

EAT WELL, BE WELL

NEW CANCER PREVENTION RECOMMENDATIONS EXPLAINED

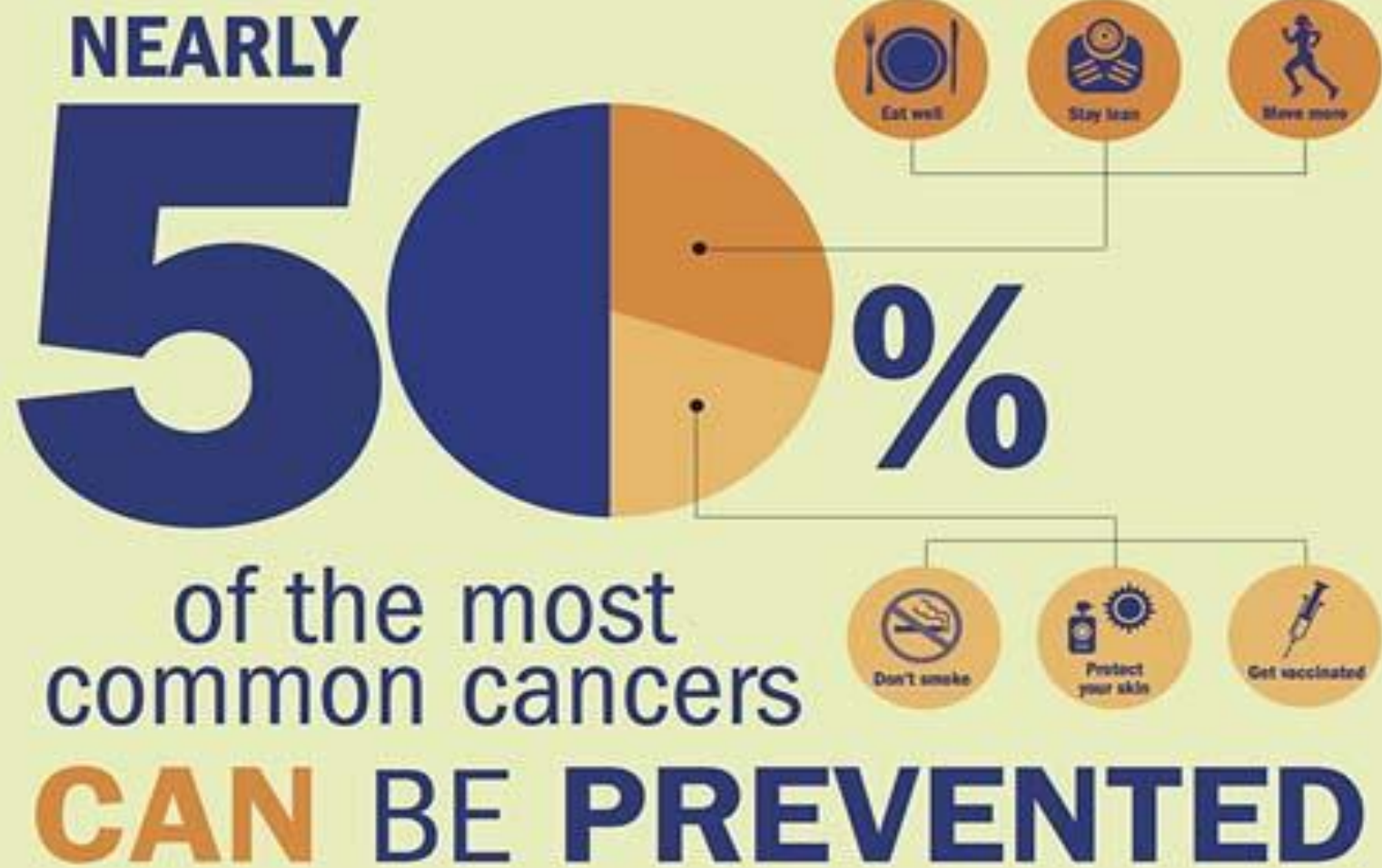
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EVERY YEAR, THOUSANDS OF AMERICANS ARE
DIAGNOSED WITH CANCER

But **EVERY DAY** we can make a
difference!





