

Nutrition and Cancer

A Free Educational Seminar

In this seminar you will learn about nutrition basics for cancer treatment. You will also learn more specifics about how nutrition may prevent cancer/cancer recurrence.

2021 Nutrition and Cancer Series

January 13: Cancer-Fighting Foods

February 10: Eating the Rainbow for Cancer Prevention

March 10: Reducing the Risk of Cancer Recurrence

April 14: Plant-Based Nutrition and Cancer

May 12: Eating in Season for Cancer Prevention

June 9: Inflammation and Cancer

July 14: Debunking Cancer Myths

August 11: Physical Activity for People with Cancer

September 8: The Link Between Diet and Development of Cancer

October 13: Breast Cancer Nutrition

November 10: Decoding the New Food Labels

December 8: Obesity and Cancer

Time: 2–3 pm

Contact Maggie Guting, RD at marguting@stanfordhealthcare.org for Webex information. Open to the public.

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