

cancer answers

Cancer Answers is a series of free public lectures, presented by *Cancer Care Nova Scotia*, on a variety of cancer-related topics. The lectures, delivered by cancer experts, are designed to raise awareness and educate participants about issues related to prevention, screening, early diagnosis, treatment, survivorship and palliative care.

Following each lecture, the presentations are posted on the *Cancer Care Nova Scotia* website @ www.cancercare.ns.ca





Nutrition and Reducing Your Cancer Risk November 14, 2006

Sobeys Dietitians Have a
World of Healthy Ideas for You

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Outline

- Foods/Beverages That Increase Cancer Risk
- Nutrients That May Reduce Cancer Risk
- Other Areas of Interest

Nutrition and Cancer Link?

Research shows 1/3 of all cancers may be related to what we eat and drink.



Canadian Cancer Society, June 2006

Alcohol

- Can increase risk of several cancers (mouth, pharynx, larynx, esophagus, liver, breast)
 - Tissues directly exposed to alcohol
 - Cells are damaged
 - More vulnerable to cancer causing substances



Alcohol

- No more than 2 drinks a day for men, or 1 drink a day for women
- 1 drink = 12 oz beer
 - 5 oz glass wine
 - 1½ oz liquor

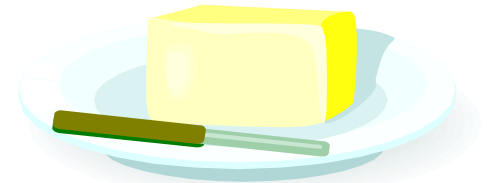


Fat

- Role is unclear.
- High fat diets have been linked with increased risk of colon, rectum, uterus and prostate cancer
(*Mayo Clinic, Sept 2006*)
- Saturated and trans fat believed to increase risk
- Research shows that those who eat high fat diets tend to be low in vegetables and fruit

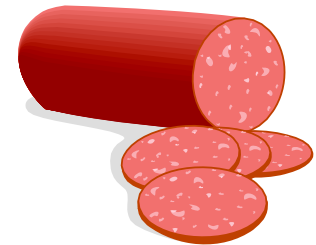
Recommendation:

Fat should be 20-35% of total calories



Nitrates

- Found in processed meats
- Vitamin C helps reduce the effects of nitrates
- Processed meats are also high in fat and sodium

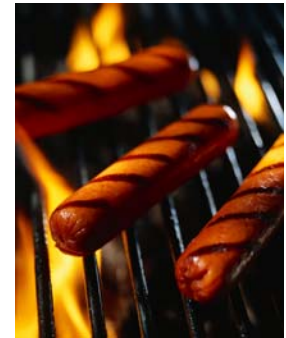


Recommendation

- Choose processed meats less often
- When choosing, have with foods high in vitamin C

Cooked Meat

- Charring and heavy browning may increase risk by forming HCA's (heterocyclic amines)
- Formed when meat is charred



Recommendation:

- Cook meat at moderate temperatures (300°F – 325°F)
- Avoid flare-ups on the BBQ (trim fat, med-low temp)

Nutrition and Cancer Link?

Research shows that overall 30-35% of all cancers can be prevented by eating well, being active and maintaining a healthy body weight.



Canadian Cancer Society, June 2006

Calcium

- Studies suggest that a high calcium diet may reduce the risk of colorectal cancer

Recommendation

- Choose 3-4 servings of milk products each day
- One serving is:
 - 1 cup of milk or fortified soy beverage
 - $\frac{3}{4}$ cup yogurt
 - 50g cheese
- Supplementation

Calcium

Daily Calcium Needs

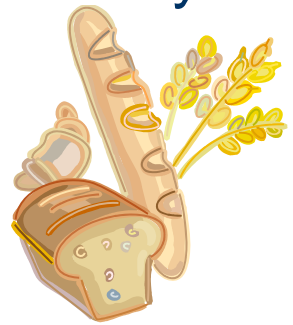
<u>Age</u>	<u>Calcium</u>
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1300 mg
19-50 years	1000 mg
51+ years	1200 mg



Health Canada, The Dietary Reference Intakes, Institute of Medicine 1997

Fibre

- Reduces risk of colon cancer
- Harmful substances have less contact with intestinal walls (due to fibre)
 - Waste moves faster through digestive system
 - Increased volume of waste; harmful substances are diluted
 - Fibre binds to carcinogens and removes from body



Fibre

Recommendation

- 25-35 grams of fibre per day
- Choose high fibre foods such as:
 - Whole grain breads and cereals
 - Vegetables and fruit
 - Legumes such as dried peas, beans and lentils
- Look for at least 4 grams of fibre per serving



Antioxidants

- Such as vitamin E, C, beta-carotene, lutein, lycopene, selenium
- They protect you from cell damage (free radicals)
- Convincing evidence linking vegetables and fruit to lower risk of cancer (breast cancer, lung cancer)

Antioxidants



- New labelling laws allow this health claim:
“A diet rich in a variety of fruits and vegetables may help reduce the risk of some types of cancers.”

Recommendation

- 5-10 servings of vibrant looking vegetables and fruit each day

Vegetables and Fruit

A high fruit and vegetable diet can reduce cancers of the mouth and pharynx, esophagus, lung, stomach, and colon and rectum; evidence of risk reduction was found for cancers of the larynx, pancreas, breast, and bladder.

(Joint report: World Cancer Research Fund; American Institute for Cancer Research, 2006)



Vegetables and Fruit

“Fifteen of the world's leading researchers in diet and cancer recently reviewed more than 4,500 studies from around the world. Vegetables and fruit came out on top as the foods most likely to help reduce the risk of cancer. **Researchers recommend that everyone should eat 5 or more servings a day, all year round.**”

(Canadian Cancer Society, 2006)



Pesticides on Vegetables and Fruit

- Vegetables and fruit are regulated and monitored by the Canadian Food Inspection Agency
- Less than 15% of the vegetables and fruit purchased, have any pesticides remaining
- Less than 3% of all vegetables and fruit contain pesticide residue above Canada's maximum limit
- The benefits of eating more vegetables and fruit far outweigh the risks from pesticides

Pesticides

Recommendation:

- Wash well under clean, running tap water
- Throw away outer leaves of cabbage and lettuce
- Scrub the skins and peels that you can eat, like those on potatoes or apples



What About Tea?



- Green and black tea contain antioxidant compounds
- Research suggests they could help in the prevention and treatment of diseases such as cancer and heart disease, as well as obesity – further studies are needed (*Dietitians of Canada, 2006*)
- Green tea is less processed and contains higher levels of antioxidants than black tea (3x)
- Herbal teas are not made from tea leaves and therefore do not have antioxidant properties

What About Red Wine?



- It is a source of phytochemicals
- It is believed that the health benefits are related to the non-alcoholic components of wine
- The antioxidant compounds are found in the skin and seeds of grapes
- Red wine contains more polyphenols than white wine because skins are removed when white wine is made

What About Soy and Flax?

- Link is not clear
- If you are a breast cancer survivor, have a family history, or are undergoing treatments, talk to your Oncologist before having these products
- Research suggests to avoid soy powders and supplements

Sobeys

Questions?

