



National Cancer Prevention Month

A combination of a healthy diet, regular physical activity, and healthy body weight can lower your risk of cancer.

The choices we make everyday affect our chances of getting cancer. Three factors that we control have a lot to do with our risk of developing this terrible disease.

Reduce Your Cancer Risk

The Three Factors:

- **How Much We Move:** Be physically active everyday in any way for 30 minutes or more.
- **How Much We Weigh:** Aim to be a healthy weight throughout life.
- **What We Eat:** Choose mostly plant foods, limit red meat, and avoid processed meat.

These guidelines form American Institute for Cancer Research's (AICR) simple, evidence-based message. Follow any one and you'll lower your risk. Follow all three, and you'll afford yourself the greatest protection possible. Also, always remember- do not use tobacco in any form.

AICR experts estimate that overall, about 1/3 of cancers in the 1.5 million cancers that occur every year in the US could be prevented by following these guidelines.

Recommendations for Cancer Prevention

1. Be as lean as possible without becoming underweight.
 - ✓ Maintaining a healthy weight is one of the most important things to reduce your risk of cancer. Where we store fat affects cancer risk. Carrying excess fat around our waists can be particularly harmful.
2. Be physically active for at least 30 minutes every day.
 - ✓ Studies show that regular activity can help to keep hormone levels healthy, which is important because having high levels of some hormones can increase your cancer risk.
3. Avoid sugary drinks. Limit consumption of energy-dense foods.
 - ✓ Choosing healthy foods and drinks instead of those that are high in refined carbohydrates and often in added sugar and fat (energy-dense foods) can help us avoid overweight and obesity and thereby reduce our cancer risk.

Recommendations for Cancer Prevention Continued

4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
 - ✓ Research shows that vegetables and fruits probably protect against a range of cancers, including mouth, pharynx, larynx, esophagus, stomach, lung, pancreas and prostate.
5. Limit consumption of red meats and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
 - ✓ An expert panel found that salt and salt-preserved foods probably increase the chance of developing stomach cancer.
8. Don't use supplements to protect against cancer.
 - ✓ To reduce your risk of cancer, choose a balanced diet with a variety of foods rather than taking supplements.
9. After treatment, cancer survivors should follow the recommendations for cancer prevention.

By: American Institute for
Cancer Research

Recipe of the Month

Rice and Beans Salad

Serves 10

Ingredients:

- 1 ½ cups uncooked brown rice
- 3 cups water
- ½ cup chopped fresh parsley
- ½ cup chopped shallots
- 15 oz. can unsalted garbanzo beans, rinsed and drained
- 15 oz. can unsalted dark kidney beans, rinsed and drained
- ¼ cup olive oil
- 1/3 to ½ cup rice vinegar, according to taste

Directions:

Place rice and water in stockpot. Cover and cook over medium heat until rice is tender, about 45 to 50 minutes. Cool to room temperature. Stir in the remaining ingredients. Chill 2 hours or longer.

Nutritional Information:

Calories 235, Total Fat 7g, Cholesterol 0mg, Total Carbs 36g, Dietary fiber 5g, Protein 7g