WHAT IF I ALREADY HAVE
CANCER?

“Perfection is not the goal, and is not needed to lower your risk of cancer. Focus on finding choices you can weave together into an eating pattern that can become a realistic long-term habit”.



“Basic shifts, not perfection, are what make a difference and are truly empowering”



CANCER PREVENTIVE LIFESTYLE RECOMMENDATIONS

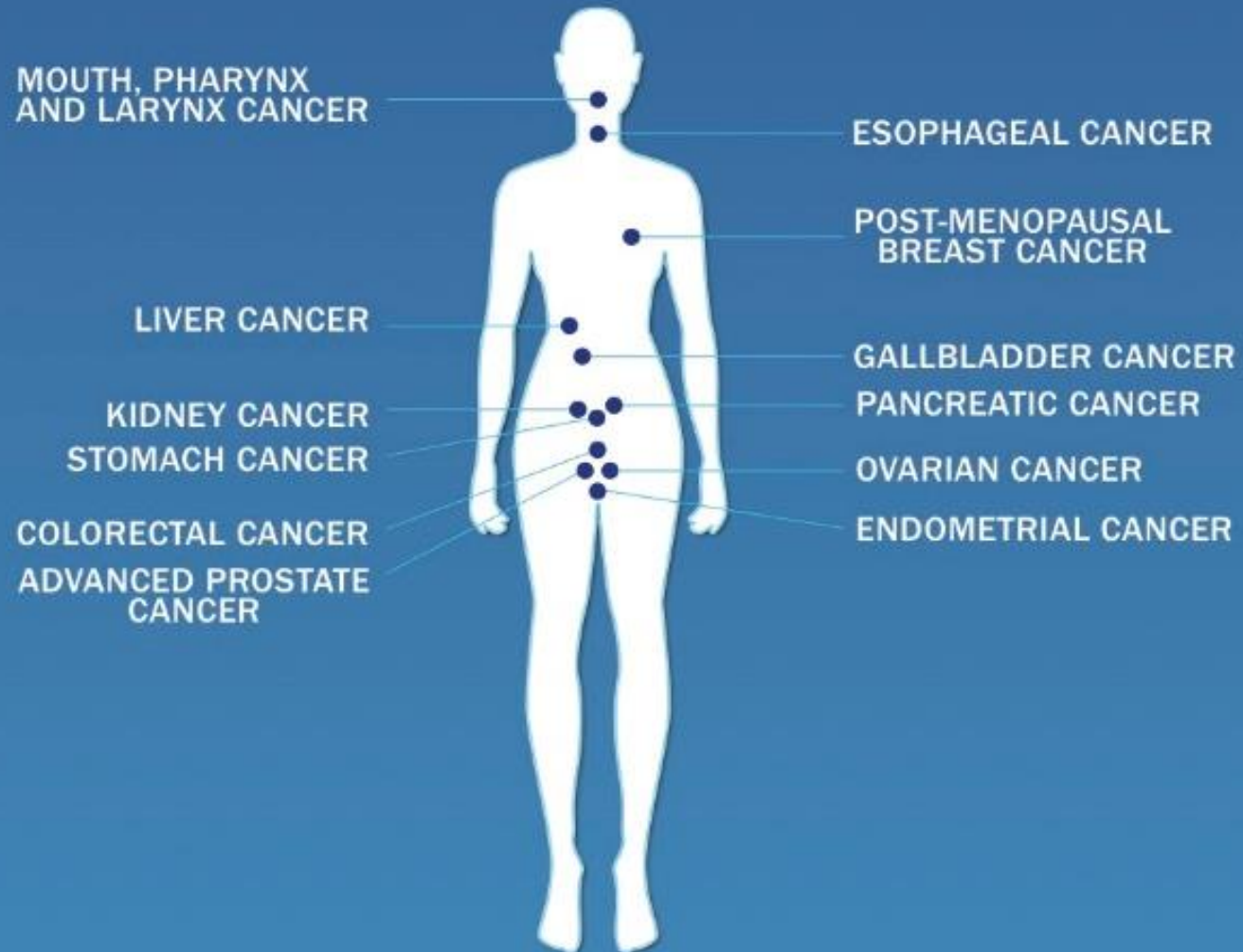
- Be a healthy weight
- Be physically active
- Eat a diet rich in whole grains, fruits, vegetables, and beans
- Limit consumption of “fast foods” and other processed foods high in fat, starches, and sugar
- Limit consumption of red and processed meats
- Limit consumption of sugar-sweetened drinks
- Limit alcohol consumption
- Do not use supplements for cancer prevention

