

# Healthy Living

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## What you eat can help prevent cancer

**E**ating right can actually help lower your risk for cancer. That's according to the key recommendation of a recently released global report on diet and cancer prevention—that individuals should choose a mostly plant-based diet that includes a variety of vegetables, fruits, and grains. This is consistent with the American Cancer Society's guidelines on diet, nutrition and cancer prevention, and adds to the evidence supporting a link between diet and cancer.

The report, entitled *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, concludes that 30 to 40 percent of cancers are directly linked to dietary choices. The report was underwritten by the American Institute for Cancer Research (AICR) and the World Cancer Research Fund.

The new report is the most comprehensive review of scientific evidence on diet, nutrition and cancers to date and the first to examine the role of food in cancer prevention from an international perspective. Begun in 1993, the study was conducted by fifteen of the world's leading diet and cancer researchers.

In addition to emphasizing the in-

creased consumption of vegetables, fruits, legumes, and grain-based foods, which have been shown to have a protective effect particularly for cancers of the gastrointestinal and respiratory tracts, the report discourages eating significant quantities of meat.

Foods from animal sources remain major contributors of total fat, saturated fat, and cholesterol in the American diet. Although meats are good sources of high-quality protein and supply many important vitamins and minerals, consumption of meat—especially red meats—has been linked to cancers at several sites, most notably colon and prostate.

The report also highlights the importance of staying physically active and maintaining a healthy body weight. Studies have shown that physical activity can help protect against some cancers, either by balancing caloric intake with energy expenditure or by other mechanisms. An imbalance of caloric intake and output can lead to overweight, obesity, and increased risk for cancers at several sites, including colorectal, prostate, endometrium, breast (among postmenopausal women) and kidney.

The report recommends that individuals do not drink alcohol. If they do, limit alcoholic drinks to less than two drinks a day for men and one for women. Alcoholic beverages, along with cigarette smoking, cause



cancers of the oral cavity, esophagus, and larynx. Cancer risk increases with the amount of alcohol consumed and may start to rise with intake of as few as two drinks per day. Moderate alcohol intake has been shown to decrease the risk of coronary heart disease, at least in middle-aged adults, and these cardiovascular benefits may outweigh the risk of cancer in men older than 50 and in women older than 60.

The American Cancer Society has long concluded that dietary practices and physical activity—along with smoking cessation, avoidance of occupational carcinogens, and early detection—are important factors in the prevention of cancer and cancer death.

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## Foods to prevent cancer...

Although no diet can guarantee full protection against disease, the Society believes that the following recommendations, which are in line with guidelines of other health agencies, offer the best nutrition information currently available to help Americans reduce their risk of cancer:

1. Choose most of the foods you eat from plant sources

- Eat five or more servings of fruits and vegetables each day
- Eat other foods from plant sources, such as breads, cereals, grain products, rice, pasta, or beans several times each day

2. Limit your intake of high-fat foods, particularly from animal sources

- Choose foods low in fat
- Limit consumption of meats, especially high-fat meats

3. Be physically active to achieve and maintain a healthy weight

- Be at least moderately active for 30 minutes or more on most days of the week
- Stay within your healthy weight range

4. Limit consumption of alcoholic beverages, if you drink at all.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy, and service. For more information about cancer or the American Cancer Society and its programs, contact your local American Cancer Society or call 1-800-ACS-2345.

For a copy of the American Cancer Society's nutrition guidelines, which include diet and activity factors that affect risks for the most common cancers, along with common questions about diet and cancer, please call 404-329-5735. For a copy of *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, contact Sara Purcell, 202-328-7744, or Lynn Forsyth, 202-828-8808.

## Healthy Recipes to Help Prevent Cancer

The recipes here are all from the American Cancer Society— a great resource for information on lowering your risk for cancer. The ACS offers several cookbooks that provide recipes that are fast, full of flavor, and healthy. To read more and get other free recipes, visit the ACS website at [www.cancer.org](http://www.cancer.org).

