



NutritionRX

PATIENT NAME

DATE

NEXT APPOINTMENT

HEALTHCARE PROVIDER

During treatment

- Practice safe food handling
- Maintain adequate and nutritious food intake
- Maintain body weight
- Maintain strengths and daily activities
- Aim to be physically active

After treatment

- Achieve or maintain a healthy weight
- Eat a diet rich in whole grains, vegetables, fruits, and beans
- Limit consumption of fast-foods and highly processed foods
- Limit consumption of red and processed meat
- Limit consumption of sugar-sweetened drinks
- Engage in regular physical activities

*Small changes over time can make a big difference. Please refer to **Evidence-Based Nutrition Toolkit for Cancer Survivors** for more information.*