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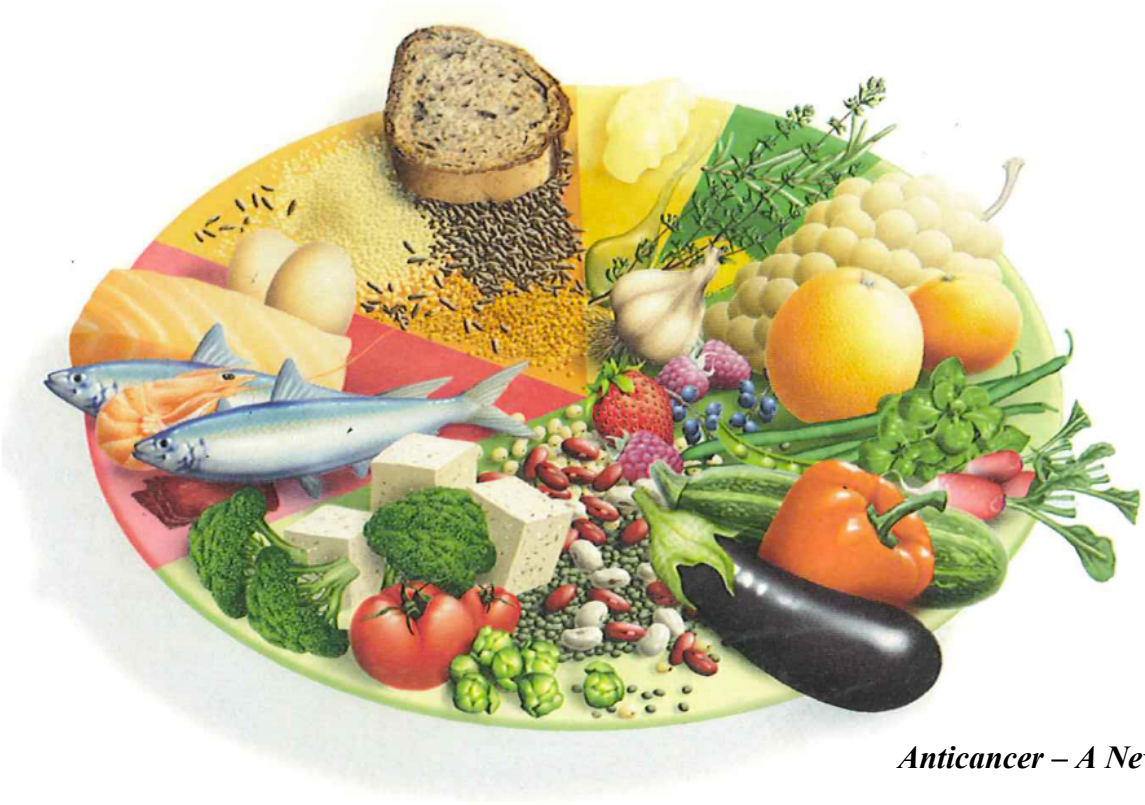
General Nutrition Recommendations

- Focus on eating a well-balanced, whole-food and primarily plant-based diet with plenty of vegetables (6-8+ servings or 3-4 "handfuls") and fruits (2-3+ servings or "handfuls"), as well as a variety of grains, legumes, nuts and seeds.



Anticancer – A New Way of Life

- Eat from the Brassicaceae or **cruciferous family (broccoli**, cauliflower, cabbage, brussels sprout, kale, bok choy, turnip, kohlrabi, etc.) and the allium family (garlic, onion, leek, shallot, chive, scallion, etc.) on a daily basis. [See: www.aicr.org/foods-that-fight-cancer/]
- Eat culinary **herbs and spices** freely as many have shown to have antimicrobial, antioxidant, anti-inflammatory and anticancer properties – basil, oregano, thyme, rosemary, turmeric, cinnamon, cardamom, mint, cilantro, cumin, fennel, ginger, lemongrass, various peppers, saffron and more.
- Eat a serving of **berries daily** (blueberries, blackberries, raspberries, strawberries, cranberries and/or grapes), making sure there are no added sugars.
- Ensure adequate **high-quality protein intake** on a daily basis split evenly between all meals and from a variety of sources, including both plant and animal sources; this may help improve energy. Be sure to eat approximately **15-20g of protein at both breakfast and lunch**. *(Calculate protein needs: 0.8-1.2g/kg/day)*

