Thank you for joining today’s webinar. We hope you will continue making good nutrition, avoiding inactivity, and practicing mindfulness a daily part of your journey.

5 Facts and Tips for Making Healthy Choices

Fact #1

Large clinical studies show eating lots of fruits, vegetables, whole grains, and fiber help reduce the risks of cancer.¹

In contrast, the American Institute for Cancer Research states that eating a diet full of sugary foods, sugary drinks, and processed foods increases endometrial cancer and other cancer risks.²

Tip: Add and subtract. Plan out ways to ADD a veggie to your plate and TAKE AWAY a sugar. Try adding lettuce and removing a soda.

Fact #2

The American Institute for Cancer Research states that three out of every five new cases of endometrial cancers are preventable with physical activity (30 minutes per day) and by maintaining a healthy weight (BMI 18.5 to 25).³ Additionally, people who engage in moderate physical activity during cancer treatment have less anxiety, depression, nausea, and fatigue.

Tip: Try to fit in three sessions of 10-minutes each day, for two days a week. Studies show most survivors can walk 30 minutes a day.⁴ Be encouraged to start slow and go at your own pace. Consistency is key. Work your way up to 5 days a week and maintain it.
Fact #3:

Close to 67% of survivors use complementary and alternative medicine after the completion of initial treatment. Examples include Ayurveda, yoga, herbs, and reiki.

Tip: Focusing on the mind, soul, and spirit are as essential as completing IV treatment and recovering from surgery. It’s like a three-legged stool, if one part is missing, things are out of balance!
Fact #4:
Eating out or ordering-in can be tough – think of a plan before you order!

Tips:
• Grab an oatmeal with fresh fruit instead of pancakes
• Ask for apple slices instead of French fries
• Go for the veggie burger or junior hamburger instead of the double cheeseburger – and add a salad!
• Your sauces count! -- Ask for dressing on the side
• Use mustard instead of mayo – hold the extra 100 calories and about 10 grams of fat
• Occasionally pick ONE add-on: light sour cream, low-fat cheese, OR fresh guacamole

Fact #5:
If you have multiple choices, pick the better option.

Tips:
• Tasty fresh or dried fruit (Best) → Sweet high-fructose corn syrup (Worst)
• Whole grains (Best) → Enriched grains → No grains (Worst)
• Water (Best) → Diet Soda → Regular Soda (Worst)
• Fish or Plant-based protein (Best) → White meat/Poultry → Red/Processed meat (Worst)
• Roasting, Baking, Poaching, Steaming (Best) → Sautéing, Frying, Grilling, Barbequing (Worst)
• Omega 3 oils/fat (Best) → Monounsaturated → Polyunsaturated → Saturated (Worst)
• Moderate alcoholic drinking (1 drink) (Better) → Heavy alcoholic drinking (5 drinks) (Worst)
• No cigarette smoking/vaping (Best) → Heavy cigarette smoking/vaping (Worst)

References:
2 American Institute for Cancer Research
https://www.aicr.org/
3 American Institute for Cancer Research – Endometrial Cancer
Websites and Other Resources

Please feel free to visit some of the sites listed here. This limited list is not comprehensive and is subject to change but may serve as a beginning resource for you to explore available options. We encourage you to add resources to the list as your needs and your journey evolves.

Section 1: Eating Well

Foundation for Women’s Cancer Webinar series
https://www.foundationforwomenscancer.org/events-courses/upcoming-education-courses/

Building and Strengthening Resilience During Cancer Treatment
Hear from an ovarian cancer survivor who discusses nutrition and mindfulness during cancer treatment.

MD Anderson Cancer Center – Clinical Nutrition—patient and caregiver nutrition guides
https://www.mdanderson.org/research/departments-labs-institutes/departments-divisions/clinical-nutrition.html

SurvivorSHINE
https://survivorshine.org

Fruits and Veggies More Matters
https://fruitsandveggies.org/

Livestrong — My Plate Counter
https://www.livestrong.com/myplate/

USDA My Plate
https://www.myplate.gov

Vegetarian Times
https://www.vegetariantimes.com/

Oldways – Cultural Food Traditions
https://oldwayspt.org/

Section 2: Moving Well

Foundation for Women’s Cancer Webinar series
https://www.foundationforwomenscancer.org/events-courses/upcoming-education-courses/
- Survivors Exercise Together (SET): The Benefits of Movement During COVID-19 (SETgoMove!)
- Steps Through COVID-19

American Cancer Society – Physical Activity and the Cancer Patient

National Comprehensive Cancer Network -- Exercising During Cancer Treatment
https://www.nccn.org/patients/resources/life_with_cancer/exercise.aspx
National Cancer Institute – Survivors and Exercise Guidelines

