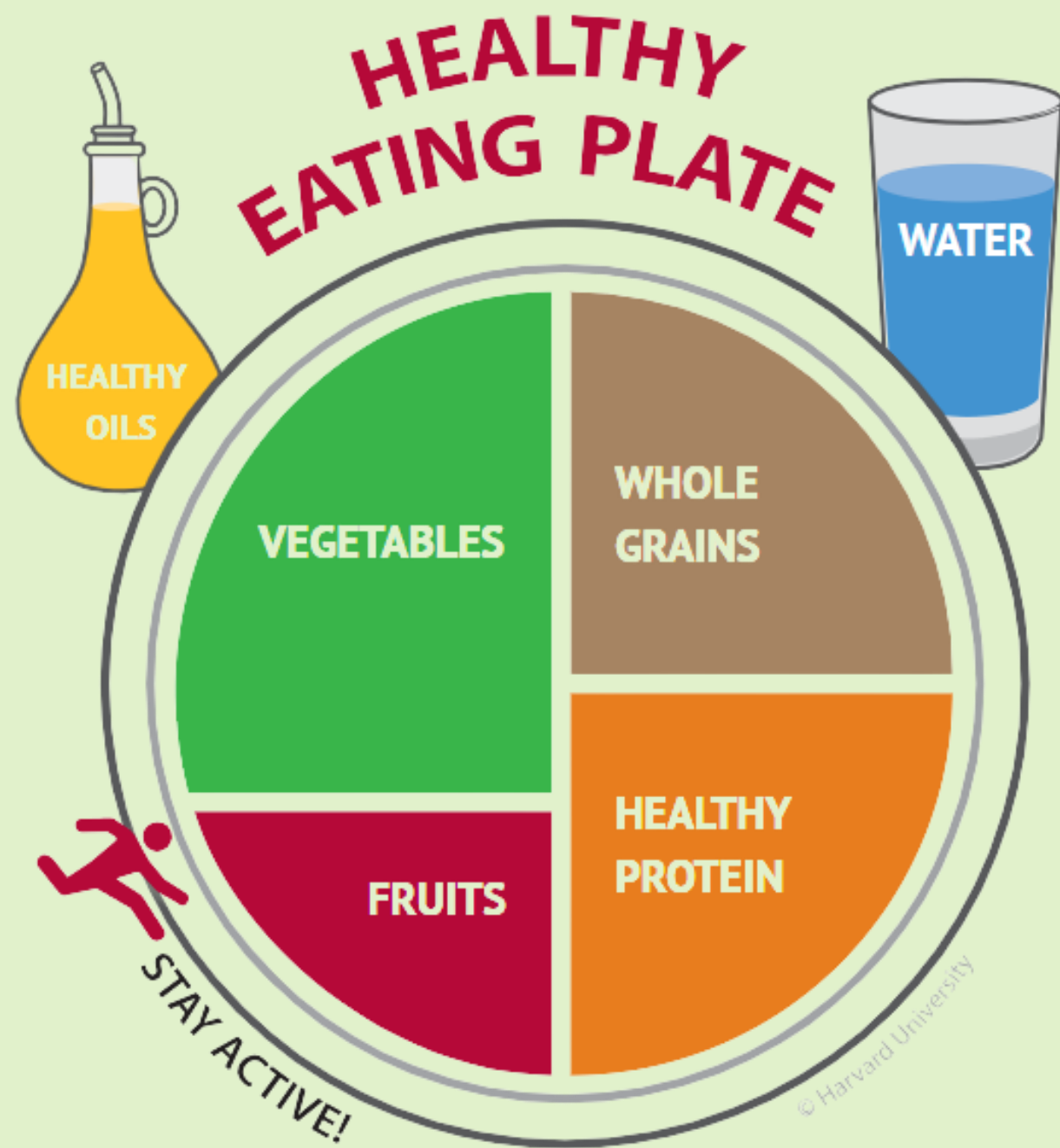


Try asking...

