

Reduce Your Cancer Risk

Look inside for:

- Tips for Being Physically Active
- Tips for Eating Well on a Budget
- Tips for Eating Healthy
- Nutrition and Physical Activity Cancer Fact Sheet
- Diet and Physical Activity: What's the Cancer Connection?
- Eat Seafood Twice a Week (English/Spanish)
- Healthy Snacking Tips

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TIPS FOR BEING PHYSICALLY ACTIVE

Being physically active is one of the best things you can do for your health.*

The American Cancer Society recommends:

ADULTS		CHILDREN & TEENS	EVERYONE
			
150 MINUTES / week <i>Moderate activity</i> Brisk walk • Tennis doubles • Gardening	75 MINUTES / week <i>Vigorous activity</i> Running • Fast bicycling • Aerobic dancing	AT LEAST 1 HOUR of activity every day, with vigorous activity at least 3x per week.	LIMIT TIME • Sitting down • Watching TV • Other screen-time
or combination of the two			



Here are some tips to help you stay motivated:

- ✓ **It's OK to start small.** If meeting activity recommendations feels overwhelming, start by doing just a few minutes of activity more than usual each day. Even small increases in activity can be good for your health, and before you know it, you'll work your way up to the recommendations and beyond!
- ✓ **Set a goal, and make a plan to reach it.** Setting a realistic goal, like finishing a 5K (running, walking, or rolling), can keep you motivated. Map out what you will do to reach that goal, such as increasing your distance by a small amount each day, and follow through on your plan.
- ✓ **Have fun with it!** Pick activities you like to do or are interested in learning. Dreading exercise is a recipe for failure, but if you're having fun, it will be easier to stick to.
- ✓ **Find your crew.** Teaming up with a friend or group of friends who also want to be active can help keep you motivated.
- ✓ **Reward yourself.** Set achievable goals, and treat yourself with a reward (like a massage or pedicure) when you reach them.

TIPS FOR EATING WELL ON A BUDGET

Eating a healthy diet doesn't have to mean spending a lot of money. These tips will help you eat well without breaking the bank.



BEFORE YOU SHOP

- ✓ Take stock of what's already in your pantry or freezer, and plan meals around that.
- ✓ Keeping your pantry, freezer, and refrigerator organized can help you use what you have and avoid wasting food.
- ✓ Make a grocery list before you go shopping and stick to it.
- ✓ Have a healthy snack before doing your shopping. It can be a lot harder to resist impulse buys if you're hungry.



AT THE GROCERY STORE

- ✓ **Look for store-brand versions of the products you eat.** They are often less expensive for the same quality product.
- ✓ **Stock up when things are on sale.**
 - Stock up on fresh produce, like strawberries or corn on the cob, when it's in season and less expensive. Cut up the extra and freeze in small batches to use later in the year when prices go up.
 - Stock up on frozen and/or canned vegetables and fruit when they are on sale. Look for lower-sodium or no-sodium versions of canned vegetables.
- ✓ **Replace meat** with less expensive protein sources, like beans, eggs, or canned fish.
- ✓ **Buy in bulk.** Large package sizes are usually a better buy than smaller ones. For shelf-stable foods like rice, store in an air-tight plastic bag or container after opening. For perishable foods, divide into smaller portions and freeze them for later.
- ✓ **Join your grocery store's loyalty program.** Most stores offer a free loyalty program that allows members to get special discounts and promotions. But be sure you are buying things that are part of your meal plan. Avoid impulse buys just because it's on sale.
- ✓ **Check out local farmers' markets and farm stands.** They can be great options for finding inexpensive local produce.



AT HOME

- ✓ **Cook at home instead of eating out.** Restaurant meals are typically more expensive than buying ingredients and cooking at home.
- ✓ **Use beans and whole grains** to bulk up your meals. They are tasty, filling, and packed with nutrients.
 - Use half the amount of meat in chili and make up the difference with black or red beans, or use only beans for a vegetarian version.
 - Make big batches of brown rice or whole-grain couscous or quinoa, freeze it in small containers, and use it in a salad or soup to make the dish heartier.
- ✓ **Get creative with your leftovers.** Instead of eating the same meal twice in a row, use last night's chicken to make a salad, soup, chili, or a chicken and bean quesadilla or burrito the next day.
- ✓ **Cook once, eat twice (or more).** Double or triple your recipe and freeze the extra in individual portions that are available to grab and go when you need a quick, healthy meal.



