



Eating well during and after cancer treatment will help you:

- have more energy
- maintain your bodyweight and muscle
- cope better with side effects
- recover more quickly
- fight infection and heal well
- improve your sense of wellbeing and quality of life.

The Cancer Society recommend you base your food choices on the [New Zealand Eating and Activity Guidelines](#) and the [World Cancer Research Fund](#) recommendations. This information looks at those recommendations and provides tips on eating well.

ENJOY A VARIETY OF HEALTHY FOODS EVERY DAY INCLUDING:



plenty of vegetables and fruit



grain foods, mostly whole grain and those naturally high in fibre



some milk and milk products, mostly low and reduced fat



some lentils, legumes, nuts and seeds or fish, chicken and/or red meat (350 - 500g a week) with the fat removed.

CHOOSE AND/OR PREPARE FOODS AND DRINKS:



with unsaturated fats such as canola, corn, rice bran, soya or olive oil, avocado and margarine instead of saturated fats like butter, coconut, palm oil or cheese



that are low in salt (sodium) and choose iodised salt if using



with little or no added sugar



that are mostly 'whole' and less processed such as potatoes rather than crisps.



MAKE PLAIN WATER YOUR FIRST CHOICE OVER OTHER DRINKS





Serving sizes for fruit and vegetables

The Ministry of Health recommends that New Zealand adults eat at least three servings of vegetables and two servings of fruit each day.

One serve of fruit and vegetables are:

Vegetables (non-starchy)

- ½ cup cooked vegetable (such as pūhā, watercress, silverbeet, kamokamo (squash), carrot, broccoli, bok choy, cabbage, taro leaves).
- ½ cup salad or mixed vegetables

Vegetables (starchy)

- 1 medium potato (135 g) (such as kūmara, taewa, yam, taro, cassava or green banana).

Serving size examples fruit

- 1 medium apple, pear, banana or orange
- 2 small apricots or plums
- ½ cup fresh fruit salad
- ½ cup stewed fruit (fresh, frozen or canned).

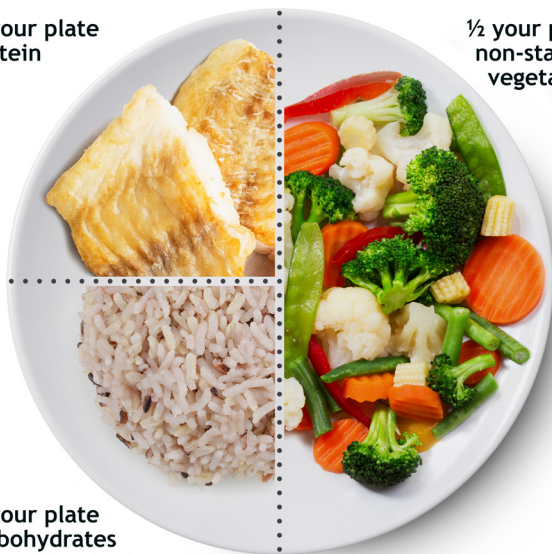


Reshape your plate

Make plant-based foods the main part of your meal. Using this plate model is a good way to know you are getting enough fruit, vegetables and grains.

¼ your plate
protein

½ your plate
non-starchy
vegetables



¼ your plate
carbohydrates
(rice / taro / kūmēra / pasta)

Know your pulses

Pulses (legumes, dried peas, lentils and beans) can be used as a main part of a dish. You can buy them in cans or cook them from their dry form. They can be mashed and used to make patties or added into loaves, soups, stir fries and casseroles with vegetables and flavourings. They can be added to other dishes to increase the protein content.

One cup of dried beans makes about 3 cups of cooked beans. Cook the beans until they are tender.



Eat the rainbow

We know about eating our greens. But think about the importance of eating your reds, yellows, purples and whites too? Eating a rainbow of plant-based foods helps make sure you get the mix of vitamins and minerals your body needs for hauora (health).



Eating well on a low budget

There's ways you can help stretch your dollar further.

- When you are planning your weekly meals, writing a shopping list and keeping to it can help you avoid going over your budget. It is useful to use a self-scanner to keep track of the cost when you are buying.
- Go to supermarkets known for value-for-money, and look for specials. While the local dairy or service station can be easier to get to, be aware that you may be paying more.
- Reduce the amount of convenience, processed and snack foods you buy as these cost more.
- Local weekend fruit and vegetable markets usually have cheaper produce
- Supermarket's own brands are often cheaper than branded products.
- Compare prices by looking at the price per 100g or litre.

Make your food go further

- Make more at dinner to take for lunch the next day
- Add cooked dried peas and beans (chickpeas, kidney beans, lentils, split peas) to a dish to make it go further, especially curries, casseroles and stews, along with more vegetables.

- Slow cookers are great as time and money savers, as you can use them to slow cook cheaper 1 tablespoon oil.
- Freeze leftovers and any surplus produce from your garden.

Adapted from 'Affordable eats' (2019)
www.heartfoundation.org.nz

More information

- [No money – no time](#) – This is a great Australian, interactive website that has healthy eating advice and budget friendly recipes
- [Heart Foundation affordable eats cookbook](#)
- [NHS 20 tips to eat well for less](#)
- [The great little cookbook](#)



Healthy eating habits

Healthy eating is more than the food you eat. It is about your cultural eating customs. Where, when, why and how you eat. It's about enjoying life and connecting with others. Some tips for healthy eating include:

- taking time to cook, eat and enjoy your food
- taking time to enjoy healthy food with family, friends, neighbours or co-workers
- being mindful of when you are hungry and eating at that time
- planning what you eat and cooking more often for better nutrition
- involve others in planning and preparing meals so that you pass on your skills and enjoyment of good food
- sharing food and celebrating your culture's food traditions are important
- saying karakia or blessing food before you eat is a way of showing gratitude for the food you will eat



More recipes

- [Cancer Society recipe information sheet](#)
- [Te Korowai Hauora o Hauraki – Kia Kaha Te Kai](#)
- Gourley, Glenda. (2010) The New Zealand Vegetable Book. New Zealand: Hyndman Publishing.
- [Healthy Food Guide](#)

Heart Foundation:

- [Pasifika flavours](#)
- [Kai Lelei](#)
- [Full O Beans](#)
- [Affordable eats \(2019\)](#)

Other sites:

- [My Family Recipes](#)
- [The New Zealand Vegetarian Society](#)
- [Vegetables.co.nz](#)
- [Ministry of Health Guidelines](#)