

Healthy Eating

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

TRY THIS

Work with a specialist. Ask a dietitian to help you create a nutritious, balanced eating plan.

Shop smart. Stock your kitchen with healthy foods.

Practice mindful eating. Don't get too hungry before you eat. Stop eating when you're full.

CHECK THIS OUT

Visit the Springboard page Healthy Eating.

<https://smokefree.gov/springboard/wellness/healthy-eating>

Sign up for HealthyYouTXT. <http://go.usa.gov/xaKpV>

Watch these videos on healthy eating, acting, and living.

<https://goo.gl/0ImSHq>

Learn more about nutrition after treatment ends. <http://goo.gl/LBjsmv>