

## Recommended resources

Resources discussed during Cancer Council Victoria webinar, Tuesday 28 July 2015: [Nutrition and exercise after cancer](#)

### Websites

Finding an Accredited Practising Dietitian, finding an Accredited Exercise Physiologist, diet and exercise support programs, and locating a community health centre:

- [Dietitians Association of Australia \(DAA\)](#)
- [Exercise & Sports Science Australia \(ESSA\)](#)
- [Healthy Living after Cancer Program](#)
- [LiveLighter](#)
- [Individual community health centres](#)

### National Health and Medical Research Council Alcohol Guidelines

This NHMRC web page makes clear the specific amount that constitutes one standard drink for a variety of alcoholic beverages:

- [Alcohol guidelines: reducing the health risks](#)

### Cancer Council information and resources

Information about the impacts of cancer treatment on nutrition and physical activity, and recommendations about setting up an exercise regime:

- [Booklet: Nutrition and Cancer](#)
- [Booklet: Exercise and Cancer](#)
- [Booklet: Living Well After Cancer](#)
- [Factsheet: Understanding malnutrition and cancer](#)
- [Factsheet: Understanding taste and smell changes](#)
- [Guidelines for implementing exercise programs for cancer patients](#)

### Cancer Council 13 11 20

Call 13 11 20 or email [askanurse@cancervic.org.au](mailto:askanurse@cancervic.org.au) for reliable information and support about all cancer-related issues.

## **Position statements from Cancer Council Australia**

A summary of evidence on the links between cancer and weight, nutrition and physical activity:

- [Benefits of healthy diet and physical activity for cancer survivors](#)

Evidence-based information about the relationship between certain foods and cancer:

- [Fruit, vegetables and cancer prevention](#)
- [Meat and cancer prevention](#)
- [Fibre, wholegrain and cancer](#)
- [Sugar-sweetened beverages](#)
- [Soy, phyto-oestrogens and cancer prevention](#)
- [Tea and cancer prevention](#)
- [Salt and cancer risk](#)
- [Folate and reducing cancer risk](#)

## **Further reading**

*These journal articles are written for health professionals; if you have questions about anything mentioned here, please call Cancer Council 13 11 20 to speak with a cancer nurse.*

Demark-Wahnefried W, et al (2015), [Practical Clinical Interventions for Diet, Physical Activity, and Weight Control in Cancer Survivors](#), CA: Cancer Journal for Clinicians, 65:3, 167-189

Hayes S, Spence R, Galvao D, Newton R (2009), [Australian Association for Exercise and Sport Science position stand: Optimising cancer outcomes through exercise.](#) Journal of Science & Medicine in Sport, 12:4, 428-434

Rock C, et al (2012). [Nutrition and Physical Activity Guidelines for Cancer Survivors.](#) CA: Cancer Journal for Clinicians, 62:4, 242-274

Schmitz K, et al (2010) [American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors.](#) Medicine & Science in Sports & Exercise, 42:7, 1409-1426.

[American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer prevention](#) as cited in: (2012) A healthy diet and physical activity help reduce your cancer risk. CA: Cancer Journal for Clinicians, 62: 68-69.