



Nutrition Tip Sheet

Cancer Prevention

It is likely that you or someone you care about has been impacted by cancer. In fact, according to the American Cancer Society, half of all men and one-third of all women in the US will develop cancer during their lifetimes. The good news is that there are things you can do to reduce your risk of developing cancer, including eating a healthy diet. Here are a few tips:

- **Maintain a Healthy Weight**
 - Although the link is not fully understood, there is strong evidence to suggest that being overweight increases the risk for developing many types of cancer.
- **Limit Empty-Calorie Foods**
 - Empty-calorie foods provide lots of calories but few nutrients. Examples include potato chips, candy and soda. Although these foods can fit into a healthy diet in moderation, most of the time it is important to fuel your body with nutrient-rich foods.
- **Fill up on Fruits, Vegetables, Whole Grains and Legumes**
 - Eating plenty of fruits and vegetables, including beans, is linked with a lower risk of many types of cancer. These foods are rich in many health-promoting nutrients including fiber, vitamins, minerals and anti-oxidants. Aim to fill half your plate with fruits and vegetables and choose whole grains, such as whole grain cereal, bread and pasta, for at least half of your daily grain servings.
- **Go lean with protein**
 - Limit your intake of processed meats such as bacon, sausage, lunch meats, and hot dogs. Instead, choose lean meats such as skinless poultry, lean beef (round or loin cuts) or lean pork (loin cuts). When cooking meat, use heart healthy cooking methods such as baking and broiling and limit your portion sizes (think deck of cards or the palm of your hand). It is important to eat a variety of protein sources including fish, beans, nuts and nut butters.
- **Limit Alcohol**
 - Evidence suggests alcohol consumption may increase your risk for some types of cancers. If you consume alcohol, do so in moderation, which means no more than one drink daily for women and two for men.
- **Should I take Supplements?**
 - It is best to get your nutrients from food as research suggests the combination of nutrients in food may work together to promote health as compared to supplements which may only provide single nutrients. The best sources of nutrients for cancer prevention are nutrient-rich foods such as fruits, vegetables and whole grains.

Creamy Fruit Salad

For a delicious and nutrient-rich snack, side dish or dessert, try this recipe for Creamy Fruit Salad. This dish is low in calories, fat-free and provides a rich source of anti-oxidants and vitamins A and C.

Ingredients:

1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding	2 cups cantaloupe chunks, (1 inch)
1 cup cold orange juice	2 cups seedless watermelon chunks (1 inch)
2 nectarines, chopped	1 cup blueberries
2 cups halved fresh strawberries	1 cup seedless green grapes

Directions:

Beat pudding mix and orange juice in large bowl with whisk 2 min. Add fruit; toss to coat. Makes 12 servings.

Please note: The information provided here is for educational purposes only. It is not intended to diagnose or treat any particular illness or condition, nor is it intended to support any particular product or service. You should always consult your healthcare provider prior to making any changes to your healthcare routine.

Sources: American Cancer Society: www.cancer.org, Academy of Nutrition and Dietetics: www.eatright.org, Kraft Foods: www.kraftrecipes.com