### Black Bean and Corn Salad

This salad is a great side dish for Mexican entrées or can be used as a dip for tortilla chips to start the meal. Use the measurements as a guide, but feel free to tinker. Remember this salad when you have leftover corn on the cob.



**Serves 8 to 10**

Prep time: 15 minutes or less

Total time: 15 minutes or less

#### Ingredients

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 cup fresh, frozen, or canned no-salt-added corn, drained
- 1 tomato, chopped
- 1 red, yellow, or green bell pepper, seeded and chopped
- ½ small red onion, chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- ¼ cup chopped fresh cilantro

#### Directions

In a bowl, combine black beans, corn, tomato, bell pepper, onion, and jalapeño. In a bowl, combine lime juice, oil, and cumin and drizzle over bean mixture. Season with salt and pepper and sprinkle with cilantro.

#### Nutrition

<b>Calories</b>	<b>125</b>	<b>Cholesterol</b>	<b>0 mg</b>
Calories from Fat	20	<b>Sodium</b>	<b>80 mg</b>
<b>Total Fat</b>	<b>2.5 g</b>	<b>Total Carbohydrate</b>	<b>20 g</b>
Saturated Fat	0.4 g	Dietary Fiber	7 g
Trans Fat	0.0 g	Sugars	5 g
Polyunsaturated Fat	0.5 g	<b>Protein</b>	<b>6 g</b>
Monounsaturated Fat	1.4 g	Per Serving (for 8 servings)	

From *The Great American Eat Right Cookbook*.

## Did You Know?

Thirty to 40 percent of all cancers are directly linked to dietary choices according to a 1997 report underwritten by the American Institute for Cancer Research, titled *Food, Nutrition, and the Prevention of Cancer: A Global Perspective*.

New research is strengthening the link between healthy eating and the prevention of certain types of cancer.

## Did You Know?

Colorectal cancer continues to be the second leading cancer killer for both men and women combined in the United States, even though it is 90 percent preventable and 90 percent treatable when detected early.

Fewer than 50 percent of adults age 50 or older have had one of the readily available colorectal cancer screening tests within the recommended time periods.

When detected at an early, localized stage, colorectal cancers are nearly 100% curable; however, only 39% of these cancers are diagnosed at this stage, mostly due to low rates of screening. It has been estimated that one-third of the deaths from colorectal cancer could be prevented if people would just get screened.

More than 90 percent of people who are diagnosed with colorectal cancer are over the age of 50. Many insurance plans, including Medicare, help pay for colorectal cancer screening.



## Want More?

For more information on lowering your risk for cancer, plus lots of free recipes, visit the American Cancer Society website for more free recipes at [www.cancer.org](http://www.cancer.org) or call 1-800-ACS-2345.

## Crunchy "Oven-Fried" Chicken Nuggets

Kids and adults will love this healthful rendition of chicken nuggets. The coating adds a big crunch and keeps the meat tender and moist. Who knew nuggets could be so good . . . and good for you!

Line your baking sheet with aluminum foil or parchment paper to speed cleanup.



### Serves 4

Prep time: 15 minutes or less

Total time: 30 minutes or less

### Ingredients

- 10 classic or whole grain Melba toasts (2 pouches)
- 1 tablespoon canola oil
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- 1 egg
- ¼ teaspoon dried oregano
- ¼ teaspoon garlic powder
- 1 pound boneless, skinless breasts, cut into 2-inch "nuggets"

### Directions

Preheat the oven to 400 degrees. Place a cooling rack on a rimmed baking sheet.

In a food processor, pulse the Melba toast until pieces are about ⅛ inch in size, with some smaller and larger pieces. Don't over-process. Add oil and pulse once or twice, or until crumbs are just moistened. (You can also use a rolling pin or a meat mallet to crush the toasts by hand in a zip-top bag. Then mix the oil and crumbs together in a bowl.) Transfer crumbs to a plate.

