

A HIGH FIBRE DIET FOR CANCER AND HEART DISEASE PREVENTION

Written by Karen Jung

A high fibre diet for cancer and heart disease prevention is important. There are sound reasons for eating enough foods with high fibre daily. Fibre keeps you feeling fuller longer and prevents bowel problems. Fibre also helps prevent colon cancers and keep your blood sugar levels stable.

An easy way to increase fibre in your daily diet is to eat plenty of fruits and vegetables that are high in antioxidants and good for the immune system. A variety of colourful fruits and vegetables, including berries, provide many vitamins and minerals. For example, apples are low in calories, contain Vitamin C, strengthen the immune system, and help prevent some cancers and heart disease by reducing bad cholesterol and increasing good cholesterol levels. Green vegetables like broccoli, kale and beans are some of the best sources of natural calcium intake, too. Other foods with a high source of fibre include oats, multigrain cereals, whole grain products such as bread, pasta and rice.

To enjoy life fully, avoid if not reduce alcohol and caffeine intake. Instead, drink lots of water daily to clear out toxins in your body. You should drink at least eight to nine cups of water every day. Add a slice of lemon or lime for additional flavour if you find drinking plain water challenging. Water helps with digestion, gets rid of waste and keeps your bowels regular which, in turn, improves mood, sleep and energy levels. Also, you will feel lighter and your skin will look healthier.

Eat less red meat and more fish like salmon. Stay away from foods that are high in sugar, fat and salt, including sweet drinks, deep-fried and processed or packaged foods. Read nutrition labels on food products and refrain from ingredients that seem unnatural.

Choose snacks and treats that are trans fat free. Healthier choices include freezing 100% fruit juices with whole fruit, like berries and grapes, in trays or mini containers or making smoothies with frozen banana chunks, fresh or frozen berries, and milk or soy beverage or juice. Try frozen low-fat yogurt with fresh local fruit. Serve raw vegetables like carrots, celery, broccoli, cauliflower and peppers often with homemade hummus, salsa or bean dip.

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.

Copyright © 2009-2010 Karen Jung. All rights reserved.