"How can I nourish my body consistently?"

"How can I support my health every day?"

"What eating habits fit my lifestyle and budget?"



**A balanced plate,
an expensive plate**

Fruits & Veggies

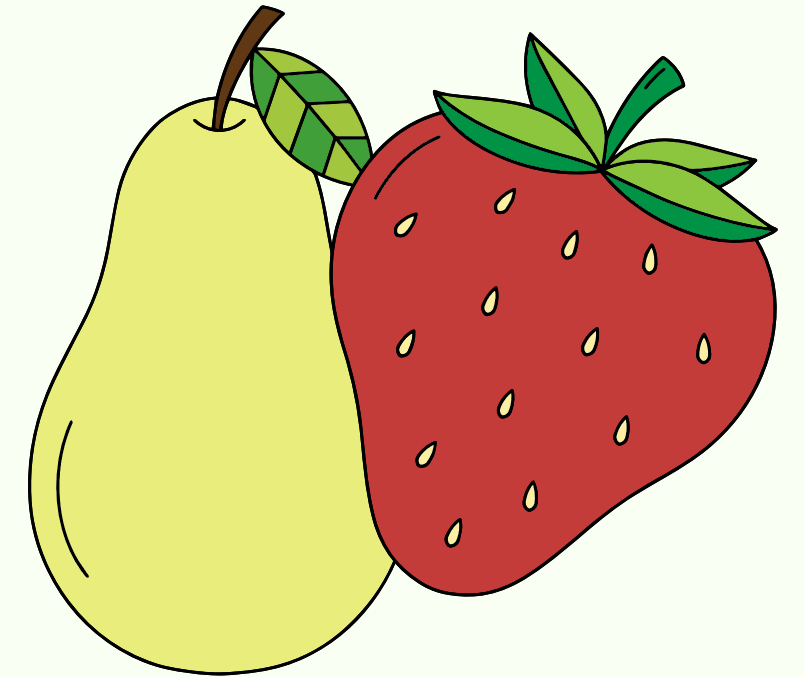
**Without
breaking the
bank.**

½ plate

Whether you choose to get your produce:

- Fresh
- Frozen
- Canned

They are all nutritious.



Budget tips:

- Buy seasonal & consider farmers markets
- Pick frozen/canned to reduce waste
- Store brands save money
- Choose conventional vs. organic

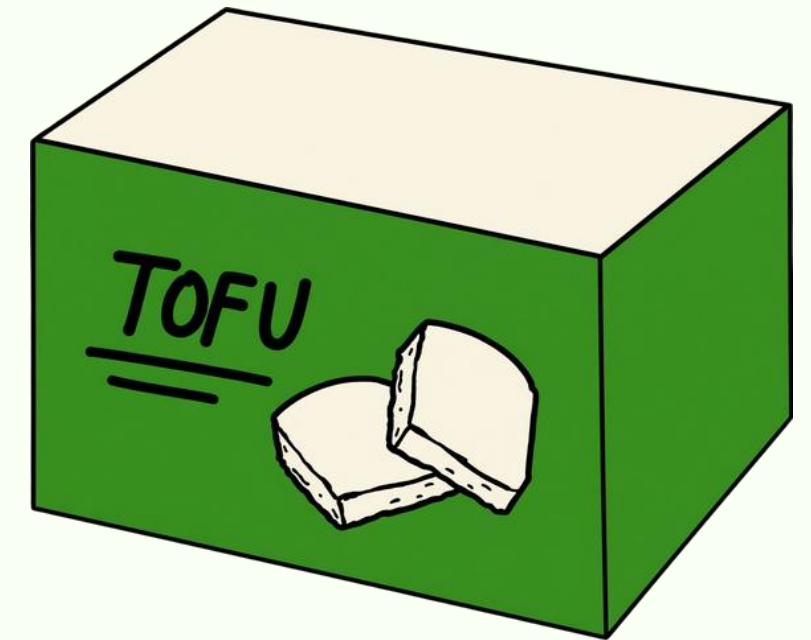
Protein

Worth prioritizing.

