



## Cancer Diet | Eating Fit

Most cancer patients are urged to adhere to a healthy, balanced diet that includes large amounts of lean protein, healthy fats, fruits, vegetables, and whole grains, as well as diets that limit sugar, caffeine, salt, processed foods, and alcohol. Click here [cancer diet](#) to know more.



**Eating Fit**  
Nutrition | Fitness | Mindset

TM

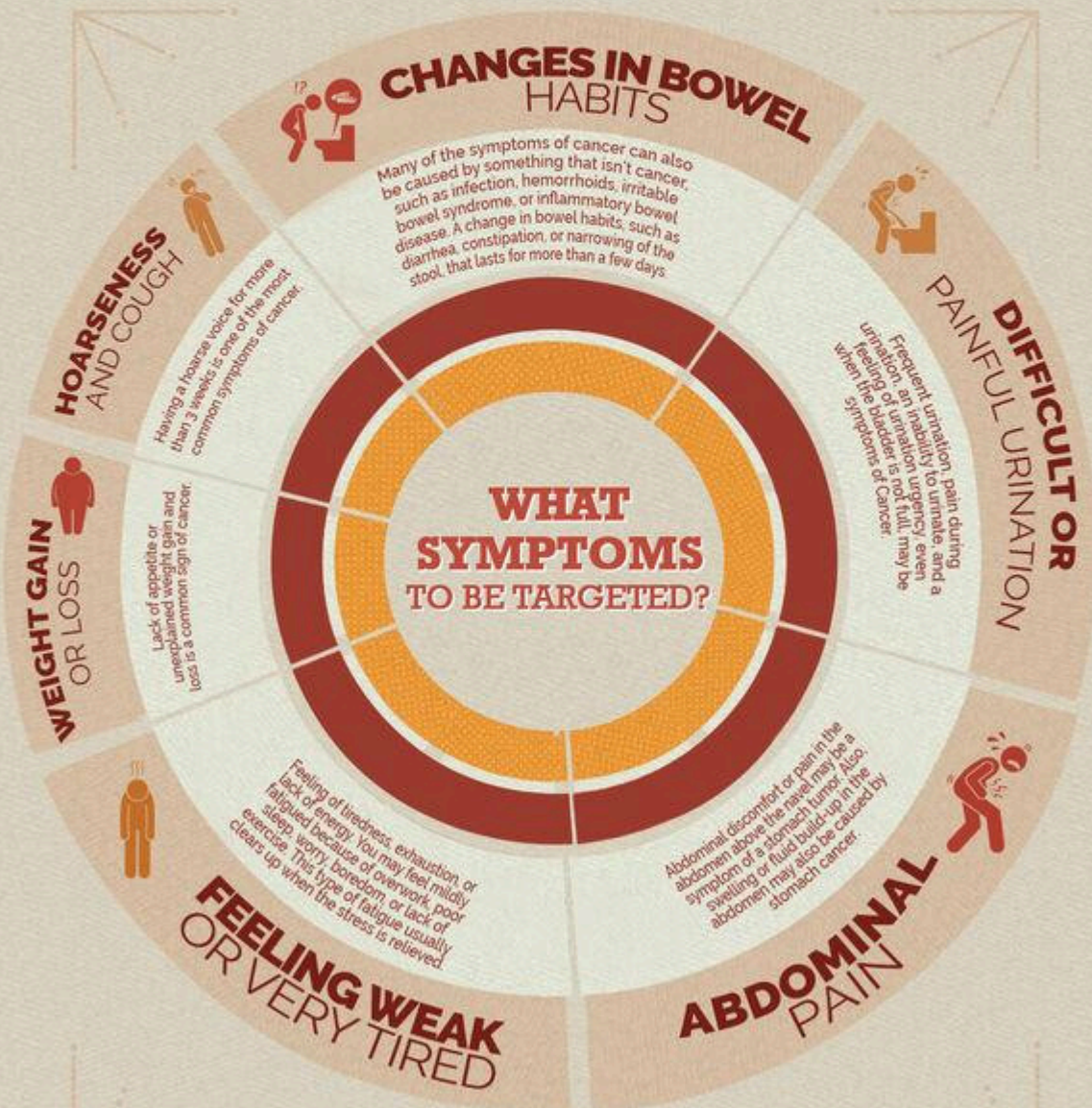


## Cancer Disease Diet

### HOW'S DIET HELPS YOU?



Diet helps you what you choose to eat, and what you choose not to eat, are factors in warding off many leading illnesses and diseases. Food choices make a huge impact on how you feel today, tomorrow and what the future holds in terms of promoting and maintaining good health.



Food choices make a huge impact on how you feel today, tomorrow and what the future holds in terms of promoting and maintaining good health.



[www.eatingfit.in](http://www.eatingfit.in)

[payal@eatingfit.in](mailto:payal@eatingfit.in)

+91 8058195508