TIPS FOR HEALTHY EATING

A healthy diet can help reduce cancer risk and control weight.

What is a healthy diet?

Eat at least 2½ cups of veggies and fruits each day.

Choose whole grains instead of refined grains (like 100% whole-wheat bread, instead of white bread).

Choose fish, poultry, or beans for protein. Minimize processed meats (like bacon) and red meat (like burgers).

- Be aware of portion sizes.
- Limit sugary drinks like sports drinks or soda.
- Eat less “junk” food like chips, fries, and desserts.



Here are some tips to help you reach your nutrition goals:

- ✓ **Start with small changes.** Instead of trying to completely change your diet all at once, make small changes gradually, like adding a fruit or vegetable to every meal, or replacing soda with water. These will eventually add up to big benefits to your health.
- ✓ **Find a friend.** Teaming up with friends or family members who are also making healthy changes can help keep you on track. Sharing tips and recipes, or even splitting up cooking duties and sharing food can help you stay motivated.
- ✓ **It's OK to slip up.** Hey, we're all human; things don't always go as planned. If you have a setback, don't give up! Tomorrow is an opportunity to get back on track.
- ✓ **Reward yourself.** Set achievable goals that help you build healthy habits, and treat yourself with a non-food reward (like a massage or pedicure) when you reach them.



Nutrition and Physical Activity Cancer Fact Sheet



If all Americans maintained a healthy weight, ate a balanced diet that emphasized plant foods, limited alcohol consumption, and engaged in regular physical activity, nearly 20% of all cancer diagnoses in the United States could be prevented. Nutrition factors that affect cancer risk may include types of foods, how food is prepared, portion size, food variety, and overall balance of the diet. For the majority of Americans who don't use tobacco, body weight, dietary choices, and physical activity are the most important modifiable determinants of cancer risk.

Cancers affected

Many scientific studies have demonstrated that dietary habits and physical activity can affect cancer risk. Healthy eating habits and regular physical activity can help maintain a healthy body weight and reduce cancer risk. Studies have shown that individuals who eat more processed and red meat, starchy foods, refined carbohydrates, and sugar-sweetened beverages and foods are at a higher risk of developing or dying from a variety of cancers. Alternatively, adhering to a diet that contains a variety of fruits and vegetables, whole grains, and fish or poultry and fewer red and processed meats is associated with lower risk.

Overweight and obesity are clearly associated with increased risk for adenocarcinoma of the esophagus; female breast, colon and rectum, endometrium, kidney, liver, pancreas, stomach, brain, gallbladder, ovary, and thyroid cancer; and multiple myeloma.

More limited evidence suggests that it may also increase the risk of non-Hodgkin lymphoma, male breast cancer, and fatal prostate cancer, and negatively impact survival for breast cancer. Abdominal fatness in particular is convincingly associated with colorectal cancer, and probably related to higher risk of pancreatic and endometrial cancers. In addition, accumulating evidence suggests that obesity increases the risk for cancer recurrence and decreases survival rates for several cancers.

Alcohol consumption is a risk factor for cancers of the mouth, pharynx, larynx, esophagus, liver, colon and rectum, and female breast. There is also evidence linking alcohol use to stomach and pancreatic cancer. Alcohol consumption combined with tobacco use increases the risk of cancers of the mouth, pharynx, larynx, and esophagus far more than either drinking or smoking alone.

Opportunities for risk reduction

Although no diet can guarantee full protection against any disease, the best opportunity for Americans to reduce their risk of cancer is by following these important guidelines:

Achieve and maintain a healthy weight throughout life.

- Be as lean as possible throughout life without being underweight.
- Avoid excess weight gain at all ages. For those who are currently overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Engage in regular physical activity and limit consumption of high-calorie foods and beverages as key strategies for maintaining a healthy weight.

Adopt a physically active lifestyle.

- Adults: Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, or an equivalent combination, preferably spread throughout the week.
- Children and adolescents: Engage in at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity occurring at least 3 days each week.
- Limit sedentary behavior such as sitting, lying down, and watching television or other forms of screen-based entertainment.
- Doing any intentional physical activity above usual activities, can have many health benefits.
- Men ages 40 and older, women ages 50 and older, and adults with chronic diseases or risk factors for cardiovascular disease should consult a health care provider before starting a vigorous physical activity program.
- People with cancer should talk to their providers about an activity program that's best for them and their situation.



Consume a healthy diet, with an emphasis on plant foods.

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
- Limit consumption of processed meats and red meats.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of refined-grain products.