- **Plant sources of protein** should be at least half the protein intake and include nuts and seeds (almonds, walnuts, brazil nuts, pecans, hazelnuts, pumpkin seeds, etc.) and nut butters (*not* conventional peanut butters; e.g. with added sugar, hydrogenated oils, palm oil, etc.), beans and other legumes, as well as whole grains and even spirulina.
- Consume **only a modest amount of protein from healthy animal sources**– hormone-free, lean meats (including grass fed beef or buffalo), skinless poultry and wild caught, cold water fish (salmon, halibut, cod, mackerel, herring and sardines). Generally, meat (beef, pork, lamb, goat, poultry, etc.) should be limited to no more than once daily and no more than two 3-4 ounce servings of red meat weekly. Organic eggs and high-protein/low-carbohydrate yogurt (often labeled 'Greek') are also a healthy source of protein. **Avoid processed meat altogether- bacon, sausage, hot dogs, canned, cured & lunch meats.**
- Consider limiting consumption of **dairy products**; using milk, butter, cheese, sour cream, cottage cheese and so forth **primarily as a 'condiment'**.
- Incorporate mushrooms into your nutrition for added **immune benefit** and for extra protein. Mushrooms are most nutritionally beneficial when cooked. Consider consuming the following: crimini, portobello, white button, shiitake, maitake, oyster, morel, enoki, and chanterelle.
- Overall diet should be low in saturated fat with minimal to **no processed foods**. Stay away from fast food, junk food, soda pop and any foods that are high in refined sugar/simple carbohydrates.
- **Eliminate simple/refined sugar and reduce refined starch intake** (including bread, crackers, pastries, pasta, potatoes and white rice), or limit to no more than one or two servings daily.
- **Eliminate alcohol** intake, or limit to no more than 2-3 drinks per week.
- Limit coffee consumption to no more than two 8oz cups daily, ideally organic.
- Remember to eat a 'rainbow of colors' a day; at least five different colors of fruits/vegetables.
- One to two cups of **cooked whole grains** daily (brown rice, buckwheat, barley[i], quinoa, amaranth, millet, oats, rye, triticale, wild rice, etc.). Consider using a rice cooker to improve ease and efficiency in cooking grains.
- Ensure adequate fiber intake on a daily basis (25-30g) – whole grains and cereals, beans, berries and dried fruits (ensure adequate water consumption) are all high in fiber. 2-3 tablespoons of ground flax seed/flax meal provide 4-6g of dietary fiber.
- **Drink an adequate amount of water– approximately 64oz, clear and filtered**. The under-sink mounted filters appear to offer the best balance between benefit and cost effectiveness. See *Consumer Reports*, May 2010 for a review of numerous products. (*Or drink half your body weight in pounds, in ounces*).
- **Green tea**; 2-3 cups daily – organic and non-fermented (non-oxidized); powdered matcha and/or sencha are great choices. Decaffeinated or regular. (Go to www.DoMatcha.com, www.japanesegreenteaonline.com or www.groundgreentea.com for more information.)

Exercise Recommendations

- **Try to be active daily** provided you are not experiencing pain or fatigue.
- Avoid being sedentary for long periods of time. Ensure five minutes of physical activity for every 90 minutes of sitting. Ideally more frequently.
- Include a combination of aerobic, resistance/strengthening, stretching and balance techniques at a minimum of 4-5 days/week, 20-40 minutes/day.
- ***Aerobic activities goals***: 150 minutes of moderate (brisk walking) or 75 minutes of high intensity (swimming, running, biking, rowing) exercise each week.
- ***Strength training goals***: 60-90 minutes each week divided in 2-3 sessions. Strengthening exercises are:
    a. High intensity (sweating and breathing hard during the exercise)
    b. Full body movements/exercises
    c. Constantly varied (provoking mild or moderate muscle soreness 1-2 days afterwards)

Healthy Weight Management

- …is a fairly high priority goal for long-term health. The American Institute for Cancer Research (AICR) recommends an adult **BMI between 21-23**. Of course, this is a crude measure that does not take into consideration a number of factors, including lean muscle mass. Nonetheless, we encourage slow and steady weight loss, if indicated, over 6-12 months, which should be achieved through a combination of exercise (especially strength training) and improved nutritional practices (decreased sugar and starch/refined carbohydrates, less animal fat and reduced portion sizes). Keeping a diet diary, eliminating soda pop, alcohol and flour-based products can be very successful strategies for accomplishing improved weight management. *Fasting/time-restricted eating can also be an effective tool.*

