



Nutrition
choicesmarkets.com/nutrition

EATING TO BEAT CANCER

Cancer touches us all: the Public Health Agency of Canada estimates that almost 40% of women and 45% of men will develop cancer in their lifetime. Your eating and exercising habits, your stress levels, the air you breathe and your family history are all factors that influence your health. Exposure to certain chemicals or foods may promote the development of cancer—others may protect us. Think of it as a balancing act: how you choose to eat is one controllable risk factor that can have a major impact on your wellbeing. A recent report from the World Cancer Research Fund estimates that one third of all cancers could be prevented with regular exercise and healthy eating habits—so roll up your sleeves and get cooking!

What is cancer?

Cancer is not one disease—it is a group of over 200 diseases. Cancer occurs when the genes that control cellular growth, repair and death are mutated. These mutations give cells the ability to divide uncontrollably and invade both nearby and distant tissues.

TIP THE SCALES IN YOUR FAVOUR

The World Cancer Research Fund outlines that maintaining a healthy weight is one of the most important steps you can take to decrease your risk. The easiest way to control your weight? Avoid putting on the pounds to begin with! Take the sane approach: if you notice your jeans fitting a little tighter, spend some extra time on the trails and eat more salads. Making sustainable changes to your diet, as outlined below, will help you become healthier each day. A diet rich in fruits, vegetables and whole grains is a fool proof solution to a stronger you.

Consider Vitamin D

The Canadian Cancer Society recommends 1000IU of Vitamin D₃ daily for adults. A growing body of research supports the role of vitamin D in regulating cell growth and supporting your immune system.

CHANNEL YOUR INNER RABBIT

Eating a plant-based diet is ground zero for prevention. Plant foods have it all: low in calories and high in fibre, cancer-busting phytochemicals and antioxidants. Eating more plant foods will also crowd out less healthy foods in your diet. The fibre from plants helps protect against colon cancer and phytochemicals stoke your immune system to help you fend off cellular damage. Aim for seven to ten ½ cup servings of fruits and vegetables every day. It's easier than you think. Eat whole grains like quinoa and whole wheat pasta more often and swap animal proteins for vegetable-based proteins: mix tofu into stir-fries, add chick peas in soups or pastas and make veggie burgers a staple for your summer picnics.

This handout is meant for educational purposes only. The information contained is not meant to replace consultation with a Registered Dietitian or qualified health professional.

Copyright: Choices Nutrition 2009

Have a nutrition question?

Ask Desiree, the Choices Dietitian at nutrition@choicesmarket.com

BEWARE THE MASKED MEAL

In your fight against cancer, avoid highly processed and nutrient poor foods. Sugary breakfast cereals, fried snack foods and sodas do not supply your body with a significant source of nutrients: the sugars and trans fats lurking in these foods are best avoided. Fast foods and processed foods are also easier to overeat, leading to weight gain over time.

BAN THE BACON

Processed meats and red meats are associated with increased risk of colon and other gastrointestinal cancers. These foods are high in calories and saturated fat; processed meats like bacon and deli slices usually contain added nitrites and lots of added salt. Eating too much salt puts your heart at risk and increases your chance of developing stomach cancer. The iron contained in red meat further promotes the production of nitrate from nitrite and can cause free radical damage in the body. The World Cancer Research Fund recommends consuming no more than 18 oz of red meat a week.

TO SIP...OR NOT TO SIP?

Many of us raise a glass to the heart healthy benefits of alcohol, but it is important to note that alcohol may have a negative effect where cancer risk is concerned. A safe level of alcohol intake has not been established for cancer prevention. If you already avoid alcohol, no need to start drinking now. If you enjoy your evening cocktail, try limiting yourself to no more than one drink a day for women and two drinks a day for men.

SUPERFOODS TO THE RESCUE

All plant foods have an abundance of health benefits – but some deliver extra cancer-protective effects, making them plant-food champions. Green tea has a phyto-nutrient called EGCG, which has been studied for its anti-cancer effects. Drink 4-6 cups daily for maximum benefits. Broccoli is well known as a cancer fighting superstar; it contains indole-3-carbinol and sulphoraphane, powerful compounds that may actually cause cancer cells to destruct. And of course, tomato sauce boasts prostate-loving lycopene. Spice up your meals with fresh ginger, garlic and turmeric for a potent dose of anti-inflammatory nutrients.

Learn more online:

www.bccancer.ca
www.cancer.ca
www.dialadietitian.org
www.inspirehealth.ca

MIND-BODY BALANCE

Remember that a healthy diet is just one part of the equation. Daily stress causes significant damage to our cells and lack of exercise is a key contributor to weight gain. No matter how busy life becomes, be sure to take time out to care for yourself: get plenty of exercise and take time for rest and relaxation—your cells will thank you!

Cancer-proof your diet:

Read Foods that fight Cancer by Richard Beliveau and Denis Gingras

choicesmarkets.com/nutrition

Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey

3248 King George Hwy.
South Surrey
604.541.3902

Choices at the Crest

8683 10th Ave.,
Burnaby
604.522.0936

Kelowna

1937 Harvey Ave.
Kelowna
250.862.4864