If you drink alcoholic beverages, limit consumption.

- Limit intake to no more than 1 drink per day for women and 2 per day for men.

Bottom line

Cancer risk can be reduced by getting to and staying at a healthy weight; adopting an overall dietary pattern that emphasizes plant foods (vegetables, fruits, whole grains, beans); being physically active on a regular basis; and limiting alcohol consumption.

The ability to make healthy choices is often affected by factors within the environments in which people live, work, learn, and play. Public, private, and community organizations should work to create social and physical environments that support the adoption and maintenance of healthy eating and physical activity behaviors to help people stay well.

Diet and Physical Activity: What's the Cancer Connection?

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and not being active are 2 key factors that can increase a person's cancer risk. The good news is that you can do something about this. Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.

The evidence for this is strong. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could be prevented.

Control your weight: Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight or obese increases the risk of several cancers, including those of the breast (in women past menopause), colon and rectum, endometrium (the lining of the uterus), esophagus, pancreas, and kidney, among others.

Being overweight can increase cancer risk in many ways. One of the main ways is that excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth.

What's a healthy weight?

One of the best ways to get an idea if you are at a healthy weight is to check your Body Mass Index (BMI), a score based on the relationship between your height and weight. Use our easy online BMI calculator to find out your score. To reduce cancer risk, most people need to keep their BMIs below 25. Ask your doctor what your BMI number means and what action (if any) you should take.

If you are trying to control your weight, a good first step is to watch portion sizes, especially of foods high in calories, fat, and added sugars. Also try to limit your intake of high-calorie foods and drinks. Try writing down what and how much you eat and drink for a week, then see where you can cut down on portion sizes, cut back on some not-so-healthy foods and drinks, or both! For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

Be more active: Watching how much you eat will help you control your weight. The other key is to be more physically active. Being active helps reduce your cancer risk by helping with weight control. It can also help improve your hormone levels and the way your immune system works. More good news – physical activity helps you reduce your risk of heart disease and diabetes, too! So grab your athletic shoes and head out the door!

The latest recommendations for adults call for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination, preferably spread throughout the week. This is over and above usual daily activities like using the stairs instead of the elevator at your office or doing housework. For kids, the recommendation is at least 60 minutes of moderate or vigorous intensity activity each day, with vigorous intensity activity occurring at least 3 days each week.

Moderate activities are those that make you breathe as hard as you would during a brisk walk. This includes things like walking, biking, even housework and gardening. Vigorous activities make you use large muscle groups and make your heart beat faster, make you breathe faster and deeper, and also make you sweat. It's also important to limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment. Being more physically active than usual, no matter what your level of activity, can have many health benefits.

Eat healthy foods: Eating well is an important part of improving your health and reducing your cancer risk. Take a good hard look at what you typically eat each day and try these tips to build a healthy diet plan for yourself and your family:

- Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- Read food labels to become more aware of portion sizes and calories. Be aware that “low-fat” or “non-fat” does not necessarily mean “low-calorie.”
- Eat smaller portions when eating high-calorie foods.
- Choose vegetables, whole fruit, legumes such as peas and beans, and other low-calorie foods instead of calorie-dense foods such as French fries, potato and other chips, ice cream, donuts, and other sweets.
- Limit your intake of sugar-sweetened beverages such as soft drinks, sports drinks, and fruit-flavored drinks.
- When you eat away from home, be especially mindful to choose food low in calories, fat, and added sugar, and avoid eating large portion sizes.
- Limit how much processed meat and red meat you eat.
- Minimize your intake of processed meats such as bacon, sausage, lunch meats, and hot dogs.
- Choose fish, poultry, or beans instead of red meat (beef, pork, and lamb).
- If you eat red meat, choose lean cuts and eat smaller portions.
- Prepare meat, poultry, and fish by baking, broiling, or poaching rather than by frying or charbroiling.
- Eat at least 2½ cups of vegetables and fruits each day.
- Include vegetables and fruits at every meal and snack.
- Eat a variety of vegetables and fruits each day.
- Emphasize whole fruits and vegetables; choose 100% juice if you drink vegetable or fruit juices.
- Limit your use of creamy sauces, dressings, and dips with fruits and vegetables.
- Choose whole grains instead of refined grain products.
- Choose whole-grain breads, pasta, and cereals (such as barley and oats) instead of breads, cereals, and pasta made from refined grains, and brown rice instead of white rice.
- Limit your intake of refined carbohydrate foods, including pastries, candy, sugar-sweetened breakfast cereals, and other high-sugar foods.

