



ONCOLOGY NUTRITION

NUTRITION AND CANCER PREVENTION

Simple changes to diet could reduce your cancer risk. A recently released international report, *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, says that the risk of cancer can be reduced by 30-40% through dietary changes alone and by 60-70% with diet and not smoking combined! While some of the recommended changes may be difficult for everyone to do, it has been suggested that simply eating more vegetables and fruits could decrease the risk of cancer by 20%. There is no guarantee against cancer, but there is evidence that dietary choices are related to cancer risk and that everyone can make lifestyle choices which can minimize the risk of cancer.

NUTRITIONAL GUIDELINES TO REDUCE CANCER RISK

Choose a diet focused on plant-based foods including a variety of vegetables, fruits and legumes.

-Make the majority of your diet plant-based foods and if you eat meat, make it an accompaniment to your other foods rather than the focus of the meal. Eat 5 or more portions of vegetables and fruits each day. Eat at least 7 portions of grains daily, choosing whole grains (minimally processed) whenever possible. Choose fish and poultry instead of red meat often, and limit red meat intake to 80g (3 oz) daily.

Maintain an appropriate body weight and be physically active daily.

-Exercise as tolerated and avoid being under or over weight through regular exercise and healthy eating patterns.

Drink alcohol in moderation, if at all.

-Limit the amount of alcohol had at one time (less than 2 drinks a day for men and less than 1 a day for women), if you drink.

Limit intake of salt, refined sugar and fats, particularly animal fats.

-Watch the amounts of salty foods, sweets or fats. Choose herbs and spices to season

foods instead of salt and don't add salt at the table. Cut down on added sugars and sweet baked goods. Aim for a fat intake of 15-30%, focusing on moderate amounts of vegetable oils.

Prepare and store foods safely.

-Avoid eating charred foods, only eat grilled or broiled meats occasionally, and refrigerate your perishable items. Foods from countries with regulations for levels of additives, pesticides and contaminants are not known to be harmful so give your fruits and vegetables a wash and enjoy.

Dietary supplements are probably not necessary.

-Most people do not need dietary supplements, especially if eating a well balanced diet including plenty of plant-based foods. Factors that protect against cancer should be eaten as part of the whole foods and not as a supplement.

Do not smoke or chew tobacco.

(Summarized from “Advice to individuals” from the report Food, Nutrition and the Prevention of Cancer: A Global Perspective.)

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.