



**COURAGE - HOPE – RESILIENCE – STRENGTH
THE BUILDING BLOCKS OF ENHANCING SURVIVORSHIP
for PATIENTS and CAREGIVERS**

NUTRITION and PHYSICAL ACTIVITY

Helpful guidance from the American Cancer Society, the American Institute for Cancer Research, MD Anderson Cancer Center, and a Cancer Survivor who is a licensed Cancer Dietitian (video discussion):

AMERICAN CANCER SOCIETY:

Eating well during cancer treatment may help you: Keep up your strength and energy. Maintain your weight and your body's store of nutrients. Better tolerate treatment side effects. Lower your risk of infection. Heal and recover. [Nutrition for the Person Getting Cancer Treatment](#)

From MD Anderson Cancer Center:

Nutrition plays a role in cancer at all stages – prevention or risk reduction, treatment and post-treatment. The American Cancer Society (ACS) and the American Institute of Cancer Research (AICR) advise a plant based diet. A plant based, whole food diet emphasizes vegetables, fruits, whole grains, legumes, nuts and seeds. [Nutrition Basics for Patients and Caregivers](#)

AMERICAN INSTITUTE FOR CANCER RESEARCH GUIDEBOOK ON NUTRITION FOR CANCER PATIENTS:

https://www.medschool.lsuhsu.edu/lungcancer/docs/nutrition-during-cancer-treatment_Cancer%20Survivor%20Series%20Booklet_American%20Institute%20for%20Cancer%20Research%20AICR.pdf

THE MD ANDERSON GUIDEBOOK TO NUTRITION AND PHYSICAL ACTIVITY: [Survivorship: Nutrition and Physical Activity Guidelines for Cancer Survivors](#)

CANCER RESEARCH UK: Exercise and Cancer: [Exercise And Cancer | Cancer Research UK | Coping Physically](#)



Alison Tierney empowers cancer patients with dietary guidance to support their body before, during, and after treatment. [Watch Video](#)



Caregivers

Comprehensive Coping Strategies for Physical Well-Being and Survivorship Quality of Life - Patients and

[Videos – Mayo Clinic Living with Cancer Guide](#)