



# 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.

## Add to Cart!



### 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.