

Nutrition + Illness Fact Sheets

Our Nutrition + Illness fact sheets are here to guide you!

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Alzheimer's Disease

Providing a healthy diet for people with Alzheimer's Disease is often challenging for caregivers. However, maintaining good nutritional health not only has medical benefits, but also enhances quality of life.

Cancer

Nutrition not only plays a large part in cancer prevention, but also in its treatment and in the management of treatment side effects. This fact sheet provides overall dietary guidelines, as well as tips for specific conditions.

Cancer of the Head and Neck

One of the biggest nutritional concerns for people with head and neck cancers is weight maintenance. Here are some tips to follow to help with that issue and other common treatment side effects.

Cancer and Physical Activity

Physical activity plays an important role in cancer prevention, treatment resilience and post-treatment survival. Our informational sheet gives an overview of these, as well as tips on adding physical activity to your life.

Cancer and Supplements

This fact sheet provides helpful information on deciding whether supplements are right for you, along with a list of reputable online resources that offer research and fact sheets on many vitamins, minerals and other supplements on the market.

Chronic Kidney Disease

Nutrition therapy is the single most important factor to prevent progression of Chronic Kidney Disease. For specific nutrition recommendations, see our informational sheet.

Congestive Heart Failure

Congestive heart failure (CHF) is the leading cause of cardiovascular disease and related death with nearly 5 million cases in the United

States. Nutrition therapy and lifestyle changes can play a large role in the management of CHF and lead to improved quality of life. Learn more about healthy choices from our informational fact sheet.

Food Allergies

Are you unsure of what is considered a food allergy? For clarification and information on how they are diagnosed and managed, see our food allergy informational fact sheet.

Gynecologic Cancer

Each year, about 72,000 women in the United States are newly diagnosed with gynecologic cancer. Ongoing research shows that achieving and maintaining the proper weight, eating a balanced diet, and getting regular exercise can both lessen the risk of getting gynecologic cancer and also help keep you strong during cancer treatment. This article reviews current research and outlines what constitutes a balanced diet.

High Blood Pressure

Did you know that high blood pressure (hypertension) often has no symptoms? The only way to find out if you have it is to get it checked. If untreated, high blood pressure puts a person at risk for stroke, heart attack, heart failure, kidney failure and blindness. For more information about high blood pressure, and for eating tips if you have it, see our informational sheet.

High Blood Cholesterol

Making dietary and lifestyle changes are an effective way to keep cholesterol levels in the desirable range. See our informational sheet for an outline of what you can do.

Inflammatory Bowel Disease

Inflammatory Bowel Disease is a chronic disorder of the gastrointestinal tract characterized by intestinal inflammation. Learn more about the forms of this disease, their nutritional management and how to avoid micronutrient deficiencies.

Liver Disease

The largest organ in the body, the liver has hundreds of functions that are essential to life. If you have liver disease, supporting your liver through diet is an important part of treatment. Learn more from our Liver Disease fact sheet.

Parkinson's Disease

Parkinson's Disease is a progressive neurological disease that affects movement and motor skills. Nutrition plays an important role in alleviating symptoms that can include weight loss, bone loss and constipation, as well as managing medications. Learn more from our informational sheet.

Soy and Breast Cancer

Get ready for a change! The effect of food on cancer is an ongoing area of research. And one of the most controversial questions has been the effect of soy on breast cancer. Suspected of possibly raising the risk of this cancer, tofu, soy milk and other soy products were avoided. However, recent studies have shed new light on this issue, and have led to a new way of thinking about these foods.