



Nutrition and Cancer Prevention

Eating well can help you lower your risk and beat cancer in a variety of ways. If you have been diagnosed, eating well can positively support and help you live well after treatment. Here are some general guidelines on using nutrition to help reduce your cancer risk:

Keep a Healthy Weight

Although it is unclear exactly how weight affects cancer risk, being overweight or obese is related to about one in five cancer-related deaths.

Limit High-Calorie, Low-Nutrient Foods

Reduce your intake of foods such as candy, desserts, and chips that provide a lot of calories but few nutrients. These empty calories add up fast, which can lead to weight gain and leave little room for more healthful, cancer-preventive foods.

Eat Vegetables, Fruits, Whole Grains, and Legumes

Eating plenty of fruits and vegetables, including beans, is linked with a lower risk of lung, oral, esophageal, stomach and colon cancer. An easy way to know you're getting enough is to fill half of your plate with fruits, vegetables, and/or beans at most meals and choose whole grains.

Limit Alcohol

Evidence suggests that alcoholic drinks may increase your risk of a number of cancers, including cancer of the mouth, pharynx, larynx, esophagus, liver, breast, colon and rectum. If consumed, limit alcoholic drinks to no more than one drink daily for women and two for men. (A serving of alcohol is considered 1½ ounces of hard liquor, 5 ounces of wine or 12 ounces of beer.)

Consume Less Salt (Sodium)

Most of the sodium in our diets comes from processed foods, rather than the salt we add as seasoning. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt).

Choose Food Over Supplements

Whole foods are your best bet for reducing cancer risk, not supplements. Research suggests the synergy between the various nutrients found naturally in foods offers a protective effect. The best sources of nutrients for cancer prevention are nutrient-rich whole foods and healthful beverages.



For more tips on reducing your risk or managing diseases through nutrition, consult a registered dietitian in your area.

Sources:
American Cancer Institute for Research - <http://www.aicr.org/foods-that-fight-cancer/>
Eat Right.

Academy of Nutrition and Dietetics - <http://www.eatright.org/resource/health/diseases-and-conditions/cancer/diet-and-cancer-prevention>

American Cancer Society – www.cancer.org

National Cancer Institute – www.cancer.gov

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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