



**Cancer Awareness**  
Educate • Empower • Act

## Smart Tip - The Power of Healthy Eating

**Tip:** Did you know that dietary factors account for about 30% of all cancers? By including a wide array of healthy plant foods including-- fruits, vegetables, whole grains, and legumes such as beans-- and maintaining a healthy weight, you can also reduce the incidence of many other serious diseases. And it can be as simple as learning how to navigate your grocery store aisles. By making small changes every week you can make great strides toward eating a health-promoting diet in a short period of time—while saving money!

### **Evidence:**

The World Health Organization, states that dietary factors account for about 30% of all cancers in Western Countries, making diet second only to tobacco as a preventable cause of cancer. According to the National Cancer Institute, people who have a poor diet, do not have enough physical activity, or are overweight may be at increased risk of several types of cancer. For example, studies suggest that people whose diet is high in fat have an increased risk of cancers of the colon, uterus, and prostate. Lack of physical activity and being overweight are risk factors for cancers of the breast, colon, esophagus, kidney, and uterus.

Additionally, numerous studies have shown that the cancer protective diet outlined below can significantly reduce the risk of other serious diseases including heart disease, high blood pressure, stroke and diabetes.

### **Recommendations:**

- ✓ Choose a diet of mostly plant foods, with 5 to 9 servings of vegetables and fruit per day, and a variety of other high-fiber whole grains and legumes such as beans.<sup>1,2,5</sup>
- ✓ Limit red meat and avoid processed meat consumption.<sup>1,2</sup>
- ✓ Aim to be a healthy weight throughout life.
- ✓ To help avoid overweight: choose healthy, unprocessed foods (as mentioned above); avoid sugary drinks, opting for water to quench thirst; limit processed foods high in added sugar, low in fiber and high in fat.<sup>3</sup>
- ✓ If you drink at all, limit alcohol consumption to no more than 2 drinks/day for men and 1/day for women.<sup>1,5,6</sup>

## **References:**

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