



Nutrition Resources from the American Cancer Society



Good nutrition is an important part of staying healthy and strong before, during, and after cancer treatment. The American Cancer Society (ACS) is here to help.

If you have any questions or concerns about nutrition or changes you want to make in your diet, talk to your cancer care team.

Nutrition Information for People With Cancer

Cancer and treatment side effects can be different for everyone. People with cancer might have problems eating food and drinking fluids. Sometimes this is due to the cancer itself or side effects of treatment. ACS has resources that that may help, including:

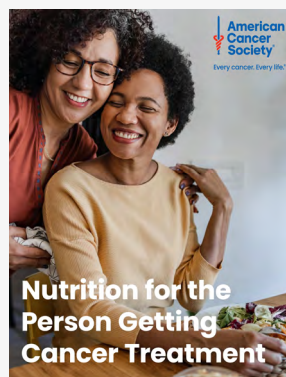
- [**Preparing for Treatment With Good Nutrition**](#): Learn how to plan for eating and drinking changes that may come with cancer treatment.
- [**Benefits of Good Nutrition During Treatment**](#): Find out how eating a variety of foods can help people with cancer feel their best during cancer treatment.
- [**Food Safety During Treatment**](#): Learn tips for handling, planning, and preparing food for people with weakened immune systems.
- [**Managing Eating Problems Caused by Treatment**](#): Learn about common problems due to side effects of different types of cancer treatments and how they can be managed or relieved.
- [**Living Well After Treatment**](#): Find information about life after cancer, including eating well, being active, and returning to work.

Featured Resource

[**Nutrition for the Person Getting Cancer Treatment**](#)

The guide is available in [English](#) and [Spanish](#).

Scan the QR code to access a copy.



Resources for Making Healthy Choices

Staying at a healthy weight, being physically active, following a balanced diet, and limiting or avoiding alcohol are important for overall health. For people with cancer, these healthy habits may help improve how they feel during treatment, support recovery, and enhance their quality of life.

ACS offers tips and recipes to help you and your family make healthy food choices. Remember, talk to your cancer care team before making any dietary changes.



[Stock your kitchen with healthy ingredients.](#)



[Learn tips for eating out.](#)



[Find healthy recipes.](#)



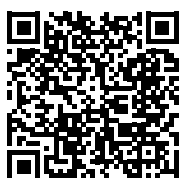
[Keep quick, healthy snacks ready.](#)



[Learn about portion sizes.](#)



[Find ways to add more fruits, vegetables, and whole grains to your day.](#)



For more nutrition information from ACS, scan the QR code.

Search for Local Resources

In addition to ACS programs and services, we can also help connect you to additional free or low-cost resources from other organizations.

Visit cancer.findhelp.com to find lists of local resources that support those with cancer. Results may help connect you with emergency food distribution, food delivery, food pantry locations, community meals, and nutrition education.



For more cancer information and answers, visit the ACS website at cancer.org or call us at 1-800-227-2345.