

Health Bulletin



Studies Show Diet's Big Role in Cancer

(NAPSA)—Physicians have long suspected a link between eating meat and colon cancer. Now a groundbreaking new study published by the National Cancer Institute and the American Cancer Society confirms that long-term consumption of red and processed meats dramatically increases the risk of colorectal cancer—among the deadliest of all cancer types. The study found that those with the highest meat consumption had a 50 percent higher risk of colon cancer than those who ate smaller amounts.

Similarly, new studies spotlight the connection between dairy products and heightened rates of ovarian cancer in women and prostate cancer in men.

Cancer is the leading cause of death in Americans under age 85. More than half a million people die in the U.S. each year of cancer or cancer-related causes; but there is good news.

“The single easiest and best thing to do to prevent cancer or its recurrence is to eat right,” says Jennifer Reilly, a registered dietitian and managing director of The Cancer Project (TCP), a national nonprofit organization dedicated to fighting cancer through good nutrition and education.

Reilly prescribes a low-fat vegetarian diet. Fruits, vegetables and whole grains are naturally low in fat, full of fiber and cancer-fighting antioxidants and phytochemicals.

Reilly also encourages cutting down on fatty foods and fats and oils, particularly saturated fats, which have been linked with increased risks of breast, colon and prostate cancer. Find healthy substitutes for dairy products. Many stores stock soy- and rice milk, and



Doctors have discovered diet and nutrition play bigger roles than previously thought when it comes to cancer.

even soy ice cream.

Dietitians suggest an additional step: Avoid processed foods such as tater tots, french fries, and frozen pizzas because they're high in saturated fats and trans fats, both carcinogens.

Eating right is sometimes easier said than done. To solve that problem, The Cancer Project has designed nutrition and cooking courses called “Food for Life.” They focus on low-fat foods, fiber, antioxidants and phytochemicals and immune-boosting foods, as well as on strategies for replacing meat and dairy products; planning healthy meals; and maintaining a healthy weight. A trained chef guides students through the preparation of healthy, delicious, low-fat and easy-to-prepare recipes.

For information, visit www.cancerproject.org. The Cancer Project Web site also offers a free, downloadable “Survivor’s Handbook,” an anti-cancer DVD and videotapes, publications, recipes and cancer-fighting news. You can also call 1-866-906-WELL.