



## EATING HEALTHY

Now that breast cancer treatment is over, it is a great time to eat healthy. You may have always eaten healthy, or eating healthy may be a change for you. A healthy diet can improve how you feel and increase your energy level. Eating healthy is also something positive that you can do about your health. Your risk of getting many health problems can be lowered by having a good diet. Some of the long term effects from treatment may also be made better by a healthy diet.

**Eating healthy involves three main guidelines: moderation, variety, and balance.**

Moderation means that you don't eat too much or too little of any food. You need food from each of the five food groups. Your diet should never consist of only food from certain groups and no food from others.

Variety not only makes what you eat more interesting, but allows your body to get the different nutrients that are in different foods within a group. For instance, if you eat many servings of the same fruit day after day, you may not be getting all the nutrients that you need.

Balance in your diet means that you eat moderate amounts of the foods from each group. You should also aim to have the right amount of calories for how active you are.

### **Portion Control**

Portion control is also an important part of eating healthy. Many restaurants and grocers are increasing the size of their meals that they provide, which leads to overeating. In order to control the amount of each food item you eat at a meal, several basic guidelines can be used to help you remember what a portion looks like. For instance, one cup or one medium sized apple would be equivalent to the size of a baseball and 3 ounces of chicken or meat would be equivalent to the size



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of a deck of cards. Use these portion size guides to help make sure that you are eating the right amount of servings. Click to view WebMD's Portion Size Plate tool and click for WebMD's printable Portion Control and Size Guide.

**There are five basic food groups.**

A healthy diet for the average person should include these groups of food and about the amounts listed by each group. If your weight is above or below average, the amounts will vary. Also if you are very active or not active at all, this will affect how much from each group that you need.

**GRAINS: 6 oz each day (1oz =1 golf ball)**

Grains include foods that are made from wheat, rice, oats, barley, cornmeal or other grains. Breads, pasta, cereals, and tortillas are in this group. Try to get 3 oz of whole grain foods. Whole wheat breads and brown rice have many potent antioxidants which have been linked to cancer prevention.

**VEGETABLES: 2 ½ cups a day (1 cup cooked vegetables = 1 baseball)**

Vegetables include 100% vegetable juice. This group also includes raw, cooked, canned, frozen, fresh and dried vegetables. In this group are green, orange, and starchy vegetables. Also in it are dry beans and peas. Two large studies suggest relationship between increased folate intake and decreased breast cancer risk. Some foods rich in folate are: Spinach, kale, romaine lettuce, swiss chard, other dark green vegetables.

**FRUITS: 1 ½ cups a day (1 medium fruit = 1 baseball)**

Fruits include 100% fruit juice. This group also includes fresh, canned, frozen and dried fruits. Eat different fruits and go easy on the juices.



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### **MILK and DAIRY: 3 cups or 24 oz a day (1 1/2 oz hard cheese = 3 dice)**

This group includes all of the liquid milk products and foods made from milk that keep their calcium. Puddings, yogurt and cheeses are in this group. Cream cheese, cream and butter are not. Always go for the low fat or fat free and hormone free items in this group.

### **MEAT and POULTRY: 5 ½ oz a day (3oz of cooked fish = 1 checkbook)**

This group includes meat, poultry, fish, dried beans, eggs, nuts and all foods that are made from them. Lean, low fat cuts of meats are best. Add more fish, beans, peas and nuts and go easy on the red meats. As a breast cancer survivor, you want to make sure your diet includes plenty of low-fat protein such as cold-water fish (salmon, sardines, mackerel), beans, nuts, and white meat chicken or turkey. Protein rebuilds muscle and tissue which is particularly important after undergoing chemo, surgery, and radiation. Protein also helps some medications work better.

### **OILS (FATS): less than 6 teaspoons a day (1 tsp. = 1 poker chip)**

Some foods that fall into this group are oils, butter, margarine, nuts, animal fat and shortening. Most of your intake from this group should come from fish, nut and vegetable oils. Limit solid fats like butter and shortening, and consider using healthy alternatives such as olive oil.



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