

American Cancer Society Circle Of LifeSM : *Cancer Education and Wellness*

Nutrition and Physical Activity during Cancer Treatment Fact Sheet



Photo courtesy of United American Indian Involvement, Inc.

You may need to eat differently during cancer treatment. Eating healthy foods during treatment can help you to:

- Feel better.
- Keep up your strength and energy.
- Keep up your weight and store of nutrients.
- Tolerate treatment-related side effects.
- Decrease risk of infection.
- Heal and recover quickly.

A cancer care team can help make an eating plan that takes into account:

- Type of cancer, treatment, and any side effects
- The amount of calories and nutrients you need during treatment

An eating plan should include:

- Balanced meals or snacks that include protein, along with fruits, vegetables, and whole grains

Physical activity, with rest breaks built in, can help reduce fatigue during cancer treatment.

A cancer care team can recommend the right amount and type of physical activity to help you:

- Stay at a healthy weight.
- Boost energy levels.
- Improve mood.
- Increase appetite.

The amount and type of physical activity that's best for you during cancer treatment will depend on your physical condition and your general health before diagnosis.

If you would like more information about physical activity during cancer treatment, please visit cancer.org or call 1-800-227-2345.

