Fuel Your Body: Healthy Food Essentials

Eating nutritious foods can benefit your health, your vitality, and your well-being. Follow these tips and nourish your body with healthy foods.

The first step to eating healthy is to keep your pantry stocked with foods that you can throw together in a hurry for healthy meals.

Plan for meals with more:

- Vegetables
- Fruits
- Whole grains

Try to avoid ingredients that include:

- Added sugars
- Refined grains
- Processed and red meats

Adding more fruits and vegetables to your diet improves your health. Are you getting enough?

Every day it’s recommended to eat:
- 1.5–2 cups of fruit
- 2–3 cups of vegetables

Enhance each meal with healthy choices.

**Breakfast**
- Add bananas or berries to your cereal.
- Add spinach, tomato, or other veggies to your eggs.
- Choose unsweetened breakfast foods.
- Choose whole grain toast or bagels.

**Snack**
- Choose fruits and vegetables.

**Lunch and Dinner**
- Add soups with vegetables.
- Add salads with low-fat dressings.
- Add vegetables to sandwiches or wraps.
- Add protein-rich vegetables like beans, peas, and potatoes.
- Choose whole grains.
- Choose lean proteins like poultry, fish, beans, or tofu. Trim meat of visible fat before cooking.

**Dessert**
- Choose frozen treats made from 100% fruit juice.
- Add fruit to your sweet treat of choice.
Tips to Guide Healthy Choices

**Start small!** Smaller changes are more likely to add up to long-term health benefits than restrictive diets.

**Tip:** Keep pre-washed fruits and vegetables on hand for easy snacking.

**Add some color into your cart!** Produce with the most color usually has the most nutrients.

**Tip:** Aim to fill half your plate with fruits and vegetables at each meal.

---

### Fruits:
- apples, bananas, oranges, strawberries, pineapple, cantaloupe

### Vegetables:
- carrots, celery, potatoes, peas, broccoli, spinach

### Proteins:
- eggs, lean meats (look for loin, round, or breast cuts), beans, fish

### Dairy:
- milk, cheeses, yogurt, and sour cream in low-fat varieties

### Grains:
- brown rice, oatmeal, whole grain bread, whole grain pasta, quinoa

### Oils:
- olive, canola, vegetable, peanut, and non-fat cooking spray

### Soups:
- canned soups, broths, and dried soup mixes that are low in sodium and not cream based

### Cabinet essentials:
- vinegars, sauces with no added sugar, peanut butter, canned tomatoes

### Beverages:
- 100% fruit juices, seltzer waters, teas, and kombuchas with no added sugars

---

Remember to check with your cancer care team if you have special dietary needs. Always follow their advice first.

For more information, scan the QR codes below!

- Learn more about the benefits of eating healthy.
- Make it a goal to try new healthy and delicious dishes!
- Build your shopping list with these healthy ingredients.

---

cancer.org | 1.800.227.2345
©2024, American Cancer Society, Inc. No. 081215 Rev. 07/24
Models used for illustrative purposes only