



Eat a varied diet of vegetables, fruits, whole grains, and beans.

Fill 2/3 of your plate with plant foods and minimize animal foods.

- Eat a variety of colors of fruits and vegetables.
- Frozen or jarred vegetables are better than canned vegetables.
- Include plant-based foods for all meals of the day.

Limit alcohol as it has been linked to breast cancer recurrence.

- No more than 1 drink a day for women.
- No more than 2 drinks a day for men.
- Avoid drinks high in sugar and processed foods high in added sugar.

Maintain a healthy body weight and a physically active lifestyle.

- Incorporate physical activity into daily activities.
- Walk 30 minutes a day to stay active.
- Monitor portion sizes and avoid inactivity.

Hendricks Regional Health survivors are eligible for **LIVESTRONG at the YMCA**, a free 12-week program that emphasizes health and wellness.

Contact the YMCA for details: changemy-life@indymca.org or call 317-269-6004

Animal foods should be cheese or lean, unprocessed meats.

- Limit red meat, and try meatless meals several times a week.
- Utilize beans, tofu, mushrooms, or eggplant as substitutes for meat.
- Consuming 3 or fewer servings of soy will NOT increase risk of cancer recurrence.

Limit salt to 2,400mg per day.

- Try seasonings like garlic, basil, turmeric, thyme, and paprika.
- When buying packaged foods choose low-sodium.
- Request “no salt” when ordering in restaurants.
- Supplements are not regulated and should not replace healthy food.

Our Registered Dietitian Nutritionist, is board-certified in oncology and can help you:

- Understand your eating habits
- Assess your nutrition
- Educate you on nutrition after cancer treatment
- Teach you to shop healthier
- Give you meal ideas.

Nutrition counseling is a benefit of many health insurance plans.

Call (317) 745-3769 to request an appointment.