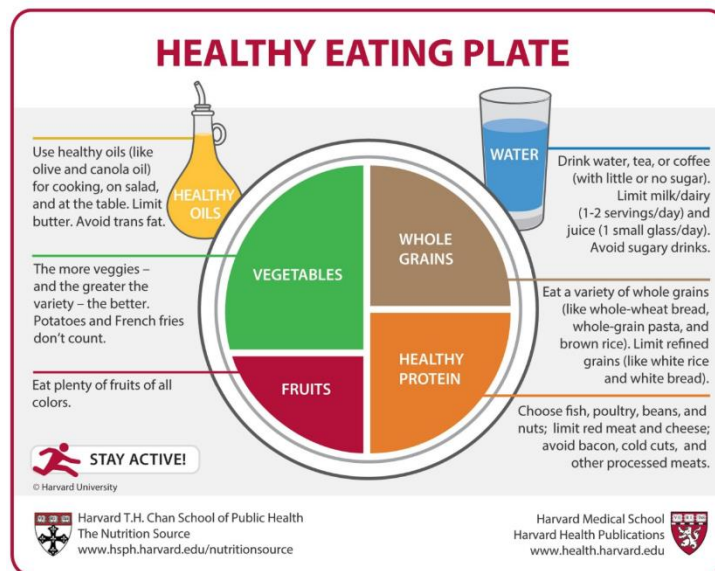


Tips and Resources: Nutrition

Tips

1. Follow the balanced plate method:



2. Mindful Eating:

- Pause before eating, take 3 deep breaths, notice your appetite and what your body needs to feel nourished at that time.
- Appreciate your food, who and where it came from, and who you are with while enjoying it.
- Limit distractions at mealtimes (screens, talking, work)
- Engage all five senses! Be curious and take time to observe the food textures, colors, scents, and savor the tastes. How does it make you feel?
- Take smaller bites, chew thoroughly and slowly.

Resources

MGH Cancer Center Nutrition Services <https://www.massgeneral.org/cancer-center/treatments-and-services/nutrition/recipes>

MGH Lifestyle Medicine Nutrition Webinar: <https://www.massgeneral.org/cancer-center/news/mindful-eating-video>

Books

The Cancer Fighting Kitchen by Rebecca Katz (And her other cookbooks)

The Living Kitchen Cookbook by Sarah Grossman and Tamara Green

Websites

The Harvard Healthy Eating Plate <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

American Institute for Cancer Research <https://healthy10challenge.org/>

The Minimalist Baker <https://minimalistbaker.com/>

The Living Plate: <https://www.livingplaterx.com/>