

# NUTRITION AND CANCER PREVENTION

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For more information: [www.challengecancer.com](http://www.challengecancer.com)

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## **Food Facts for Optimum Nutrition**

Food provides more than fuel for the body. Almost everything you eat can impact how you look and feel. Here are some dietary suggestions to reduce your risk of chronic disease and promote wellness.

### **The Skinny on Fats**

A high fat diet is associated with many disease states. As a general rule, your diet should contain less than 25% of total calories from fat. Remember that all fats are not created equal. Saturated fats (from animal products) and hydrogenated fats (usually found in processed food products like margarine, salad dressings, etc.) change cellular integrity and contribute to the disease process. Choose monounsaturated fats (found in olive and canola oil) for your cooking and baking needs. Also, increase your consumption of omega-3 fatty acid food sources (from salmon, tuna, and flaxseed). There is growing evidence that these fats act as a cancer preventative and work to reduce cellular damage.

### **Color Your World**

Naturally occurring phytochemicals, found in colorful fruits and vegetables, have been shown to help curb the growth of some cancer cells. While beta-carotene has gotten most of the attention in the past, other components—like lutein, catechins, and lycopenes—are surfacing as antioxidants and immune system stimulators. Consume at least five servings of fruits and vegetables per day and choose these flavorful options more often: berries, broccoli, carrots, kale, red grapefruit, red peppers, spinach, and yams.

### **Where's The Beef?**

Heavy consumption of red meat has been linked to colon cancer and cardiovascular disease. Save beef meals for rare occasions and replace with soy meals. Studies have shown that isoflavones—chemicals found in soybeans—have proven anti-cancer activity in some breast, prostate and colon cancers. Food sources of soy include fresh or roasted soybeans, soymilk, tofu, tempeh, and textured vegetable protein.

### **Bulk Up**

In the bowel, fiber softens the stool and aids in the elimination of potential cancer-causing toxins. When fiber intake increases, colon cancer rates decrease. A high-fiber diet is also linked with decreased incidence of prostate and breast cancers. Most Americans get less than 15 grams per day. The goal for daily fiber intake is 25-35 grams per day. Choose whole grain breads, high fiber cereals from bran or whole wheat, peas and beans, and raw fruits and vegetables on a consistent basis.