

HEALTHY EATING FOR CANCER PREVENTION

Written by Karen Jung

There are valid reasons for deciding on healthier food choices and enjoying a healthy, well-balanced diet every day. Eating the right foods and avoiding alcohol and smoking can minimize the risk of some cancers.

Recent studies have indicated that a high-fat diet could increase the risk of some cancers in both men and women while a low-fat and high-fibre diet could protect against some cancers in adults.

It is important to enjoy a variety of foods daily which include fruits, vegetables, grain products, milk and alternatives and meat and alternatives. To reduce the risk of breast and colorectal cancer, a regular diet of plenty of fruits and vegetables and minimal red meat and processed meat is ideal. To keep fit and to maintain a healthy body weight, regular physical exercise is essential.

Some noteworthy tips include eating foods that are abundant in antioxidants, fibre and calcium. Orange and green coloured fruits and vegetables are very healthy as they are full of vitamins, minerals, fibre and cancer-fighting compounds. In addition, fruits and vegetables keep cells healthy and bowels regular. Choose fruits like apples, blueberries, cantaloupe, oranges and strawberries for snacks. Include vegetables like broccoli, cabbage, carrots, spinach and squash for main meals. Incorporate bran, oats, almonds, flax seeds, whole grains and multigrain cereals and breads for meals. Select low-fat dairy products like skim milk, yogurt and partly-skimmed mozzarella cheese. Enjoy lean protein like salmon, chicken or turkey as an alternative to red meat. Limit your salt intake.

In my new book, *Healthier Eating and Living with Cancer*, there are many cancer and heart-friendly recipes for meals.

Karen Jung is the author of Healthier Eating and Living with Cancer. Her recently published book has received numerous praises and positive reviews from prominent cancer and health organizations in Canada, United States, United Kingdom and Australia. She has been an invited guest on cancer talk and health and wellness radio shows in the United States to speak about cancer treatments, healthier eating, and cancer and heart disease prevention. Her various articles on cancer and heart disease have been published in Canada, the United States and Australia. With over 20 years of health care experience, she served for 12 years as Director of Human Resources in several large hospitals in British Columbia, Canada. In addition to being a cancer and health advocate, she was a direct caregiver to family members diagnosed with cancer.

*For more information on *Healthier Eating and Living with Cancer*, visit http://www.granvilleislandpublishing.com/our_titles/cooking/#healthier_eating. Her*

books can also be purchased through your local bookstores or with Amazon.com, Amazon.co.uk and Amazon.ca.

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