BE A HEALTHY WEIGHT

- Normal Body Mass Index
BMI 18.5-24.9
- Avoid weight gain and increases in waist size
<31.5 inches for women
<37 inches for men



HAVING OVERWEIGHT AND OBESITY INCREASES RISK FOR 12 CANCERS



STAY ACTIVE

WALK MORE, SIT LESS

- Physical Activity in any form helps lower cancer risk.
- Aim for a minimum of 150 minutes of moderate, or 75 minutes of vigorous, physical activity a week.
- For cancer prevention and weight control, higher levels of activity provide even more benefit.



GETTING REGULAR PHYSICAL ACTIVITY

**EVERY DAY
IN ANY WAY**

LOWERS RISK FOR CANCER

WALK MORE AND SIT LESS

AIM TO GET AT LEAST
**150 MINUTES
A WEEK**

FOR MORE PROTECTION, BE ACTIVE FOR
45 - 60 MINUTES EVERY DAY



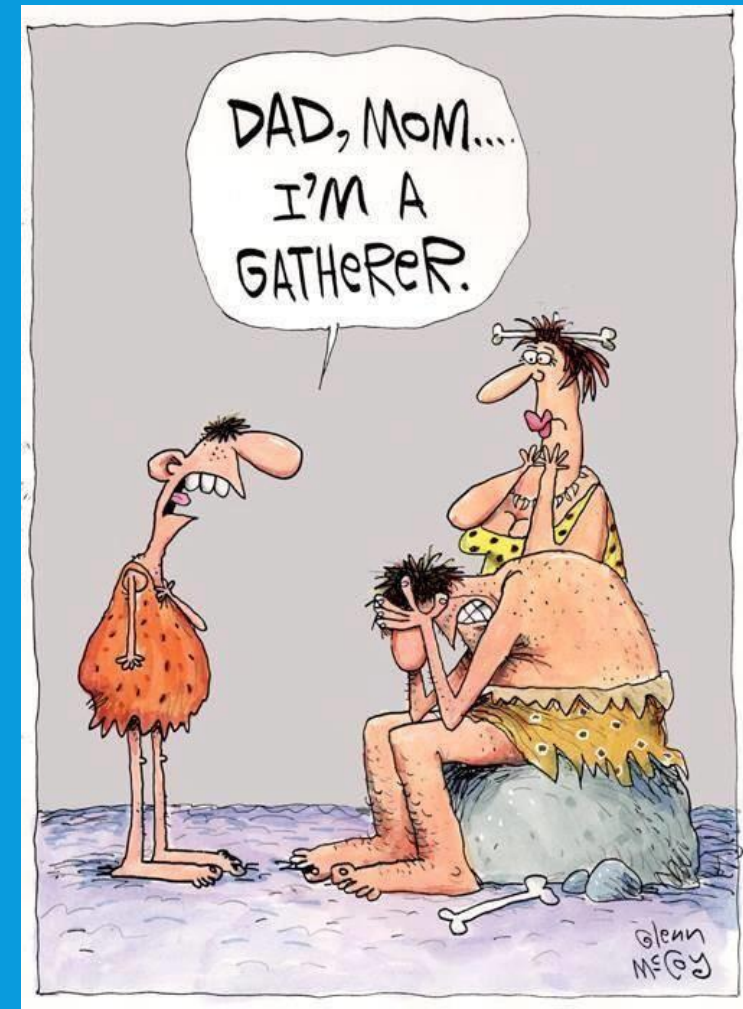
BEING PHYSICALLY ACTIVE
REDUCES RISK OF BREAST, COLON
AND ENDOMETRIAL CANCERS

PHYSICAL ACTIVITY MAY
DECREASE RISK OF LIVER AND
ESOPHAGEAL CANCERS AND
IMPROVE SURVIVAL AFTER
BREAST CANCER

ACTIVITY CAN HELP WITH WEIGHT
CONTROL AND IMPROVE QUALITY OF LIFE

EAT A DIET RICH IN WHOLE GRAINS, FRUITS, VEGETABLES, AND BEANS

- Fill two-thirds of your plate with vegetables, fruits, whole grains, and beans.
- Plant foods have vitamins, minerals, and phytonutrients which protect cells in the body from damage that can lead to cancer.



Tomatoes, Watermelon, Guava	Lycopene: Antioxidant; cuts prostate cancer risk