American College of Sports Medicine – Exercise is Medicine

Kathy Smith — Fit Over 40
https://www.kathysmith.com/14-day-fit-40-challenge/

LIVESTRONG at the YMCA
https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca

Black Yoga Teachers Alliance – BYTA Bytes
https://blackyogateachersalliance.org/byta-blog/

Section 3: Herbs and Complementary Medicine

National Center for Complementary and Integrative Health – Herbs at a Glance
https://www.nccih.nih.gov/health/herbsataglance

Memorial Sloan Kettering Cancer Center – Herbal Remedies

Memorial Sloan Kettering Cancer Center – Herbs, Botanicals, and Other Products

Memorial Sloan Kettering Cancer Center – About Herbs App

Section 4: Recipe Websites

American Institute for Cancer Research — recipes
https://www.aicr.org/cancer-prevention/recipes/

American Cancer Society – Find healthy recipes

MD Anderson Children’s Cancer Center – At the Table Recipes
https://atthetable.mdanderson.org/
Section 5: Healthy Lifestyle Programs

Anticancer Lifestyle Program
https://anticancerlifestyle.org/

The Healing Mind Dr. Marty Rossman
https://thehealingmind.org/

The Center for Mind-Body Medicine
https://cmbm.org/

Society for Oncology Massage
https://s4om.org/

Oncology Association of Naturopathic Physicians
https://oncanp.org/

Section 6: Nutrition and Exercise Guidelines

American Institute for Cancer Research
https://www.aicr.org/

American Institute for Cancer Research – Endometrial Cancer

Eat Right – Academy of Nutrition and Dietetics
https://www.eatright.org/

Office of Disease Prevention and Health Promotion 2015-2020 Dietary Guidelines

American College of Sports Medicine—Guidelines for Exercise and Cancer

CDC Healthy Living
https://www.cdc.gov/HealthyLiving/

Section 7: Food Safety Recommendations

Environmental Working Group – Information about toxins and chemicals found in foods
https://www.ewg.org/foodnews/full-list.php

Seafoodwatch – Seafood safety recommendations
https://www.seafoodwatch.org/

Consumer Lab – Product reviews of supplements
https://www.consumerlab.com/
BOOKS

Tip: Type the ISBN code into the search box of your favorite online bookstore retailer. This will help you find a match to the book you want to enjoy!

Section 8: Cookbooks

Cook for Your Life — Ann Ogden Gaffney
ISBN-10: 1583335811

The Cancer-Fighting Kitchen – Rebecca Katz and Mat Edelson
ISBN-10: 0399578714

Anti-Cancer A New Way of Life — David Servan-Schreiber MD PhD
ISBN-10: 0452295726

Anti-Cancer Living — Lorenzo Cohen PhD and Alison Jefferies MEd
ISBN-10: 0735220433

Passionate Vegetarian — Crescent Dragonwagon $$
ISBN-10: 1563057115

What to Eat During Cancer Treatment: More than 130 Recipes to Help You Cope — American Cancer Society, Jeanne Besser, and Barbara Grant MS RD
ISBN-10: 160443256X

American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer — Barbara L. Grant
ISBN-10: 0944235786

Section 9: Complementary Medicine

Five to Thrive: Your Cutting Edge-Cancer Prevention Plan – Lisa Alschuler and Karolyn Gazella
ISBN-10: 1935297406

Integrative Strategies for Cancer Patients – Elena Ladas and Kara Kelly
ISBN-10: 9814313238

Fundamentals of Complementary and Alternative Medicine – Marc Micozzi MD PhD $$
ISBN-10: 0323510817

Integrative Oncology – Donald Abrams and Andrew Weil $$
ISBN-10: 0199329729
Section 10: Popular Apps

Please feel free to visit some of the apps listed here. This limited list is not comprehensive and is subject to change but may serve as a beginning resource for you to explore available options. Your care team may have other suggestions for apps you can use. (Most have a free trial period before monthly or yearly subscription is required to continue use)

Cancer Prevention:
"After cancer treatment, survivors should continue with cancer prevention"

MD Anderson Listing for Exercise and Nutrition Apps

Meeting Nutrition Goals:
Start Simple App
https://www.myplate.gov

Livestrong My Plate Calorie Counter
https://www.livestrong.com/myplate/

My Net Diary
https://www.mynetdiary.com/

Fitness:

FitOn
https://fitonapp.com/

Sworkit
https://sworkit.com/get-started/sworkit-user-guide

CharityMiles
https://charitymiles.org/

Meditation and Breathing:

Calm
https://www.calm.com/

Headspace
https://www.headspace.com/

Insight Timer
https://insighttimer.com/