

Nutrition and Cancer

Facts:

- There are many studies that indicate the choices you make at the table each day can influence your chances for good health.
- It is estimated that about 35% of all cancers are related to what you eat. Diet, including alcohol, has been linked to cancers of the breast, colon, mouth, stomach, pancreas and prostate.
- Healthy eating is one of your best defenses against cancer.

Major Dietary Risks are:

- too much dietary fat
- too many calories leading to obesity
- too much alcohol
- not enough fruits, vegetables, and whole grains

It is recommended to follow Canada's Guidelines for Healthy Eating:

Guideline #1: Enjoy a variety of foods.

Guideline #2: Emphasize cereals, breads, other grain products, vegetables and fruits.

Guideline #3: Choose lower fat dairy products, leaner meats, and foods prepared with little or no fat.

Guideline #4: Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.

Guideline #5: Limit salt, alcohol and caffeine. Of all the dietary factors linked to an increased risk of cancer, the evidence is strongest for alcohol. New guidelines for alcohol use recommend no more than 14 drinks per week for males and 9 drinks for females.

(**Note:** Do not have more than 2 drinks per day).

Healthy Eating Quiz

Check off what you think the answer is.

1. Eating a variety of foods is important because it increases your chances of getting all of the nutrients needed for good health, in the right amounts.
 True False
2. Everyone should take a vitamin/mineral and fibre supplement to stay healthy.
 True False
3. Diets rich in fruits, vegetables and grain foods are healthier than diets with high amounts of meats and dairy products.
 True False
4. High fat diets are associated with colon and breast cancer; some studies have also linked high fat diets to prostate cancer.
 True False
5. A healthy, daily fat intake for the average man age 25 -- 49 is 90 grams; for a woman it is 63 grams.
 True False

6. By switching from 1 glass of whole milk a day to 1 glass of 1% milk a day you can cut out 6 grams of fat.

True

False

7. Meat and milk products are good sources of fibre.

True

False

8. A healthy weight is a thin weight.

True

False

9. Alcohol, in large amounts, increases the risk of cancers of the mouth, larynx, throat and esophagus.

True

False

10. "Deep browning or charring of meat can produce cancer causing chemicals."

True

False

Answers: T = True, F = False

1-T, 2-F, 3-T, 4-T, 5-T, 6-T, 7-F, 8-F, 9-T, 10-T