

Cancer and Nutrition

Nutrition to Prevent and Fight Cancer

Although no one food or nutrient causes, prevents, or cures cancer, a healthy lifestyle can help you reduce your risk of cancer or cancer recurrence.

One of the most powerful changes that you can make to your diet is to **increase the number and variety of plant foods that you eat**. In women who have been diagnosed with early-stage breast cancer, increased vegetable and fruit intake decreases the likelihood of recurrence.

The best part? Eating more fruits, vegetables, whole grains, legumes (beans and lentils), nuts, and seeds not only helps fight cancer, but also provides a wide range of other health benefits to help you look and feel your best throughout your life.

Tips for increasing plant-foods in your diet:

- Aim for at least **five to nine** 1/2 cup servings of fruits and vegetables per day.
- Prepare your plate with no more than 1/4 meat and dairy; fill the rest with vegetables, fruits, legumes, and whole grains.
- **Focus on color!** Choose a variety of fruits and vegetables, including as many dark green, leafy vegetables; yellow, orange, red, and purple fruits and vegetables as possible.
- Replace white rice, bread, and pasta with brown rice and **100% whole grain** products. Fiber helps to fill you up, eases digestion, and may have added anti-cancer effects!
- Snack on **raw vegetables, fruit, nuts and seeds**, instead of chips, crackers, or candy bars.
- Try eating at least **one meatless meal** each week. Substitute beans or lentils for meat in soups and chili or add to salads or grain dishes for healthy, lean protein.
- Add flavor and healing power by using **herbs and spices** in your cooking: try garlic, onion, turmeric, ginger, parsley & cilantro.

Powerful Plants:

Plant-based foods are rich in **phytonutrients** – naturally-occurring compounds that have numerous health protective benefits.










Phytonutrients appear to work together as “a team” with one another, and with vitamins and other nutrients in food, to prevent, halt, or lessen disease.

Phytochemicals are often found in the pigments of fruits and vegetables, so eating brighter colored varieties may have more benefits. (White veggies also count!)



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Build A Cancer-Fighting Super Salad

INGREDIENT	BENEFITS	AMOUNT
Mixed Greens	<ul style="list-style-type: none"> High in folate and phytonutrients; may decrease risk of various cancers. Try spinach, romaine, baby kale, arugula, or mixed baby greens. 	2 cups 
Tomatoes, chopped	<ul style="list-style-type: none"> Contain lycopene, an antioxidant that helps to guard against several cancers Okay to substitute red bell peppers or carrots in place of tomatoes. 	1/3 cup 
Red Cabbage, chopped	<ul style="list-style-type: none"> High in fiber, vitamin C, beta carotene, & cancer-fighting phytonutrients. Not a cabbage fan? Try steamed or raw broccoli or cauliflower instead! 	1/2 cup 
Mushrooms, chopped	<ul style="list-style-type: none"> Selenium-rich; consumption associated with decreased breast cancer risk. Try white button, Portobello, crimini, or shitake mushrooms. 	1/2 cup 
Beans	<ul style="list-style-type: none"> Source of lean protein and fiber; may reduce risk of breast & other cancers. Try any bean (soy, kidney, black, garbanzo) or 3 oz of tofu or tempeh. 	1/2 cup 
Sweet Potato (baked, steamed, or roasted)	<ul style="list-style-type: none"> Provides fiber and healthy carbohydrates for lasting energy. Quick cooking: prick potato with a knife & microwave covered for ~5 min. 	1/2 cup 
Grapes	<ul style="list-style-type: none"> Naturally sweet and may reduce risk of breast and colorectal cancers. Add berries or any bright colored fruit instead of grapes to mix things up. 	1/3 cup 
Nuts or Seeds, chopped	<ul style="list-style-type: none"> Good source of vitamin E, which protects immune cells from free radicals. Around 1oz of any nut or seed: pumpkin, sunflower, almond, walnut, pecan. 	1-2 TBS 
Vinaigrette	<ul style="list-style-type: none"> Healthy fats help the body to absorb vitamins and phytonutrients. Combine 1 part vinegar or lemon juice with 3 parts olive or flax oil. Season with shallots, garlic, herbs or spices to taste. 	1-2 TBS 

For more information about cancer and nutrition visit:

- The American Cancer Society, www.cancer.org
- Academy of Nutrition and Dietetics, www.eatright.org
- The American Institute for Cancer Research, www.aicr.org



Community Servings — A Home-Delivered Meals Program

Community Servings delivers nutritious meals to homebound individuals and families in Eastern Massachusetts living with a critical illness. To learn more about becoming a Community Servings client or volunteer, visit servings.org or call **617-522-7777**.



Information compiled 5/16 by **Community Servings**
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