Carrots, Yams, Sweet Potatoes, Pumpkin, Mangos	Beta-Carotene: Antioxidant; supports immune system
Oranges, Lemons, Grapefruits, Papayas, Peaches	<u>Vit C</u>, Flavonoids: Inhibit tumor cell growth, detoxify
Spinach, Kale, Collards, Other Greens	Folate: Builds healthy cells and genetic material
Broccoli, Brussels <u>Sprouts</u>, Cabbage, Cauliflower	Indoles, Lutein: Eliminate excess estrogen and carcinogens
Garlic, Onions, Chives, <u>Asparagus</u>	Allyl Sulfides: Destroy cancer cells, reduce cell division, support immune system
Blueberries, Purple Grapes, Plums	<u>Anthocyanins</u>: Destroy free radicals
Grapes, Berries, Plums	Reservatrol: May decrease estrogen production
Whole grains, Legumes	Fiber: carcinogen Removal

LIMIT INTAKE OF "FAST FOODS" AND OTHER PROCESSED FOODS HIGH IN FAT, SUGAR, AND STARCHES

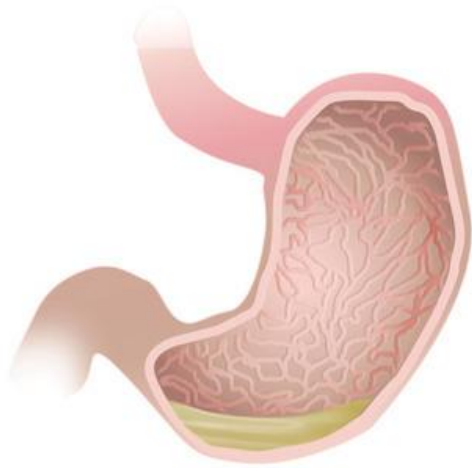


1575 Kcal
High Energy Density



1575 Kcal
Low Energy Density

Caloric Density



400 Calories of Oil



400 Calories of Beef



400 Calories of Vegetables

Stretch receptors are located throughout the stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

LIMIT INTAKE OF RED AND PROCESSED MEATS

- Beef, pork, lamb
- Limit intake of **red meat** to 12-18 oz/week



3 oz of red meat

SAFER GRILLING PRACTICES

Marinate

Precook

Go Lean

Mix it up

Go Green



AVOID PROCESSED MEATS *NO THRESHOLD EXISTS

Meat that is preserved by smoking, curing, salting, or addition of chemical preservatives

