

NUTRITION AFTER GYNECOLOGIC CANCER



LIMITED ADDED SUGARS

- Eliminate sugar-sweetened beverages
- Minimize intake of sweets
- Under the % daily value column on the nutrition facts label, choose products with <10% in added sugars



CONSUME A VARIETY OF FRUITS & VEGGIES

- Fill half of your plate with vegetables
- Incorporate different colored vegetables as each has beneficial properties
- Replace dessert or snack with a piece of fruit



CONSUME A LEAN PROTEIN AT EACH MEAL & SNACK

- Choose poultry, turkey, and fish more often
- Have 2 “meatless dinners: per week using vegetable proteins
- Choose grilled, broiled & roasted foods instead of fried, pan-seared, or breaded



BE PHYSICALLY ACTIVE

- Set daily steps goal
- Take any opportunity for movement
- Set a time for daily walks with friends or family



HOT FLASHES

- Limit hot beverages & spicy foods



INDIGESTION

- Avoid fluids with meals
- Consume small/frequent meals
- Avoid alcohol, coffee, mints, & high-fat foods



CONSTIPATION

- Increase fluids, high-fiber foods, & mobility



DIARRHEA

- Limit high-fat foods, spices, & sugars
- Choose lactose-free items if dairy products trigger symptoms