

# NUTRITION AND KIDNEY CANCER



Eating right is an important part of staying healthy and involved in your own treatment while battling cancer. There are many foods that can help encourage healthy living during treatment, as well as many to avoid. These details, while seemingly small, can make a difference in how you feel. The following tips will help you manage your nutrition responsibly and do the best for you.

## FOODS TO AVOID

- Cold hot dogs or deli lunch meat (cold cuts). Always cook or reheat until the meat is steaming hot.
- Dry-cured, uncooked salami.
- Unpasteurized (raw) milk and milk products, including raw milk yogurt.
- Soft cheeses made from unpasteurized milk.
- Smoked fish.
- Unwashed fresh fruits and vegetables, especially leafy vegetables that can hide dirt and other contaminants.
- Unpasteurized fruit juice or cider.
- Raw sprouts like alfalfa sprouts.
- Raw or undercooked beef (especially ground beef) or other raw or undercooked meat and poultry.
- Raw or undercooked shellfish, like oysters. These items may carry the hepatitis A virus and should be cooked thoroughly to destroy the virus.

- Sushi and sashimi, which often contain raw fish. Commercially frozen fish, especially those labeled “sushi-grade” or “sashimi-grade,” is safer than other fish, but check with your doctor, nutritionist, or another member of your healthcare team before eating these foods.
- Undercooked eggs, such as soft boiled, over easy, and poached.
- Raw, unpasteurized eggs or foods made with raw egg, such as homemade raw cookie dough.

## FOODS TO LOOK FOR

- Try to eat at least 2½ cups of fruits and vegetables every day, including citrus fruits and dark-green and deep-yellow vegetables. Colorful vegetables and fruits and plant-based foods have many natural health-promoting substances.
- Choose different plant-based foods. Try eating beans and peas instead of meat at a few meals each week.
- Look for easy to digest foods like soups, cereals, and crackers. These are less likely to cause nausea and digestive discomfort.

## QUICK-AND-EASY SNACKS

- Cereal
- Cheese (aged or hard cheese, cottage cheese, cream cheese, and more)
- Cookies
- Crackers
- Dips made with cheese, beans, yogurt, or peanut butter
- Fruit (fresh, frozen, canned, dried)
- Gelatin made with juice, milk, or fruit
- Granola or trail mix
- Homemade milk shakes and smoothies
- Ice cream, sherbet, and frozen yogurt
- Juices
- Milk by itself, flavored, or with instant breakfast powder
- Muffins
- Popcorn, pretzels
- Puddings, custards
- Sandwiches (such as egg salad, grilled cheese, or peanut butter)
- Soups
- Sports drinks
- Vegetables (raw or cooked) with olive oil, dressing, or sauce
- Yogurt (low fat or Greek)

Sources: Cancer.net; Cancer.org

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