- Bacon
- Hot Dogs
- Pastrami
- Deli Meats
- Ham
- Pepperoni
- Bologna
- Luncheon Meats
- Sausage
- Salami
- Corned Beef



LIMIT INTAKE OF SUGAR SWEETENED DRINKS

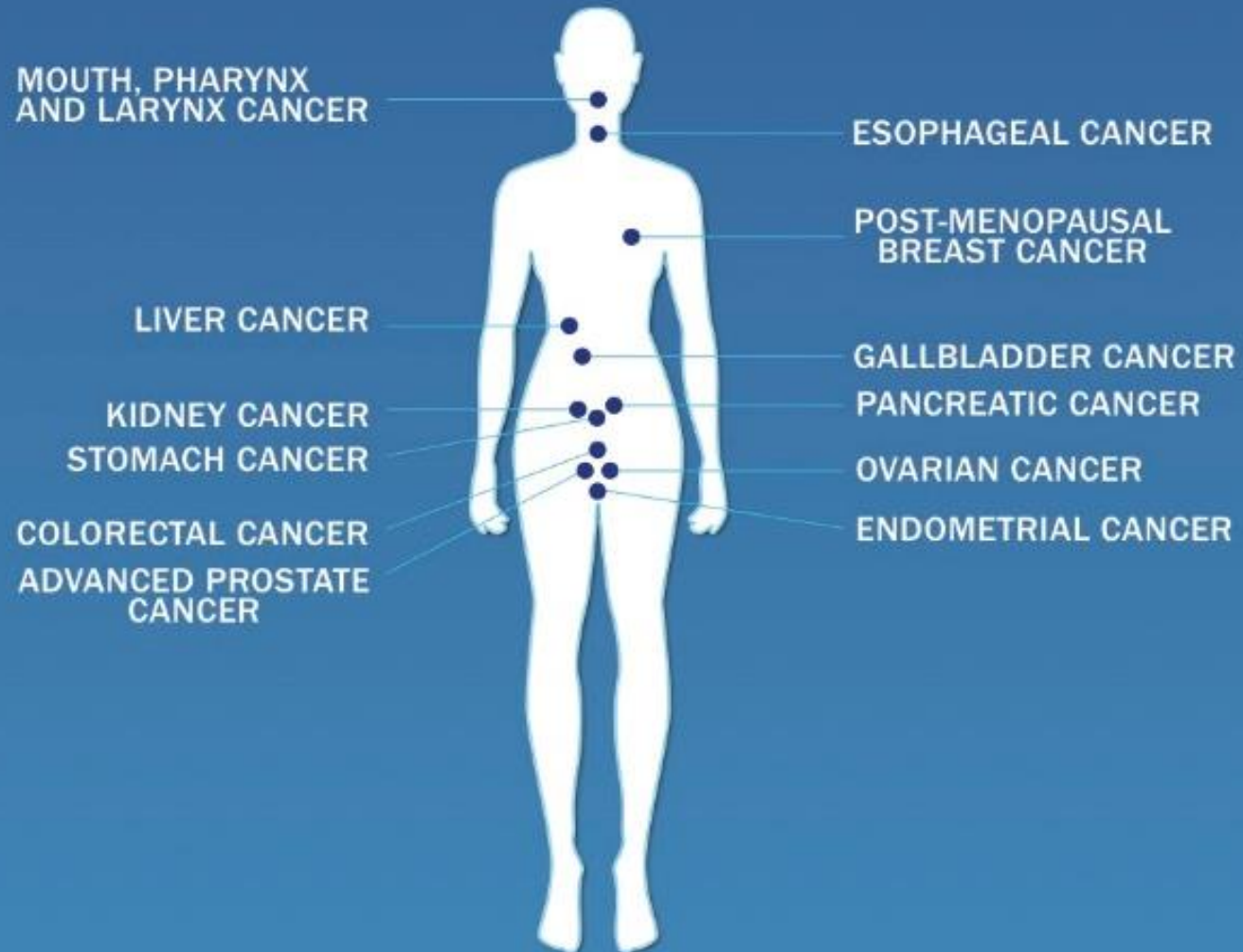


**YOU WOULDN'T EAT 22
PACKS OF SUGAR*. WHY ARE
YOU DRINKING THEM?**

*Sugar in a 20-oz. soda

Extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease and some cancers. CHOOSEHEALTHLA.com