Sleep Hygiene/Management

- Do your best to be in bed for 8-9 hours nightly, with a goal of 7-8 hours actually sleeping.
- Consider a regular routine of going to bed at a similar time each night. Some suggest that sleep before midnight is twice as restful as that in the early morning hours.
- **Create a bedtime routine**; start winding down 1-2 hours before bedtime. Rest a little before you go to bed.
- Use the 'night mode' on your iPad and/or other devices in the evening to decrease the blue light stimulation on the brain. Also, turn off your devices no less than 30 minutes prior to bed.
- Avoid nicotine and caffeine after noon, and avoid alcohol shortly before bed.
- Don't go to bed hungry.
- Create a comfortable sleep environment; dark, quiet, cool and without a television.
- Go to bed only when sleepy and at approximately the same time every night.
- Get out of bed and go to another room whenever unable to fall asleep for a prolonged time; return to bed only when sleepy again.
- Use the bedroom for sleep and intimate activities only.
- Maintain a regular rising time each day.
- Avoid daytime napping if you're suffering from nighttime insomnia. Try to limit naps to 30 minutes.

Stress Management

- We recommend that everyone have 3-4 stress management techniques available and actively utilized as necessary.
- Consider having a strategy in each of the following areas:
    - physical (exercise or movement related)
    - social (with friends, loved ones, a therapist or even a pet)
    - spiritual/religious pursuit (as applies best to your beliefs)
    - introspective or quiet activity (such as meditation, deep breathing, journaling, etc.)
- Consider dedicated time in nature, as this may help to benefit mental health, decrease stress and increase sense of well-being.

Dietary Supplements

- Use with specific intentions in mind; don't take a product just because the morning news show says it's good for a person.
- Consider good nutrition as your multivitamin. Many multivitamin and mineral products are full of ingredients that are neither a vitamin nor mineral- these include preservatives, flow agents, excipients/bulking agents, emulsifiers, coloring agents, binding agents (31/62).

"Natural" doesn't necessarily mean *SAFE*
"Organic" doesn't necessarily mean *HEALTHY*

Additional Resources

Books to consider for further information on integrative cancer care, as well as whole foods nutrition and cooking ideas:

a. ***Food Rules*** – Michael Pollan. **EAT FOOD. NOT TOO MUCH. MOSTLY PLANTS.**

b. ***The Definitive Guide to Thriving After Cancer:*** *A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health* – Lise N. Alschuler, ND & Karolyn A. Gazella

c. ***Anticancer*: A New Way of Life** – David Servan-Schreiber, MD

d. ***The Cancer Fighting Kitchen****: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery* – Rebecca Katz

e. ***The Cancer Wellness Cookbook****: Smart Nutrition and Delicious Recipes for People Living with Cancer* – Kimberly Mathai, MS, RD, CDE

f. ***Five to Thrive****: Your Cutting Edge-Cancer Prevention Plan*– Lise N. Alschuler, ND & Karolyn A. Gazella

g. ***The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health*** – Alissa Segersten and Tom Malterre MS

h. ***Radical Remission:*** **Surviving Cancer Against All Odds** – Kelly Turner, PhD

i. ***Fighting Cancer From Within****: How to Use the Power of Your Mind For Healing* – Martin L. Rossman

j. ***Yoga for Cancer:*** *A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors* - Tari Prinster

k. Also, see *The Environmental Working Group* website a www.EWG.org for additional information on organic versus conventionally grown produce (http://www.ewg.org/foodnews/list.php), **as well as healthier home cleaning and personal care products.**

i. *Dirty Dozen Plus* – strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, and hot peppers.

Always buy & eat organic on this list.

ii. *Clean Fifteen* – avocadoes, sweet corn, pineapple, onions, papaya, sweet peas, eggplant, asparagus, cauliflower, cantaloupe, broccoli, mushrooms, cabbage, honeydew melon, and kiwi.

It is okay to eat conventional or organic from this list.

[i] Barley, wheat (including spelt and kamut) and rye all contain gluten (gliadin and glutenin proteins).