

fruits, veggies  
& grains:

4-5 cups of fruits & vegetables

3 cups of 100% whole grains

30-45 grams of fiber

# GYN SURVIVOR NUTRITION



do these every day!

want to learn more?

Visit [cancerdietitian.com/webinars](http://cancerdietitian.com/webinars)

for webinars on:

- cancer truths
- cancer myths
- fighting cancer with your fork

Join Julie for an "Ask the Dietitian Q&A" seminar or webinar.

Call Cancer Services at

336-760-9983 for dates and times.

fluid:

8 cups of fluid

choose healthy fluids:

- ◆ water
- ◆ unsweetened tea
- ◆ unsweetened coffee

protein:

15-20 grams at each meal

6-10 grams at each snack

include plant proteins:

- ◆ beans & lentils
- ◆ nuts
- ◆ seeds

For an online version  
of this handout, visit  
[cancerdietitian.com/](http://cancerdietitian.com/)  
**GYNnutrition**



spices, herbs  
& seeds

add flavor to meals with  
spices and herbs

1-2 tbsp. of seeds