HAVING OVERWEIGHT AND OBESITY INCREASES RISK FOR 12 CANCERS



HOW MUCH IS TOO MUCH?

- Women= Limit to 6 teaspoons per day (25g)
- Men= Limit to 9 teaspoons per day (37g)



16 oz Starbucks Triple
Mocha Frappuccino
51 g sugar



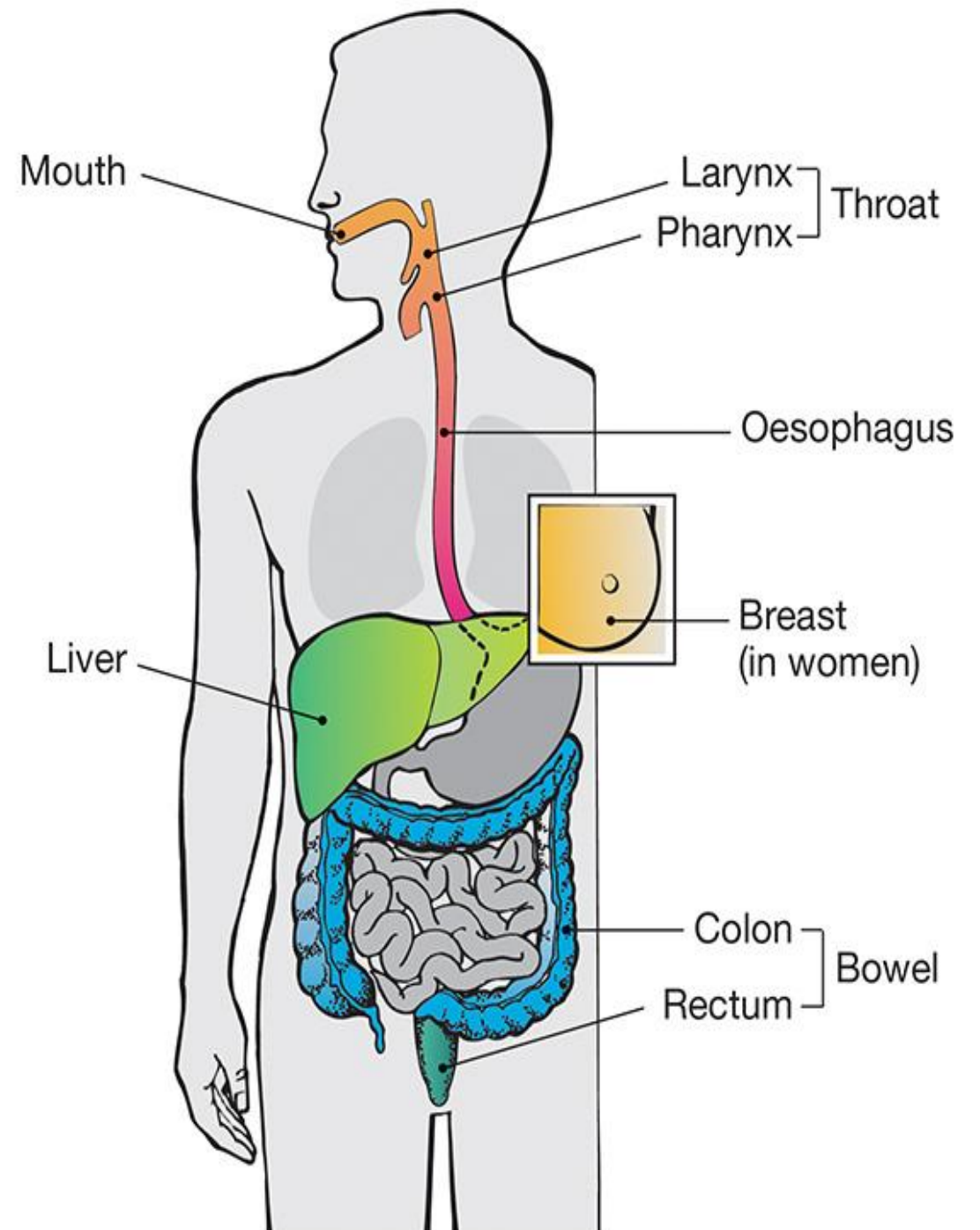
18.5 oz Gold Peak Sweet
Tea
48 g sugar



16 oz Coke
52 g sugar

LIMIT ALCOHOL CONSUMPTION

- Alcohol increases your risk for **EIGHT** cancers



AVOID ALCOHOL

- Ethanol in alcoholic beverages is classified as a carcinogen.
- Acetaldehyde (metabolized form of ethanol) is classified as a carcinogen.
- Alcohol metabolism damages DNA.
- Alcohol causes tissue damage, inflammation, interactions with folate, and interference with estrogen pathways.



ALCOHOL PORTIONS

- Avoid alcohol. If consumed at all, limit to 2 drinks/day for men and 1 drink/day for women.

"1-Drink" Equivalents



1 12-oz beer



5 oz wine



1 oz spirits

DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

- Aim to meet nutrition needs through diet alone



WHAT DID THEY SAY?

- Be a healthy body weight by eating less and moving more.
- Limit red meat to 12-18 oz/week.
- Avoid processed meats and limit fast foods.
- Avoid alcohol.
- Limit sugar sweetened drinks.
- Don't rely on supplements, get it from REAL food.
- Eat mostly fruits, vegetables, whole grains, beans, nuts, legumes.



EXERCISE AND CANCER- GUIDELINES FOR SURVIVORS

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BENEFITS OF EXERCISE

Physical

- Cardiovascular fitness
- Muscle strength and endurance
