

Eating Well

NET Tip Sheet



Please see below for tips on eating well for a healthy lifestyle.

Fruit and Vegetables^(1, 3)

- Choose a variety of fruit and vegetables from different colours to eat each day to maximise nutrient intake.
- Aim for 2 servings of fruit each day.
- Aim for 5 servings of vegetables each day
1 serving = 1 cup cooked vegetables, 1 cup salad, 1 medium potato, 1 medium apple, banana, pear or orange.



Milk and Milk Alternatives^(1, 3)

- Include milk, cheese, yoghurt and calcium enriched alternatives such as soy milk or yoghurt.
- Aim for 2-3 servings of dairy each day.
1 serving = 250mL of milk, 1 pottle of yoghurt or 2 slices of cheese.

Eating Well Tips^(1, 2)

1. Include plant based protein in your diet (lentils, nuts, tofu and chickpeas).
2. Choose healthy fats, for example, choose olive oil, canola oil, avocado, peanut butter or nuts, over: butter, coconut oil or lard.
3. Limit red meat intake to 1-2 times per week.
4. Aim for 2-3 servings of fish per week, with at least 1 being an oily fish (tuna, salmon, mackerel).
5. Stay hydrated - aim to drink enough fluid so that your urine is pale in colour.



Breads, Cereals and Potatoes^(1, 3)

- Choose wholegrain and wholemeal varieties when possible as these are great sources of fibre (brown rice, wholegrain pasta, wholegrain bread and oats).
- Include at least one carbohydrate source per meal.
- Aim for 6 servings a day
1 serving = 2 weetbix, 1 slice of bread, 1 cup pasta or rice or 1 cup porridge.

Meat and Meat Alternatives^(1, 3)

- For example, fish, meat, poultry, legumes, nuts, seeds and eggs.
- Cut any visible fat or skin off meat prior to cooking.
- Aim for 1-2 servings of a protein rich food each day.
1 serving = 3/4 cup cooked beans, lentils or peas, 30g of nuts and seeds, 1 egg, 2 chicken drumsticks or 100g cooked fish.

There is currently **no evidence** that low sugar, alkaline or ketogenic diets will slow tumour growth or cure NETs.⁽⁴⁾

Gluten and dairy free diets **are not recommended** unless an allergy or intolerance is present.

This tip sheet is just a guide, for more personalised information contact a dietitian.

References

1. Ministry of Health NZ, *Eating and Activity Guidelines for New Zealand Adults*, 2015
2. American Institute for Cancer Research (AICR), *Heal Well. A Cancer Nutrition Guide*, LIVESTRONG Foundation, 2013
3. Schnaid C, Kennedy E, *Nutrition and Neuroendocrine Tumours*, Unicorn Foundation Australia, 2017
4. Cancer Research UK, *Sugar and Cancer-What you need to know*, 2017, <https://scienceblog.cancerresearchuk.org>