

Beverage tips

Certain teas have large amount of antioxidants (i.e., green tea, oolong, matcha)

- Limit antioxidant-rich teas to one cup daily
- Peppermint, chamomile and fennel are OK to drink without restriction
- Coffee is OK to drink

If concerned, remember moderation is key!

Antioxidants and Treatment

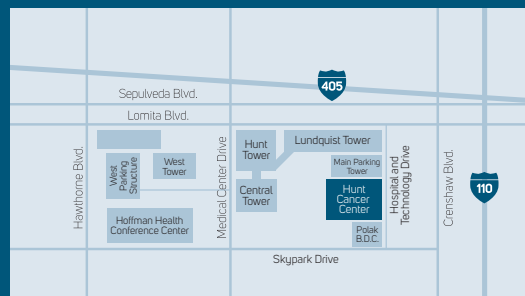


For more information,
call 310-891-6707 or visit
TorranceMemorial.org/nutrition.

2841 Lomita Boulevard
Torrance, CA 90505

Hunt Cancer Center

3285 Skypark Drive
Torrance, CA 90505



Vitamins, minerals and herb supplements

Over 50% of American adults take dietary supplements. The concern is with antioxidant supplements, which can interfere with cancer treatment and decrease its effectiveness.



Avoid antioxidant supplementation



Food sources rich in antioxidants are OK (Eat your fruits and vegetables!)



Talk to your doctor before starting/stopping any supplement



Vitamins and minerals you may continue through treatment

- Vitamin D
- Calcium
- Iron
- B vitamins

Vitamins and minerals NOT to take during treatment

- Vitamin C, A and E
- Multivitamin injection
- Selenium
- Omega-3
- Coenzyme Q10
- Turmeric capsule

Choose antioxidant-rich whole foods



Fruits

- Berries, grapes, oranges



Vegetables

- Broccoli, carrots, spinach, bell peppers, cabbage



Whole grains

- Whole wheat pasta/bread, quinoa, oats, buckwheat, farro



Legumes

- Beans, lentils, chickpeas



Nuts/seeds

- Almonds, walnuts, pecans, flax/chia/hemp seeds



Lean protein

- Fish, chicken, low-fat dairy

