

Breast Cancer

The best advice to reduce the risk of breast cancer is to engage in vigorous physical activity at least 4 hours a week, avoid or limit your intake of alcohol to no more than one drink per day and reduce lifetime weight gain through the combination of limiting your calories and exercising regularly

Lung Cancer

The best advice to reduce the risk of lung cancer is to avoid tobacco use or exposure and to eat at least five servings of vegetables and fruits every day.

Prostate Cancer

For now, the best advice to reduce the risk of prostate cancer is to limit intake of animal products, especially red meat and high-fat dairy products and eat five or more servings of vegetables and fruits each day.

Ovarian Cancer

There are no firmly established nutritional risk factors for ovarian cancer, although fruits and vegetables in the diet may lower risk.

Stomach Cancer

At this time, the best advice to reduce the risk of stomach cancer is to eat at least five servings of vegetables and fruits daily.

Endometrial Cancer

The best advice to reduce the risk of endometrial cancer is to maintain a healthful weight through diet and regular physical activity.

Colorectal Cancer

The best advice to reduce the risk of colon cancer is to increase your physical activity, eat more vegetables and fruit, limit intake of red meats, avoid obesity, avoid excess alcohol, and to follow guidelines for regular colorectal screening because finding and removing polyps in the colon can prevent colorectal cancer.

Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care. Accuracy of the content is current to the date of printing.
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Nutrition & Physical Activity...

THE BASICS



DR. RAYMOND MANSOOR

B Sc , MB BS , DM (O&G), FACOG

TANNER ST. & CORN ALLEY
P.O. BOX W1361
ST. JOHN'S
ANTIGUA
TEL: (268) 463 2232/3
info@mansoormedical.org
www.mansoormedical.org

A Guide to Nutrition And Physical Activity

Eat a variety of healthful foods, with an emphasis on plant sources.

Eat five or more servings of a variety of vegetables and fruits each day.

- Include vegetables and fruits at every meal and for snacks.
- Eat a variety of vegetables and fruits.
- Limit French fries, snack chips, and other fried vegetable products.
- Choose 100% juice if you drink fruit or vegetable juices.

Choose whole grains in preference to processed (refined) grains and sugars.

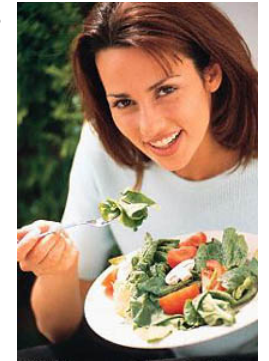
- Choose whole grain rice, bread, pasta, and cereals.
- Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks, and sugars.

Limit consumption of red meats, especially those high in fat and processed.

- Choose fish, poultry, or beans as an alternative to beef, pork, and lamb.
- When you eat meat, select lean cuts and smaller portions.
- Prepare meat by baking, broiling, or poaching, rather than by frying or charbroiling.

Choose foods that help maintain a healthful weight.

- When you eat away from home, choose food low in fat, calories, and sugar and avoid large portions.
- Eat smaller portions of high-calorie foods. Be aware that “low fat” or “fat free” does not mean “low calorie” and that low-fat cakes, cookies, and similar foods are often high in calories.
- Substitute vegetables, fruits, and other low-calorie foods for calorie-dense foods such as French fries, cheeseburgers, pizza, ice cream, doughnuts, and other sweets. (See Table 1 Overleaf)



Adopt a physically active lifestyle.

Adults: Engage in at least moderate activity for 30 minutes or more on 5 or more days of the week; 45 minutes or more of moderate to vigorous activity on 5 or more days per week may further reduce the risk of breast and colon cancer.

A Guide to Nutrition And Physical Activity



Children and adolescents: Engage in at least 60 minutes per day of moderate-to-vigorous physical activity for at least 5 days per week. (See Table 2)

TABLE 1
What Counts as a Serving?

Fruits

- 1 medium apple, banana, orange
- ½ cup of chopped, cooked, or canned fruit
- ¾ cup of 100% fruit juice

Vegetables

- 1 cup of raw, leafy vegetables
- ½ cup of other cooked or raw vegetables, chopped
- ¾ cup of 100% vegetable juice

Grains

- 1 slice of bread
- 1 ounce of ready-to-eat cereal
- ½ cup of cooked cereal, rice, or pasta

Beans and nuts

- ½ cup of cooked dry beans
- 2 tablespoons of peanut butter
- 1/3 cup nuts

Dairy foods and eggs

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese
- 1 egg

Meats

- 2-3 ounces of cooked, lean meat, poultry, or fish

Helpful Ways to Be More Active

- Use stairs rather than an elevator.
- If you can, walk or bike to your destination.
- Exercise at lunch with your workmates, family, or friends.
- Take a 10-minute exercise break at work to stretch or take a quick walk.
- Walk to visit co-workers instead of sending an email.
- Go dancing with your spouse or friends.
- Plan active vacations rather than only driving trips.
- Wear a pedometer every day and watch your daily steps increase.
- Join a sports team.
- Use a stationary bicycle while watching TV.
- Plan your exercise routine to gradually increase the days per week and minutes per session.

Maintain a healthful weight throughout life.

Balance caloric intake with physical activity.

Lose weight if currently overweight or obese.

Being overweight or obese is associated with an increased risk of developing several types of cancer:

- *Breast (among postmenopausal women)*
- *Colon*
- *Endometrium*
- *Esophagus*
- *Gallbladder*
- *Pancreas*
- *Kidney*

Examples of Moderate & Vigorous Physical Activity

TABLE 2	Moderate Activities	Vigorous Activities
Exercise and Leisure	Walking, dancing, leisurely bicycling, ice-skating or roller-skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jump rope, swimming
Sports	Volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing	Soccer, field hockey or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing
Home Activities	Mowing the lawn, general lawn and garden maintenance	Digging, carrying and hauling, masonry, carpentry
Occupational Activity	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction, fire fighting)

If you drink alcoholic beverages, limit consumption.

People who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink a day for women. The recommended limit is lower for women because of their smaller body size and slower metabolism of alcohol. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits.

Alcohol is an established cause of cancers of the:

- *Mouth*
- *Pharynx (throat)*
- *Larynx (voice box)*
- *Esophagus*
- *Liver*
- *Breast*
- *May increase the risk of colon cancer.*

Diet and Physical Activity Factors That Affect Risks for the Most Common Cancers

Although the nutrition and activity guidelines are intended to reduce overall cancer risk, certain dietary and physical activity habits affect the risk for developing specific types of cancer. Please see the supplemental brochure which discusses these issues. A short summary is included here.