

### Will I get cancer if I eat foods with sugar?

Eating foods with sugar does not cause cancer. Consuming foods and beverages with added sugar may lead to weight gain. Excess body fat can increase your risk of cancer. Foods with added sugars may affect your insulin levels and other hormones in a way that may increase the risk of certain cancers.

### Do artificial sweeteners cause cancer?

Artificial sweeteners are used in place of table sugar to sweeten foods and beverages. These artificial sweeteners are sweeter than sugar. They are found in many “low sugar” or “diet” foods. These sweeteners do not cause cancer.

Artificial Sweetener	Brand Name
Aspartame	NutraSweet, Equal
Saccharin	Sweet' N Low
Sucralose	Splenda

### Should I eat organic foods?

Organic foods are grown without added artificial chemicals. Currently there is not enough research to prove that eating organic foods reduces your risk of cancer. Organic foods are not better for you than conventionally grown foods. Eating more fruits and vegetables, maintaining a healthy weight, and exercising may reduce your risk of cancer.

### Do I need to avoid eating meat?

You do not need to stop eating meat. It is best to limit red meats and processed meats. Eating a plant-based diet (fruits, vegetables, whole grains, legumes, nuts, and seeds) that is high in fiber helps reduce the risk of certain cancers.

Limit Processed Meats	Limit Red Meats
Ham	Beef
Sausage	Lamb and Mutton
Hot Dogs	Pork
Pepperoni	Veal
Beef Jerky	Venison
Deli Meats, including roast beef and turkey	Goat

### Does eating soy increase my risk of breast cancer?

Soy is a protein naturally found in soybeans and edamame. Soy is also found in tofu, soy milk, soy sauce, miso, tempeh, and other foods. Soy foods are a good source of protein and may reduce heart disease and lower cholesterol levels. Soy contains isoflavones, a type of plant estrogen. Soy foods do not have high enough levels of isoflavones to increase the risk of breast cancer. Eating a moderate amount or 1-2 servings of soy foods per day may lower your risk of breast cancer.

### How can a dietitian assist in my care?

A dietitian or food and nutrition expert works with you to provide one-on-one counseling to address your nutrition needs, specific to your cancer and treatment plan. The dietitian works closely with your doctors and other members of the cancer care team. **To schedule an appointment, please contact the oncology dietitian team at (406) 751-6781.**