



# FLiP Newsletter



February 23, Edition #8

## Cancer Prevention 101

Cancer; the abnormal, dangerous growth of cells in our bodies. As one of the top causes of death of Americans, we all likely know someone who developed cancer in our lifetime. Luckily, most cancer prevention techniques overlap with a healthy lifestyle! In this newsletter, we review some lifestyle habits for some cancers that greatly reduce your risk of development.

### Lung Cancer

Lung cancer is relatively rare as a genetic condition. This means that it is mostly caused by lifestyle habits! Be sure to avoid these things to ensure healthy, long-lasting lungs:

- Smoking products with tobacco, including second-hand smoking
- Workplace/living environments with asbestos, arsenic, and other heavy metal exposures
- Workplaces/living environments with radon



### Breast Cancer

Breast cancer is a cancer that has a strong connection to genetics, which means most cases are inherited through families. There are some risk factors to avoid that can lower your risk:

- Smoking products with tobacco
- Lack of exercise
- using hormone therapies for longer than 5 years (like birth control or menopausal medications)
- Drinking more than 5 alcoholic drinks a week

### Colorectal Cancer

Your risk of developing colorectal cancer increases as you age. It is affected by lifestyle habits such as:

- Lack of exercise
- Smoking products with tobacco
- Drinking more than 5 alcoholic drinks a week
- Diet high in processed foods, foods with high fat content
- Diet low in fruits and vegetables



### Skin Cancer

Skin cancer is relatively rare as a genetic condition. Those with lighter complexions of skin are more at risk of skin cancer, but overall, skin cancer is only caused by UV rays. Darker complexions of skin are still at risk of skin cancer, and it may look different than skin cancer on lighter skin! Be sure to avoid these things to lower your risk:

- Tanning beds
- Extended sunlight exposure without sunscreen/sun protection techniques



**IMPORTANT!**

# Anti-Cancer Diet



No food or food group can single-handedly prevent cancer, and excluding specific foods won't eliminate your risk. However, eating a healthy diet can *reduce* your risk for cancer! Think more fruits, vegetables, nuts and lean protein, and less red meat and pre-packaged foods.



## Eat the rainbow

- Phytochemicals that give fruits and vegetables their color protect the body from damage, decrease inflammation and interrupt processes in the body that encourages cancer production.
- Aim to eat at least three different colors of fruits and vegetables each day!

## Include lean & plant proteins

- Focus on lean animal protein like
  - chicken or fish
- And plant proteins like
  - beans, lentils, peas, quinoa, soy, nuts and seeds.

## Eat fiber

- Plant foods are the best source of fiber.
- High-fiber diets are associated with a decreased risk of colon cancer.
- High-fiber foods can make you feel fuller and help to manage your weight.
- Some high-fiber foods include:
  - Whole grain cereals
  - Beans and lentils
  - Nuts
  - Blueberries
  - Apples



**TRY  
THIS**

**Black Bean  
Quinoa Bowl**



**Strawberry-  
Mango Nice  
Cream**



## Get healthy fats

- It's good to be picky about fats.
- You want to stick with unsaturated fats — look for the words monounsaturated and polyunsaturated.
- Examples of good fats include:
  - Avocado
  - Fatty fish
  - Nuts & seeds
  - Olive oil



## Foods to limit

- Sugar-sweetened beverages
  - Drink mostly water and unsweetened drinks
- Red & processed meat
  - Eat red meats in moderation - no more than 18 ounces per week.
  - Eat little, if any, processed meat like deli meats, hot dogs and bacon.
- "Fast foods" and other processed food high in fat, starches or sugars
  - Limiting these foods helps control calorie intake and maintain a healthy weight
- Alcohol
  - Alcohol use is associated with an increased risk of esophageal, throat and breast cancers.
  - While no alcohol is best, women who choose to drink should have no more than one drink a day, and men no more than two drinks a day.