



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.