

# 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.

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## CHECK THIS OUT

**Visit** the Springboard page Healthy Eating.

<https://survivorship.cancer.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>