

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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Nutrition Basics for Cancer Survivors

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FOR THE MEDIA

vitamins, minerals, and trace elements. Sugars and fats that are naturally present in foods are nutritious, but added sugars and trans fats found in many processed foods add calories instead of nutrients and fiber. Choosing nutrient-rich foods in appropriately sized portions can help cancer survivors regain or lose weight after cancer treatment.

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