

## Daily nutrition

### Prefer\*

#### Grains, potatoes, and legumes

Every day you should eat 3 portions of whole grains or, depending on your physical activity. one serving = 75-125 g of bread/pasta (e.g., pizza dough) or 60-100 g of legumes or 180-300 g of potatoes (dry weight).

#### Fruits and vegetables

5 servings a day of different colors, including 3 portions of vegetables and 2 of fruit (one serving = 120g).

#### Protein-rich foods

Three servings of dairy products (e.g. quark, milk, yoghurt, cheese) and one serving of another protein-rich food (e.g. eggs, chicken, fish, tofu) every day. Milk can be replaced with a calcium-enriched plant-based soy drink.

#### Fats

2 to 3 tablespoons (tbsp) of vegetable oil (preferably olive oil) per day, with at least half being rapeseed oil + 1 handful of unsalted nuts or seeds + 1 tbsp butter, cream, etc. per day. Avoid frying and cook gently instead. Use refined oil at high temperatures; if it smokes, it must be discarded.

#### Drinks

Try to drink 1–2 litres of unsweetened drinks. Water is best .

Quantities - portion size with your hand (adjust depending on your hunger and level of physical activity)





## Limit\*

- Sweetened drinks, sodas, and fruit juices
- Fast food, ready meals, or highly processed packaged foods
- Red meat and processed meats (2–3 servings of meat per week are sufficient, including poultry and processed meats)
- Sweets, fried foods, and salty snacks

## Avoid\*

- Alcohol. If you do drink alcohol, stick to one drink a day for women and two for men. One standard drink contains 10-12 grams of pure alcohol: One standard drink = 3 dl (10 oz) of regular beer or cider; = 1 dl (3.4 oz) of wine; = 1 aperitif (4 cl – 1.4 oz); = 1 shot (3 cl – 1oz).
- Dietary supplements without the advice of an oncologist. Even natural supplements can affect how well your treatment works.
- Tobacco (cigarettes, pipes, chewing tobacco, snus, etc.) and passive smoking.

## Portion size on the plate



«The optimal plate» according to the Swiss Society for Nutrition

### Mobile App Recommended

«[myswissfoodpyramid](#)» (food diary to obtain personalized recommendations).