Nutrition Wellness

Cancer Protective Diet

2/3 (or more) vegetables, fruits whole grains or beans and 1/3 (or less) animal protein.
Guidelines for Cancer Prevention

• According to the National Cancer Institute, approximately 35 percent of cancers have a nutritional connection.
• Higher Omega-3 versus Omega-6 may reduce the risk of breast cancer.
• You can reduce your risk of cancer by eating a healthy diet, maintaining a healthy weight, and getting regular physical activity.
Weight Management

• Make it a goal to be at a healthy weight for your height.
• Obesity can increase the risk of developing the following cancers:
  - Esophagus
  - Pancreas
  - Colon and rectum
  - Endometrium
  - Kidney
  - Postmenopausal breast
  - Gallbladder
  - Ovarian
  - Liver
  - Prostate (advanced)
  - Stomach
  - Mouth/Larynx/Pharynx
Fruit and Vegetables

• Increased consumption of fruits and vegetables lowers the risk of most cancers.
• The best sources are dark green, yellow and red fruits and vegetables as they have the highest levels of vitamin A and C, which are both anti-cancer nutrients.
  • Fruits (berries, kiwi, mango, oranges, grapefruit, apricots, tomato, peppers, peaches)
  • Vegetables (asparagus, broccoli, spinach, kale, sweet potato, cabbage, green peas, carrots)
• Consume a diet high in a variety of fruits and vegetables.
  • Try to eat 1 ½ -2 ½ cups of vegetables each day
  • 1-2 cups of fruit each day
• Choose 100 percent juice or eat fruit instead to get fiber.
Protein

• Increased red meat intake is associated with an increased risk of colon and advanced prostate cancer.
  • Eat no more than moderate amounts of red meat (12-18 ounces cooked red meat per week). This includes beef, lamb and pork.

• Try to avoid all processed meats: bacon, sausage, deli meats, ham and hot dogs.
Protein (con’t)

• 1 ounce of meat = 7 grams of protein
• Choose fish, poultry, eggs or plant-based sources of protein such as nuts, seeds, nut butters, and beans.
• Avoid grilling meats at intense high temperatures as this forms potential carcinogens.
  • Try marinating meats, pre-cooking meats, and trimming fat off of meat before grilling. Also cook meat on lower heat to prevent less charring and flare up.
• Bake, broil, or poach rather than frying or charbroiling.
Fiber

• Fiber-rich diets protect against colon cancer.

• High fiber diets tend to be low in meat, fat and refined carbohydrates.

• A daily fiber goal should be 20-35 grams.
Grains

• Choose whole grains instead of processed (refined) grains and sugars.
  • When choosing a whole-grain product, look for the words “whole grain,” “stone ground” or “whole-wheat.”

• Choose brown rice, quinoa or whole grain/wheat products such as whole wheat bread, pasta and cereals.

• Limit the consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks and sugars.
Healthy Fats

• Fats play an important role in nutrition. Fats and oils are made of fatty acids and serve as a rich source of energy for the body.

• Limit your intake of high fat foods such as fried foods or foods cooked with high-fat ingredients (fried foods, cheese sauces, gravies).

• Use only a small amount of oils or salad dressings as they are very high in fat.
Healthy Fats (con’t)

• The healthiest types of fats include:
  • Olive oil
  • Canola oil
  • Avocado/avocado oil
  • Coconut oil
  • Flaxseed
  • Chia seeds
  • Nut butters
Fast Food

• Limit intake of “fast foods” and other processed foods high in fat and sugar.
  • Examples: foods found in the snack aisle: chips, cookies, and candy
  • Fast food restaurants: McDonalds, Wendy’s, White Castle, Taco Bell
  *Try to cook at home more often and have healthy snacks around such as carrots, berries, sliced vegetables and hummus dip, Greek yogurt, and nuts.*
Beverages

• Limit consumption of sugar sweetened beverages.
  - Examples: pop/soda, sweet tea, flavored coffees.
• Aim for drinking water and unsweetened beverages.

• Limit alcohol consumption
  • Research is clear that alcohol is a carcinogen; the American Institute for Cancer Research recommends no alcohol intake for cancer prevention.
  • It is important for your health care provider to tailor advice on alcohol consumption to the individual survivor.
• If alcohol is consumed, limit intake to 1 drink per day for women and 2 drinks per day for men (1 drink is considered a 5 ounce glass of wine or a 12 ounce glass of beer or 1.5 ounces of distilled spirits).
Dietary Supplements

• Food, not supplements, is the best source of vitamins and minerals.

• Consuming a diet rich in fruits, vegetables, whole grains, and lean protein will meet nutritional needs.

• Do not use dietary supplements and herbs for cancer prevention.

• Supplements can be considered if a nutrient deficiency is clinically demonstrated. It would be best to choose a supplement with no more than 100-150% of the daily value of vitamins and minerals. Consult a physician before starting.
Food Safety

- Choose in-season, locally grown produce.
- Rinse fruits and vegetables and remove outer leaves.
- Use proper food storage to prevent the growth of fungi carcinogens.
- Marinate protein foods to decrease cooking time.
- Use cooking methods that avoid contact of foods and food drippings with flames.
- Use lower cooking temperatures with protein foods.
Resources

• If you are a Community Cancer Center patient and would like individual nutritional assessment and consultation with our oncology focused dietitians, please contact our Survivorship program at 317-621-4961.

• Helpful websites:
  • [www.cancerdietitian.com](http://www.cancerdietitian.com)
  • [www.aicr.org](http://www.aicr.org)

• Nutritional Tracking Apps
  • My Fitness Pal
  • Fooducate
  • Lifesum