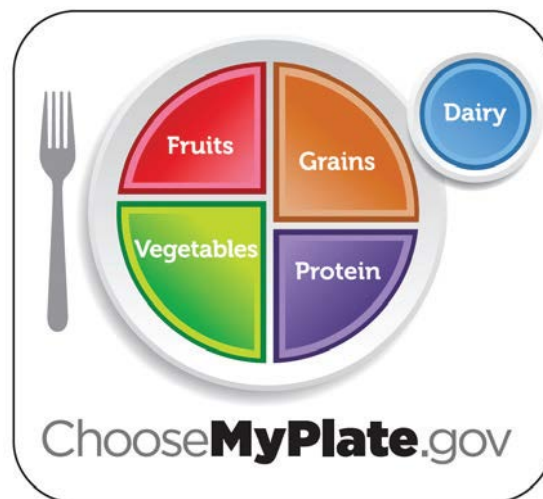


## **Nutrition and Exercise Recommendations for Adolescents and Young Adults with Cancer**

### **Benefits of Healthy Eating:**

- Promotes optimal growth and development
- Increases energy and stamina
- Enhances immune system
- Improves mood
- Reduces risk for obesity, heart disease, diabetes, and many other chronic diseases
- Reduces side effects of certain medications and treatment programs
- Promotes healthy weight

Healthy eating begins with learning to create balanced meals. Below is the MyPlate tool developed by the USDA. This tool is helpful in planning balanced meals.



Make  $\frac{1}{2}$  of your plate fruits and vegetables. Choose a variety of colors (orange, red, green, yellow, blue, etc) to get a balanced variety of nutrients.

Make  $\frac{1}{4}$  of your plate a lean protein such as lean beef, pork, chicken, turkey, eggs, yogurt, beans, and tofu. Aim for 2 servings of seafood each week.

Make  $\frac{1}{4}$  of your plate grains. Aim to make at least half of your grains whole grains. Look for the words “100% whole grain” or “100 whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Don't forget dairy. Add an 8 ounces glass of skim or 1% milk to your meals. Don't like milk? Try soy, almond or coconut milk as your beverage or include another source of dairy such as yogurt or cheese.

### **Healthy Eating Tips:**

Never skip breakfast! Studies show those who eat a regular balanced breakfast are more likely to achieve and maintain a healthy weight.

Drink plenty of water. Skip the soda, juice, and other sweetened beverages. They provide little nutrition.

Avoid eating in front of the television or while on the computer. Try eating while sitting at the table with family whenever possible.

Keep "junk food" completely out of the house so you are not tempted. Keep healthy snacks readily available.

Cut back on foods that are high in solid fats, added sugars, and added sodium. Eat whole foods, both fresh and frozen, whenever possible.

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### **Benefits of Regular Physical Activity:**

- Strengthens heart, lungs, muscles, joints, and bones
- Improves cardiac function and cholesterol
- Improves glucose control
- Increases energy and endurance
- Promotes healthy weight
- Increases resting metabolism
- Improves mental health and mood
- Improves sleep

### **How Much is Recommended?**

Adolescents should get 60 minutes of moderate physical activity each day **or** 30 minutes of vigorous level activities.

Adolescents should include strength training at least 3 days per week and as part of their daily 60 minutes.

Adults should get at least 2 hours and 30 minutes of moderate level activity each week **or** 1 hour and 15 minutes of vigorous exercise.

Adults should include strength training at least 2 days per week as part of their weekly routine.

**Moderate** level exercises are those that make it difficult for you to breathe and talk normally.

Examples: biking slowly, canoeing, dancing, gardening, walking briskly, water aerobics, martial arts, etc.

**Vigorous** level exercises are those that you can only say a few words before having to catch your breath.

Examples: aerobic dance, basketball, fast dancing, jumping rope, jogging, running, biking fast or up hills, soccer, swimming laps, tennis, etc.

**Strength training** – any weight bearing, resistance, or weight lifting exercises that work to strengthen the bones and/or muscles.

Examples: lifting hand weights, working with resistance bands, lunges, squats, calf raises, pushups, abdominal crunches, planks, gymnastics, pilates, yoga, etc.

### **Physical Activity Tips:**

If you are new to physical activity, start small (even a 10 minute walk) and increase over time to the amount that's recommended for your age.

Look for small ways to increase your physical activity such as:

- Park your car further away from your destination.
- Take the stairs vs the elevator or escalator.
- Walk the dog or walk with your children twice each day.
- Exercise while watching your favorite television show. Keep TV time to less than two hours each day to help avoid being sedentary.
- Clean the house. Vacuuming, sweeping, laundry, dusting, and washing windows are all great ways to keep moving.
- Do yard work. Gardening, mowing, and raking are all great ways to stay active.
- Walk or bike to nearby destinations.

Split up your daily exercises into smaller 10-15 minute increments to make more manageable.

Purchase a pedometer and aim for 10,000 steps each day.

Choose activities that you enjoy and can do regularly. Make exercise dates with friends and family to help you stick to it.

Look into joining a gym or a local community center.

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For great websites to help you track your nutrition and activity, check out:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

<https://www.supertracker.usda.gov/default.aspx>

[www.myfitnesspal.com](http://www.myfitnesspal.com)

<http://www.sparkpeople.com/>

[www.calorieking.com](http://www.calorieking.com)

For smart phone apps to help you track your nutrition and activity, check out:

MyFitnessPal

SparkPeople

Fooducate

LoseIt (specifically geared to aid in weight loss)