Food care

The nutritional goal before, during and after cancer treatment is to consume the necessary energy and nutrients to care for healthy cells, mantain a helthy weight and tolerate side effects. In order to achive this, you must apply the following recommendations:
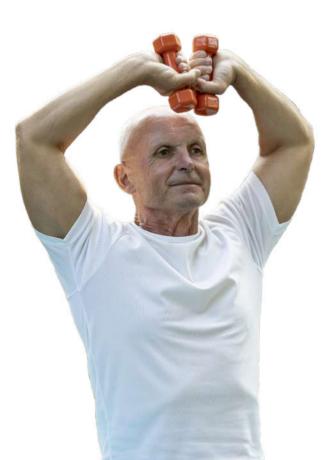
Recommendations:

- Eat 5 servings of fruits and vegetables each day. **Choose whole fruits over juices or smoothies.**

- **Avoid salt excess.** Remove the salt shaker from the table, do not use dry packed soups or chicken cubes; reduce the consumption of bakery, canned and packaged products.

- **Minimize the intake of food and beverages with added sugar:** bakery, pastry, packaged products, juices and box or bottled soft drinks. This also includes homemade beverages to which you add sugar.

- Color and flavor your meals using natural substances such as **turmeric, saffron, paprika, cumin, coriander, garlic, bay leaf, thyme, etc.**

Mantain a high fiber diet. This is mainly found in legumes (beans, lentils, peas, etc.) and wholegrain cereals such as rice, whole wheat pasta, oat flakes and product made from corn, bran or quinoa.

Avoid sedentary life style. Exercise 30 minutes daily, reducing the time in front of the televisión, cell phone or computer. Go on your daily activities by being physically active, walking or biking.

Limit the intake of red meat to 3 medium servings per week; if you have colon or rectal cancer, do not consume them at all. Avoid eating processed meat and sausages, even those made with poultry and blood.

Increase the daily consumption of healthy fats: avocado, olive oil, sesame sedes, flaxseed, squash, walnuts and almonds.

Consume two daily serving of pasteurized dairy such as milk, cheese and yogurt. One serving = 6oz glass or one thin slice of cheese.

Choose cooking methods such as boiling, stewing or sautéing. Reduce on roasts and fried foods.

Avoid the consumption of alcoholic beverages, even red wine.

Maintain the daily intake of health drinks based on coffee, dark chocolate, cinnamon, ginger, tea or aromatic infusión.

Quench your thirst with water, avoid energy drinks or sweets.