¼ plate

Why to prioritize protein:

- Healing
- Muscle
- Strength
- Energy
- Immune support



Affordable options:

- Eggs
- Beans
- Greek yogurt
- Lentils
- Tofu
- Chicken
- Cottage cheese
- Canned salmon or tuna

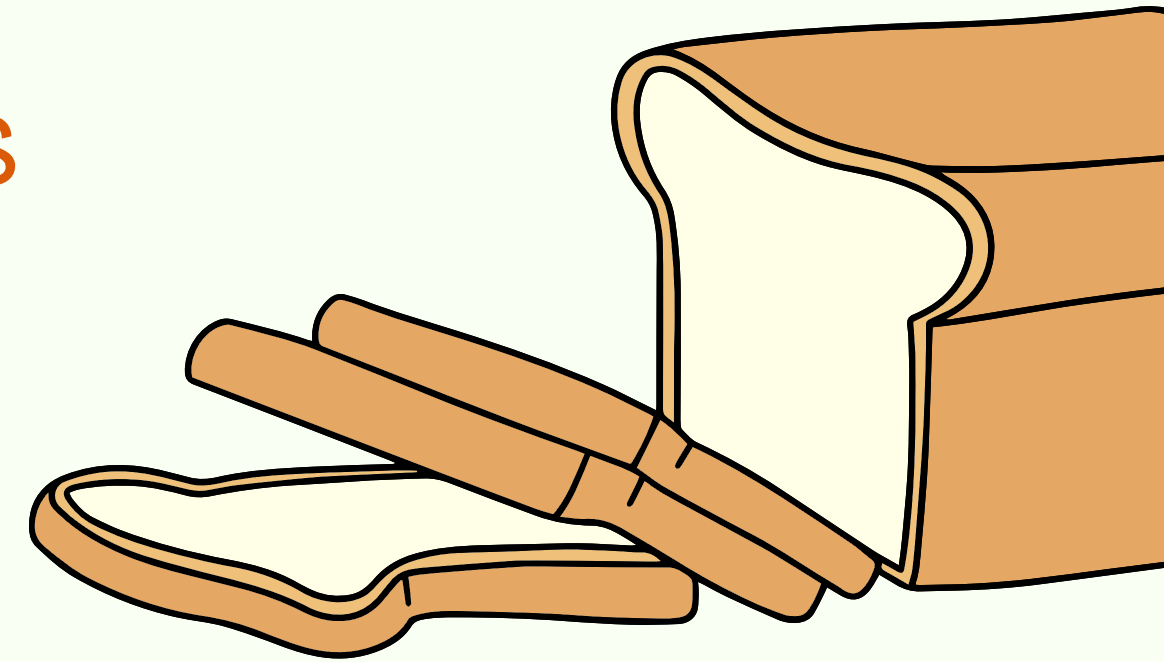
Whole Grains

More than just carbs.

¼ plate

Whole grains provide:

