

# Total Nutrition

## Protect Yourself Against Colon Cancer

### What You Eat Matters



(NAPSA)—Colon cancer is the third most prevalent form of cancer in the United States. While the exact cause of colon cancer is unknown, there are certain risk factors that can increase a person's chance of having colon cancer. Experts suggest that what we eat and how we live have an impact on the risk of developing cancer. Take a look.

**Fiber**—Researchers continue to study fiber and its role in maintaining good health. Recent media reports surrounding two studies, however, have created doubts about the value of fiber. The study reports did not tell the whole story. It is possible that the amount of fiber eaten by participants in these studies was not enough to make a difference and perhaps the intervention was too late in the cancer development process. Health experts, including the studies' lead investigators, emphasize that people should continue to eat a low-fat, fiber-rich diet high in grains, fruits, vegetables and beans to improve overall health and reduce disease risk. Aim for 25 to 35 grams each day.

**Folic acid**—This vitamin helps produce an amino acid called methionine. Its unique properties may protect cells from being damaged by cancer-causing substances. The recommended daily amount: 400 micrograms.

**Calcium**—Researchers believe calcium may bind to cancer-causing substances, making them less able to harm the colon. Calcium also may help reduce the recurrence of polyps, which otherwise

might turn cancerous. Recommended amount: 1,200 to 1,500 milligrams a day.

**Antioxidants**—There is an entire arsenal of antioxidants that may affect cancer risk. Lutein, found in spinach, romaine lettuce and other greens, and sulforaphane, found in broccoli are thought to neutralize harmful substances.

A new theory is circulating about the relationship between colon cancer and diet. Scientists believe people who are insulin resistant may be more likely to develop colon cancer. Insulin resistance occurs when cells in the body do not respond to insulin the way they should. Someone with insulin resistance typically has higher levels of blood glucose and insulin circulating in the body. It's possible that insulin feeds the growth of abnormal cells. Maintaining a healthy weight, eating a fiber-rich diet plus staying physically active helps moderate blood glucose for most people.

**A Great Start Toward Total Nutrition**—Pack a lot of nutrition into your food choices. Fruits, vegetables and whole grains provide fiber, phytonutrients, and other essential vitamins. Include five or more servings of fruits and vegetables and at least three servings of whole grains each day. Select a breakfast with fruit or juice, whole-grain cereal, and fat-free milk or soy milk.

Brought to you by Total cereals, breakfast cereals with 100% of the Daily Value of at least 11 vitamins and minerals.