Ready to start planning your care? Call us at $\frac{800-525-2225}{100}$ to make an appointment.



Memorial Sloan Kettering Cancer Center

Make an Appointment

Patient Support Refer a Patient

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ABOUT US

Our mission, vision & core values

Leadership

History

Equality, diversity & inclusion

Annual report

Give to MSK

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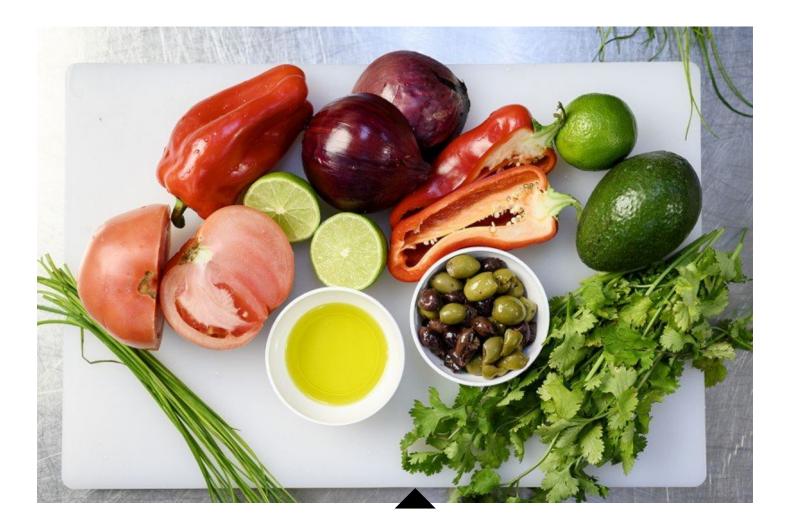
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The food you eat during and after cancer treatment can play an important role in your recovery. But cancer and its treatment can sometimes change how and what you're able to eat. A diet that is healthy for one person may not work for someone else.

That's why <u>medical nutrition therapy (MNT)</u> 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

View all Diet Plans for People with Cancer



How People With Cancer Can Decrease Food Poisoning Risk



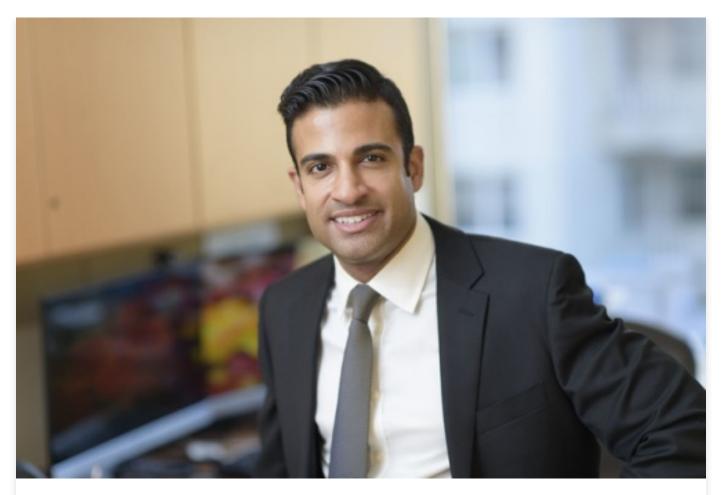
Watch: MSK Experts Share Tips for Healthy Eating and Explore the Connection Between Diet and Cancer



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

> NEXT Recipes for People with Cancer

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Nutrition and Cancer

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Child & teen cancer types

Integrative medicine

Nutrition & cancer

Find a doctor

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Sloan Kettering Institute

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