



Nutrition during Cancer Treatment

It is especially important to focus on healthy food choices during your treatment to feel better and provide your body with the nutrients it needs. Here is a sample of the foods that you need daily. This is a general guide and you may find that some food groups may be difficult to get the recommended serving sizes. Check with your dietitian for a personalized approach.

Food Group	Nutrients provided	Serving Sizes / Examples
Bread, Cereal, Rice & Pasta Group	Source of B Vitamins, Folate, Fiber	5-8 ounces per day; 1 ounce = ½ cup cooked oatmeal, pasta, barley, rice, etc; 1 slice of bread; 6 inch tortilla; ½ English muffin. [Try to make half of your grains from whole grains]
Vegetables Group	Source of Vitamin A (carotenoids), Vitamin C, Folate, Potassium, Fiber, Phytochemicals	2.5-3 cups per day 1 cup serving = 1 cup cooked vegetables, 2 cups of raw leafy greens, 1 cup of vegetable juice. If your digestion is sensitive, try more vegetable juices like carrot, celery, or cucumber. Cooked vegetables are easier to digest.
Fruit Group	Source of Vitamin A (carotenoids), Vitamin C, Folate, Potassium, Fiber, Phytochemicals	1.5-2 cups per day 1 cup serving = 1 cup of chopped fruit, large banana, 32 small grapes, 1 large orange or peach, 1 medium pear or apple, 8 large strawberries. If your digestion is sensitive, try more diluted fruit juices like apple, grape, pear nectar. Peeled and canned fruits are easier to digest.
Meat and Alternative Protein Group	Source of Iron and Vitamin B12, Zinc	2-3 servings daily; 3 oz of meat, poultry, fish or tofu. ½ cup cooked beans, 1 egg, ¼ cup nuts, 2 Tbsp peanut butter
Dairy or Alternative Dairy Group	Source of Calcium, Protein, Phosphorus, Potassium	2-3 servings daily; 1 serving = 1 cup milk (cow, goat, sheep), yogurt, kefir, soymilk, rice milk, almond milk. 1 ½ oz cheese.
Fats	Source of dietary cholesterol, essential fats.	Oils: olive, grapeseed, avocado, mayonnaise Solid fats: avocado, nuts, seeds, nut butters You may need to adjust your fat according to your weight and tolerance. If you are losing weight, increase your fat intake.
Fluids / Hydration	Hydration or added calories if necessary	Carry a water bottle, dilute fruit juices and nectars, popsicles made with fruit juices, low salt vegetable juices, herbal teas as ginger or mint. Sip on shakes and other supplements during the day.

Stanford Cancer Nutrition Services



myplate.gov 4/13

Stanford Cancer Nutrition Services | 650.498.2512
stanfordhealthcare.org/cancernutrition