If you drink alcohol, limit how much: People who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink per day for women. The recommended limit is lower for women because of their smaller body size and slower breakdown of alcohol. A drink of alcohol is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits (hard liquor). In terms of cancer risk, it is the amount of alcohol, not the type of alcoholic drink that is important. These daily limits do not mean it’s safe to drink larger amounts on fewer days of the week, since this can lead to health, social, and other problems.

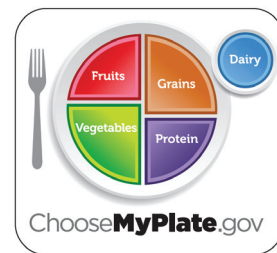
Reducing cancer risk in our communities: Adopting a healthier lifestyle is easier for people who live, work, play, or go to school in an environment that supports healthy behaviors. Working together, communities can create the type of environment where healthy choices are easy to make.

We all can be part of these changes: Let’s ask for healthier food choices at our workplaces and schools. For every junk food item in the vending machine, ask for a healthy option, too. Support restaurants that help you to eat well by offering options like smaller portions, lower-calorie items, and whole-grain products. And let’s help make our communities safer and more appealing places to walk, bike, and be active.

The bottom line: Let’s challenge ourselves to lose some extra pounds, increase our physical activity, make healthy food choices, limit alcohol, and look for ways to make our communities healthier places to live, work, and play.

Source: <https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/diet-and-physical-activity.html>

eat seafood twice a week



10 tips to help you eat more seafood

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

1 eat a variety of seafood

Include some that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring, and sardines.

2 keep it lean and flavorful

Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor without adding salt.



3 shellfish counts too!

Oysters, mussels, clams, and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams, or pasta with calamari.

4 keep seafood on hand

Canned seafood, such as canned salmon, tuna, or sardines, is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.



5 cook it safely

Check oysters, mussels, and clams before cooking. If shells don't clump shut when you tap them, throw them away. After cooking, also toss any that didn't open. This means that they may not be safe to eat. Cook shrimp, lobster, and scallops until they are opaque (milky white). Cook fish to 145°F, until it flakes with a fork.

*This recommendation does not apply to vegetarians.

6 get creative with seafood

Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad, or oven-baked pollock.



7 put it on a salad or in a sandwich

Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.

8 shop smart

Eating more seafood does not have to be expensive. Whiting, tilapia, sardines, canned tuna, and some frozen seafood are usually lower cost options. Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.

9 grow up healthy with seafood

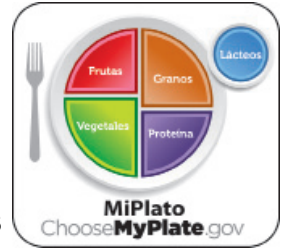
Omega-3 fats from seafood can help improve nervous system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury should also be part of a healthy diet for women who are pregnant or breastfeeding.

10 know your seafood portions

To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and 1 small trout is about 3 ounces.

coma productos marinos dos veces a la semana

10 consejos para ayudarle a comer más productos marinos



Prepare pescado y mariscos dos veces por semana como el principal alimento fuente de proteínas en su plato.*

Los productos marinos contienen variedad de nutrientes, incluyendo grasas saludables como omega-3, de acuerdo con la Guía Alimentaria para los estadounidenses del 2010 comer unas 8 onzas por semana (menos para los niños pequeños) puede ayudar a prevenir las enfermedades cardíacas.

1 coma variedad de productos marinos

Incluya algunos que tengan alto contenido de omega-3 y menor contenido de mercurio como: salmón, trucha, ostras, caballa del Atlántico o del Pacífico, arenques y sardinas.



2 manténgalos bajos en grasas y sabrosos

Prepárelos asados, a la parrilla, o horneados. Evite el apanado o la fritura de los productos marinos y las salsas de crema, ya que estos añaden calorías y grasa. Utilice especias y hierbas, como eneldo, ají en polvo, pimentón, comino y/o jugo de limón, para añadir sabor sin agregar sal.

3 ¡los mariscos también cuentan!

Las ostras, los mejillones, las almejas y los calamares suministran omega-3. Pruebe mejillones, estofado de ostras, almejas al vapor o pasta con calamares.

4 mantenga los productos marinos a la mano

El pescado enlatado como salmón, atún o sardinas, se puede usar de manera rápida y fácil. El atún blanco enlatado tiene más omega-3, pero el atún "light" enlatado tiene menos niveles de mercurio.