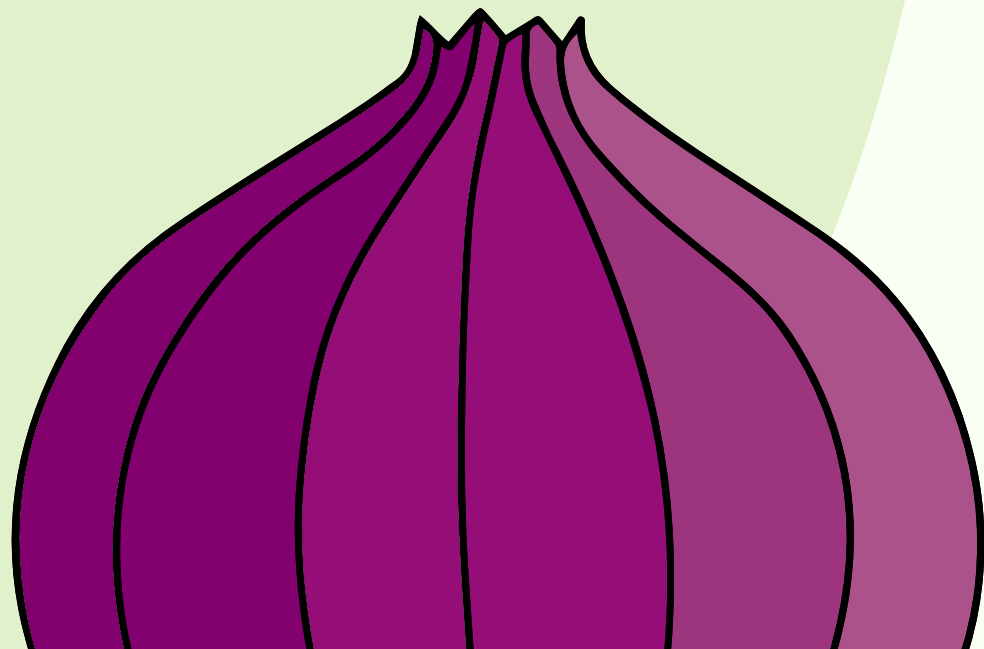
- Fiber
- Vitamins & minerals
- Plant sterols
- Steady energy



Affordable options:

- Oats
- Brown rice
- Barley
- Wheat pasta
- Wheat bread
- Popcorn
- Bulgur
- Quinoa
- Farro

Save money without sacrificing nutrition



- Meal plan before shopping
- Compare unit prices
- Buy generic
- Choose frozen produce
- Stock pantry staples
- Use leftovers
- Buy bulk proteins on sale and freeze
- Skip expensive "superfoods"

Grocery saving apps

Flipp



Best for:

Comparing weekly sales

Flashfood



Best for:

Marked down products soon
to spoil/expire

Too Good to Go



Best for:

Affordable meals

Key takeaways

- Focus on the pattern, not the perfect food
- Be curious about nutrition claims
- Prioritize nourishment
- Healthy eating doesn't have to be expensive
- Give yourself grace and flexibility

You don't have to eat perfectly. You just need nutrition information you can trust, and strategies that work for your life and your budget.

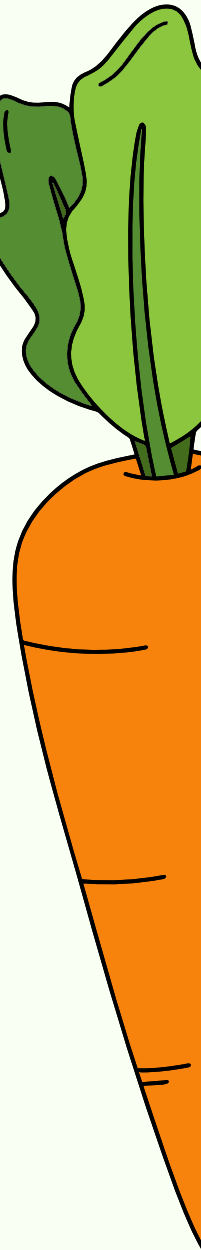
Resources

Verified oncology information (nutrition, too!):

- American Institute for Cancer Research (AICR)
- National Cancer Institute (NCI)

Registered dietitian support:

- Unite for HER (for members)
- Your hospital or cancer center
- Academy of Nutrition & Dietetics
“Find a Nutrition Expert”



Thank you!

Questions?

Where to find me:

- 🌐 www.aubreyreddnutrition.com
- 📷 [@aubreyreddnutrition](https://www.instagram.com/aubreyreddnutrition)
- ✉️ aubrey@aubreyreddnutrition.com

