

+ Why is nutrition important in cancer prevention?

Poor diet, physical activity, and obesity may account for 25-30% of all cancers in the US.



What you consume plays a key role in promoting health & can help decrease the risk of chronic diseases such as cancer.



Poor diet and physical activity are associated with causes of morbidity such as cardiovascular disease, high blood pressure, and cancer.

Dietary factors are associated with some types of cancer, including breast, endometrial, colon, kidney, mouth, pharynx, larynx, and esophagus.

+ References:

1) Dietary Guidelines for Americans, 2010.

2) American Institute for Cancer Research, 2011. Reduce your risk for cancer. http://www.aicr.org/site/PageServer?pagename=reduce_diet_add

3) HelpGuide.org. Anti-Cancer Diet, 2010.

4) National Cancer Institute, Cancer Trends Progress Report 2009/2010.

What should I consume?

CANCER DIET TIP #1: Eat

More Plant Based Foods:

Plant based foods such as vegetables, fruits, beans and grains contain nutrients called phytochemicals that can help protect you from cancer.

+ Findings have shown that phytochemicals can:

◆ Slow the growth of cancer cells
◆ Stimulate the immune system
◆ Reduce inflammation that may promote cancer growth

YOU CAN REDUCE YOUR RISK OF CANCER BY 30-40% JUST BY MAKING THE RIGHT FOOD CHOICES.

Cancer Diet Tip #2: Eat More Whole Grain Products

When whole grains are refined into white flour or enriched flour, it loses its outer shell. This outer layer is rich in fiber, minerals, vitamins, and phytochemicals.

Whole Grain Options:

barley, buckwheat, corn, millet, quinoa, wheat, oats, & brown or wild rice.

Tip: Look for items with the first ingredient listed as “whole grain” or “whole wheat”



Cancer Diet Tip #3: Bulk up on Fiber

Fiber is the part of plant foods that your body cannot digest. Fiber helps to move toxins through your intestines, keeping your digestive tract clean and healthy. Foods rich in dietary fiber help protect us against diseases, such as colorectal cancer.

Fiber Sources: fresh or frozen fruits & vegetables, dried fruit, whole grains, beans, lentils, seeds, and nuts.

Cancer Diet Tip #4: Cut Down on Red & Processed Meats

According to the American Institute for Cancer Research (AICR), eating more than 4 ounces of red meat per day or any amount of processed meats increases the risk of colorectal cancer.

TIP: Reduce your intake of red (ie: beef, buffalo, lamb, & pork) & processed (ie: lunch meats, jerky, bacon, sausage, & hot dogs) meats