In a bowl, beat egg. Add mustard, oregano, salt, and garlic powder and beat to combine. Dip chicken in egg mixture, then in crumbs, pressing to coat all sides of the meat. Place on the rack. Bake for 15 minutes, or until cooked through.

### Nutrition

<b>Calories</b>	<b>230</b>	<b>Cholesterol</b>	<b>120 mg</b>
Calories from Fat	70	<b>Sodium</b>	<b>355 mg</b>
<b>Total Fat</b>	<b>8.0 g</b>	<b>Total Carbohydrate</b>	<b>10 g</b>
Saturated Fat	1.5 g	Dietary Fiber	1 g
Trans Fat	0.0 g	Sugars	0 g
Polyunsaturated Fat	2.0 g	<b>Protein</b>	<b>27 g</b>
Monounsaturated Fat	3.6 g	Per Serving (for 4 servings)	

From *The Great American Eat Right Cookbook*.

## Chicken and White Bean Soup

A store-bought rotisserie chicken offers incredible versatility at mealtime. Here it makes a quick and flavorful “home-made” chicken soup. Instead of traditional noodles, this soup is made with protein-packed beans. Choose a rotisserie chicken with mild seasoning:



both plain and lemon-pepper work well. Adding the wings and some bones to the broth adds richer flavor. For a burst of green, add a few handfuls of baby spinach or 2 tablespoons chopped fresh parsley right before serving. For classic chicken noodle soup, substitute ½ cup of egg noodles for the beans.

### Serves 6 to 8

Prep time: 15 minutes or less      Total time: 1 hour or less

### Ingredients

- 1 rotisserie chicken breast or 3 cups chopped white meat
- 1 tablespoon canola oil
- 2 celery stalks, sliced
- 2 cups water
- 6 cups reduced-sodium chicken broth
- 1 (15-ounce) can Great Northern beans, rinsed and drained
- Salt and freshly ground black pepper
- 3 carrots, sliced
- 1 onion, chopped

### Directions

Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breastbones. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breastbones for 8 to 10 minutes, or until vegetables soften.

Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add additional broth or water. Discard bones and wings before serving. Season with salt and pepper.

### Nutrition

<b>Calories</b>	<b>235</b>	<b>Cholesterol</b>	<b>60 mg</b>
Calories from Fat	45	<b>Sodium</b>	<b>675 mg</b>
<b>Total Fat</b>	<b>5.0 g</b>	<b>Total Carbohydrate</b>	<b>17 g</b>
Saturated Fat	1.0 g	Dietary Fiber	57 g
Trans Fat	0.0 g	Sugars	5 g
Polyunsaturated Fat	1.4 g	<b>Protein</b>	<b>28 g</b>
Monounsaturated Fat	2.3 g	Per Serving (for 6 servings)	

From *The Great American Eat Right Cookbook*.

## Crunchy Green Beans With Caramelized Onions

The red onion and imitation bacon bits offer a hint of cherry-red color in this delicious vegetable side dish.

### Serves 8

### Ingredients

- 1 large red onion, cut into 1/2-inch strips
- 1/2 teaspoon olive oil
- 2 pounds fresh green beans, washed and trimmed
- 1/2 teaspoon garlic salt
- 4 teaspoons balsamic vinegar
- 2 tablespoons imitation (soy) bacon bits

### Directions

Heat olive oil in medium skillet. Add onion and sauté until golden brown (caramelized), stirring frequently, about 25 minutes. Set aside.

Steam green beans in steamer until crisp-tender, approximately 10 minutes. Add green beans and garlic salt to skillet and mix with onions. Drizzle with vinegar and sprinkle with bacon bits. Serve warm or cold.

Approximate per serving: 80 calories; 2.5 grams of fat.

No more tears with onions: To avoid teary eyes, peel onions under cold water. The water rinses away the volatile sulfur that causes teary eyes. You may also freeze the onion for 20 minutes before chopping.

From the ACS book *Celebrate! Healthy Entertaining for Any Occasion*.