- Range of motion
- Sleep
- Mental clarity, learning and thinking
- Reduce treatment related side effects

Emotional/Mental

- Fatigue
- Anxiety
- Depression
- Self-esteem
- Happiness

EXERCISE RECOMMENDATIONS

- **Exercise is safe and is recommended for cancer survivors by the ACSM**
 - Survivors should avoid inactivity
 - 150 min per week of aerobic activity
 - Strength training at least 2 times per week
 - Stretch regularly
- **Talk to your doctor about your limits**
- **Work your way up slowly**

WHAT COUNTS AS MODERATE INTENSITY EXERCISE?



Find something you like to do and do it!



GET REAL & HEEL

Clinical Program

- 16-week moderate intensity, individualized, comprehensive exercise program
- Small groups, three times per week
- Includes: aerobic, strength, flexibility, and balance training
- Open to all cancer patients and survivors regardless of cancer diagnosis, stage, or treatment type free of charge.
- Program requirements:
 - Oncologist medical clearance
 - Completion of a baseline physical assessment (provided by the GR&H team)

Outreach

- Tele-health initiative
- Get Real and Heel While you wait



ComMotion NC Dance Classes

- Offered at the SECU House
 - Mondays, 7 pm (March 18)
- No experience or partner necessary
- Free!

YOGA

- Wholistic Health Studio, Durham
 - Mondays: 10:00- 11:30am
 - Wednesdays: 2:00-3:30pm
 - Fridays: 10:00am-11:30am
- Drop-in-fee: \$5/Passes: \$50 for 12 classes

GET STARTED!

- Avoid inactivity
- Moderate intensity
- Enlist a buddy
- Set small, attainable goals