5 cocine de manera segura

Antes de cocinar, compruebe la frescura de las ostras, mejillones y almejas. Descártelas si las conchas crudas no se cierran al tocarlas o si después de cocinarlas no se abrieron. Esto significa que es posible que no sea seguro para comerlas. Cocine los camarones, las langostas y las vieiras hasta que estén blancas lechosas. Cocine el pescado a 145° F, hasta que se deshaga con el tenedor.

* Esta recomendación no se aplica los vegetarianos.

6 de rienda suelta a su creatividad con los productos marinos

Pruebe las hamburguesas de salmón, camarones salteados, tacos de pescado a la plancha o almejas con pasta integral. Agregue variedad probando un nuevo pescado como caballa a la plancha, arenque en una ensalada o abadejo horneado.



7 Póngalos en una ensalada o en un sándwich

Ponga a las ensaladas cangrejo, camarones o vieiras a la plancha en lugar de bistec o pollo. Utilice conservas de atún o salmón para los sándwiches en lugar de embutidos, que a menudo tienen más alto contenido de sodio.

8 compras inteligentes

Comer más productos marinos no tiene que ser caro. La pescadilla, la tilapia, las sardinas, el atún enlatado y algunos productos marinos congelados son generalmente opciones de menor costo. Para ayudarle a ahorrar dinero en productos marinos busque ventas con descuento, cupones y ofertas especiales en el periódico local, internet y tiendas.

9 crezca saludable con los productos marinos

Las grasas omega-3 de los productos marinos pueden ayudar a mejorar el desarrollo del sistema nervioso en los lactantes y niños. Sirva productos marinos a los niños dos veces por semana en porciones adecuadas para su edad y apetito. Productos marinos bajos en mercurio también deben formar parte de la dieta para mujeres embarazadas o amamantando.

10 conozca las porciones de los productos de mar

Utilice la siguiente guía para obtener 8 onzas de productos marinos: una lata de atún escurrida tiene aproximadamente de 3 a 4 onzas, un filete de salmón pesa de 4 a 6 onzas y 1 trucha pequeña pesa alrededor de 3 onzas.



HEALTHY SNACKING TIPS



Most people like to have snacks between meals. If properly planned snacks can provide good nutrients and maintain your level of energy. Healthy snacking can also help avoid overeating at mealtimes. Use these tips for planning your snack routine:

- Keep healthy snacks on hand such as cheese, air popped popcorn, fresh fruit and vegetables. Cut up vegetables ahead of time so they are easy to grab in a pinch.
- Enjoy protein-rich foods such as unsalted nuts, hard-cooked eggs, cheese or yogurt to keep full between meals.
- Pair healthy foods with indulgent ones. Eat carrot sticks with a favorite dip or make a trail mix of unsalted nuts, dried fruit and just a few chocolate chips.
- Remember that snacks have calories too. Enjoy snacks but make your portions smaller at meals.
- Set a snack schedule—perhaps every three to four hours to minimize mindless nibbling.
- Plan ahead when you are going to attend an event. Eat a healthy snack before you leave if to prevent over eating later.
- Put out small portions of healthy snacks while watching TV such as sliced fruit and a yogurt dip.

For more tips: <https://tinyurl.com/y3her4u6>

HOMEMADE TRAIL MIX

<https://www.eatingbirdfood.com/cajun-trail-mix/#tasty-recipes-34011>

- 1/2 cup raw walnuts
- 1/4 cup raw sunflower seeds
- 1/4 cup almonds
- 1/4 cup raisins (optional)
- 1 teaspoon olive oil
- 1 teaspoon maple syrup
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt



Nutrition Facts

Serving Size:
Serves: 1/4 cup (without raisins)
Calories 190
Fat 16g
Saturated Fat
Total Carbohydrate 6g
Fiber 3g
Sugars 1g
Protein 7g
Sodium 351 mg
Potassium 107 mg
Phosphorus 114 mg

Preheat oven to 325°. Place all ingredients except raisins in a large bowl and toss to combine. Make sure all the nuts have a little seasoning on them. Spread nuts evenly on a baking sheet lined with parchment or a baking stone. Bake for 15-20 minutes, toss nuts about halfway through roasting and watch them carefully near the end making sure the nuts don't burn. Remove once nuts are golden brown. Cool completely before adding raisins (if using). Stir mixture together and serve or place in an air-tight container for storage.