



Preventing Cancer

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Your Meals Matter

According to the CDC, "Research has shown that being overweight or obese substantially raises a person's risk of getting endometrial (uterine), breast, prostate, and colorectal cancers." Plus, a recent study published in the *Journal of Women's Health* maintains, "Diet-related factors are thought to account for about 30% of cancers in developed countries."

Foods to Reduce

Alcohol. The latest data from the National Cancer Institute at the National Institutes of Health indicates that "alcohol is a known cause of cancer [...] The risk of developing cancer increases with the amount of alcohol a person drinks."

Meat. Jill Weisenberger, MS, RDN, CDE, FAND, CHWC asserts "Both red meats and processed meats are linked to colorectal cancer. Processed meats also increase the risk of stomach cancer."

Sugary Drinks. The American Institute for Cancer Research recommends that people avoid sugary drinks.

Foods to Increase

Fruits and Vegetables. According to Jill Weisenberger, MS, RDN, CDE, FAND, CHWC, "Eating fruits and non-starchy vegetables is strongly linked to reduced risks of cancers of the mouth, pharynx, larynx, and esophagus. Additionally, fruits are strongly linked to lowered risk of developing lung cancer. Sadly, only 24% of Americans eat the recommended amounts of fruit and even fewer – 13% – eat the recommend amounts of vegetables." The National Cancer Institute backs up this claim, maintaining, "Higher consumption of vegetables in general may protect against some diseases, including some types of cancer."