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Healthy Diet Choices

Healthy Protein Sources

Dietary protein is needed to maintain muscle mass and strength, and to promote healing. This makes it especially important during treatment.

| Animal Protein | Dairy Protein | Vegetable Protein |
|--|-----------------|---|
| Beef | Milk | Legumes (e.g., Black Beans, Chickpeas, Kidney Beans, Lentils, Navy Beans) |
| Chicken, Turkey | Cheese | Nuts, Seeds, Nut Butters |
| Eggs | Milk-based Soup | Soy Milk |
| Pork | Custard | Tofu |
| Lamb | Pudding | |
| <i>Please Note:</i> Fish are a good protein source, and fatty fish provide omega-3 fatty acids. Try to include fatty fish twice a week or more. | Yogurt | |

Healthy Fats

Monounsaturated oils, such as olive and canola oils, are healthy choices. Almonds and avocados also contain monounsaturated fat.

Omega-3 fatty acids are being studied for their health benefits. These are found in fatty fish like salmon, mackerel, herring and sardines. They are also in ground flax seed, black walnuts, omega-3 eggs, omega-3 fortified milk, canola oil, and wheat germ. If you are trying to gain weight, include more of these foods to add calories.

Fats in Moderation

Saturated fats are mainly found in meats, eggs and dairy products. These foods are good sources of protein and many nutrients; however, too much saturated fat is not healthy. Choose chicken or turkey without the skin, lean cuts of meat and skim or 1% milk and yogurt to keep saturated fat intake low.

Fats to Avoid

The least healthy fats are hydrogenated and trans fats, which are found in hard margarine, commercial baked goods (pastries, cookies and crackers) and fried snack foods (French fries and chips). To identify if a product has trans fat, look for the words 'partly hydrogenated' or 'vegetable oil shortening' in the ingredient list.



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Healthy Starches

Whole grain breads and cereals provide fibre and other nutrients. Choose whole wheat bread, brown and wild rice, barley, corn, quinoa, whole wheat pasta and whole grain cereals (like Cheerios, Shredded Wheat and oatmeal) more often than white, refined options.

Fruits & Vegetables

A healthy diet includes a wide variety of foods. The foods listed here are just some examples of appropriate choices. Take advantage of all fresh fruits and vegetables, especially when they are in season.

Aim for 7 servings of a variety of fruits & vegetables each day. If your appetite is poor, you may find it easier to have some of your servings as juice.

A serving is any of the following:

- 1 whole medium-sized fruit (e.g. an apple or a peach)
- 1 cup of leafy greens
- ½ cup berries or chopped vegetables
- ½ cup juice

By choosing from the following regularly, you can be sure you are getting a variety of nutrients.

Fruits:

- | | | |
|--|--------------|-------------------|
| • Apples | • Guava | • Pineapples |
| • Apricots | • Kiwis | • Plums |
| • Bananas | • Mango | • Red grapefruit* |
| • Berries like: strawberries, blueberries, raspberries, blackberries | • Nectarines | • Red grapes |
| • Cantaloupe | • Oranges | • Tangerines |
| • Cherries | • Papaya | • Watermelon |
| | • Peaches | |
| | • Pears | |

**Please Note: Grapefruit should not be eaten when taking certain medications. Check with your doctor or pharmacist before adding grapefruit to your diet.*

Vegetables:

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| • Beets | • Sprouts | • Onions, Garlic, Leeks |
| • Carrots | • Green Peas | • Pumpkin, Squash |
| • Cruciferous Vegetables like: Cabbage, Cauliflower, Broccoli, Brussels | • Green Pepper | • Red Pepper |
| | • Leafy greens like: Kale, Spinach, Romaine Lettuce | • Sweet potato |
| | | • Tomatoes |

Suggested Websites

- American Institute of Cancer Research - www.aicr.org/reduce-your-cancer-risk/diet
- Dietitians of Canada - www.dietitians.ca
- Guide to Buying and Eating Fish - www.toronto.ca
- Environmental Working Group's Shopper's Guide to Pesticides in Produce - www.ewg.org/foodnews
- Farmers' Markets Canada - www.farmersmarketscanada.ca

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