

# Nutrition Myths and Cancer

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## What can I expect to learn?

Join Cancer Care Alberta dietitians for an interactive session to learn about common cancer myths that relate to the prevention and treatment of cancer.

You will learn how to determine nutrition fact from myth:

- Does sugar feed cancer?
- Can low-carb diets or superfoods prevent cancer?
- Do I need to follow an alkaline diet?
- What is the truth behind GMOs and organic foods?
- Should I be worried about hormones in meat and dairy, soy, and flaxseed?
- ...and more!

## How is this class being offered?

- Over Zoom®

## How long is the class?

- 1 hour

## Does it cost to attend?

- It's free!

## Who can register for this class?

- This virtual nutrition class is for anyone in Alberta interested in learning how to sift through misinformation to find the truth about nutrition and cancer.
- Come to this class for yourself or for a loved one.

## How can I register for this class?

- Online: [www.ahs.ca/book-cancerpatiented](http://www.ahs.ca/book-cancerpatiented)
- By phone: 1-855-258-9963

## Questions about the class?

- Email: [cancerpatienteducation@ahs.ca](mailto:cancerpatienteducation@ahs.ca)



Health Link has dietitians to answer nutrition questions. Call 811 and ask to talk to a dietitian or complete a [self-referral form](#) on [ahs.ca/811](http://ahs.ca/811).