

ANTIOXIDANTS AND CANCER PREVENTION

Written by **Karen Jung**

For cancer survivors and people living with cancer, antioxidants have a beneficial role in cell repair. Antioxidants can keep cells healthy and reduce the risk of cancer. Foods and spices that are abundant in antioxidants and cancer-fighting compounds are outlined in my new book, *Healthier Eating and Living with Cancer*.

Your body needs balanced nutrients for the immune system and for cell repair. It is very important to enjoy a variety of colourful foods daily from the four food groups which include vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. Healthier eating choices include a regular diet of orange and green-coloured fresh fruits and vegetables such as apricots, cantaloupe, tomatoes, broccoli, carrots and spinach. Healthier food choices include nuts, oats, brown rice, low-fat dairy, salmon and some lean meats such as skinless chicken or turkey breasts.

Drink plenty of water daily for digestion purposes, to avoid dehydration and to keep your skin healthy in appearance. Add fresh fruit and vegetables to your daily meals and snacks because it contains many vitamins, minerals and antioxidants. Add different grains to your meals. Choose lower-fat cheeses. Try low-fat yogurt or skim milk. Consider legumes as a protein substitute for meat. Use beans as an alternative to meat recipes. Reduce your meat intake (especially red meat) weekly and add extra vegetables, a salad or non-cream based vegetable soup. Enjoy eating one to two vegetarian meals weekly.

Patients undergoing aggressive cancer treatments may, at times, have difficulty eating certain foods for different reasons. This change in eating habits and food preferences can be attributed to the side effects of cancer treatments including chemotherapy. There is a wide selection of food choices with changing food tastes in my book. For example, blueberry and spinach recipes have been successful with cancer patients from our experience. In addition, many patient-tested recipes in my cookbook helped to prevent weight loss and nausea during chemotherapy treatments.

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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