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The food you eat during and after cancer treatment can play an important role in your recovery. But cancer and its treatment can sometimes change how and what you're able to eat. A diet that is healthy for one person may not work for someone else.

That's why [medical nutrition therapy \(MNT\)](#) is an essential part of cancer care for many people. MNT combines nutritional counseling with a specialized diet plan. The goal is to help you feel your best while managing issues such as digestion problems, heart conditions, or weight gain.

Use our diet plans and [recipes](#) to help with healthy eating habits during and after cancer treatment.





[Balancing Healthy Eating, Dietary Needs, and Cultural Practices](#)

Watch this online panel of experts from MSK's Food and Nutrition Service discuss healthy eating. The panelists provide practical ways to make delicious and healthy meals that embrace cultural practices and traditions while balancing dietary needs.

Find a Recipe

[View all recipes](#)

MSK Nutrition Services

At Memorial Sloan Kettering, we offer patients the full support of our food and nutrition team. Our registered dietitians work closely with your team of doctors to provide you with recommendations that are not only based on the latest nutrition research, but personalized to the specific type of cancer treatment you are receiving.

[Learn more about nutrition services at MSK](#)

Diet Guides

We want to help you make the best decisions you can about your diet and nutrition needs. If you've been told to follow a specific type of diet, these guides will provide an overview of what types of foods you can eat and give recommendations on how to prepare them.

[Bland Diet](#)

[Cardiac Diet](#)

[Low Calorie Diet](#)

[Carb-Counting Diet](#)

[Low-Fiber Diet](#)

[View all Diet Plans for People with Cancer](#)



[How People With Cancer Can Decrease Food Poisoning Risk](#)



[Watch: MSK Experts Share Tips for Healthy Eating and Explore the Connection Between Diet and Cancer](#)



[Spaghetti Squash Casserole with Broccoli and Chicken](#)



[Yogurt Parfait with Banana, Peanut Butter, and Corn Flakes](#)



[What's in Your Fridge, Doc? The Real-Life Diet of an Expert on Nutrition and Cancer](#)



[6 Tips to Improve Your Immunity](#)



[What Are the Benefits of Turmeric — and Can It Be Used to Prevent or Treat Cancer? Here's What the Science Says](#)



[How to Keep Holiday Traditions and Culture while Cooking for People with Cancer](#)



[Nutrition and Cancer: 6 Frequently Asked Questions](#)



[Keto Claims: Can Diet Be a Form of Cancer Therapy?](#)



VIDEO | 00:41

[How to Relieve Nausea from Cancer Treatment](#)

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