

NUTRITION TIPS FOR CANCER PREVENTION

- At least 1/3 of the cancers can be prevented
- Dietary practices and lifestyle factors contribute are key in cancer prevention
- Physical activity decreases the chances of cancer occurrences
- Dietary supplements do not prevent cancer instead obtain all the nutrients from food sources.

1. NUTRITION STATUS

Tip 1: Maintain Healthy weight. Why?

- Obesity and Overweight predisposes one to cancers, hypertension, stroke, type 2 diabetes.
- Trunkal Obesity is linked to stomach cancer and other CVDs.



- Research indicates that obesity increases our risks to colorectum, oesophagus, pancreas, kidney and breast cancers

How can you assess your nutrition Status?

Body Mass Index

- Body mass Index(BMI) computed as wt/h^2 enables you to know your nutrition status

- Weigh yourself
- Get your height in meters
- Calculate your body Mass Index by:
- Your weight/Height(m^2)
- The value you get is your body mass index(kg/m^2)

The table below will help you know what your BMI means

Categories of Nutrition Status

Underweight $>18kg/m^2$

Normal $>18.5- 24.9 kg/m^2$

Overweight $>25.0 -30.0 kg/m^2$

Obesity $>30.0 kg/m^2$

Extreme Obesity $>40.0 kg/m^2$

It is important that your body mass index fall in the normal category(**Normal $>18.5- 24.9 kg/m^2$**)

Waist and Hip Circumference



- Waist Circumference and Hip circumference can also help you determine your risk to cancers
- Waist circumference of 94cm in men and 80cm in women is normal
- 102 cm for men and 88cm for women indicates overweight and obesity
- The higher the waist circumference and Hip circumference, the higher the risk of cancer of the breast and the stomach.

2. PHYSICAL ACTIVITY

Tip 2: Carry out physical activity daily. Regular physical activity reduces the chances of getting cancer

- Physical activity of all types prevents against cancers and also against obesity and heart diseases.

How much exercise Can I do in a day to prevent getting cancer?



- **Limit:** Limit physical inactivity and sedentary habits.
- **2-3 times a week:** Participate in activities that increase flexibility, strength and endurance of the muscle as many as 2-3 times a week. E.g. stretching, partial sit up, push up, leg press, sit and reach exercise, weight lifting.
- **5-6 times a week:** Accumulate at least 30 minutes per day of moderate intensity physical activity on at least 5-6 days a week, preferably daily.
Jogging, walking, aerobic exercise, participate in games hiking, swimming, dancing, skipping rope.
- **Everyday:** Be active everyday in as many ways as you can. E.g take every opportunity to walk, housework, gardening, increase walking up and down the stairs.

3. DIETARY PRACTICES: TYPES, QUALITY AND QUANTITY

Tip 3: Limit the intake of Junk

Junk: These are foods high in energy, highly processed foods and sugary drinks that promote weight gain hence risk to cancers.



TIP 4: Consume more of fruits, vegetables and whole grains

What are the advantages of consuming diets rich in plant foods?



- Diets high in vegetables and fruits protect us against cancers
- Antioxidants; Cancer fighting components in fruits and vegetables for examples; lycopene, beta carotene, Vitamin C, Vitamin A
- Fiber content reduces the risks to colon and stomach cancer
- Selenium, Vitamin C and Vitamin A present in fruits and Vegetables boosts the immunity hence preventing cancers.

TIP 5: Consume foods from animal sources in moderation

- Animal proteins are usually high in saturated fats that pose a risk to obesity and cardiovascular diseases.
- Examples of animal protein; Meats, Milk, Cheese, Butter, Eggs. Red meat like beef, lamb, pork have been shown to have high levels of fat and cholesterol
- Research indicates that Red meat is a risk factor to colorectal and liver cancers.

4. METHOD OF FOOD PREPARATION

TIP 6: Use methods like boiling, grilling and steaming than smoking, deep frying.

Exposure of food to high temperatures or direct heat changes the structure of the protein resulting to formation of carcinogenic compounds in food. Smoked meats expose one to more carcinogens than boiled meats.

5. FOOD STORAGE AND PRESERVATION

TIP 7: Limit the consumption of processed meats like burgers, smokies, sausages. Why?

- Sodium content is high for preservation purposes
- High sodium content has been linked to stomach cancer and other non-communicable diseases like hypertension
- Chemicals used for preserving the foods can be converted to carcinogens especially when the foods are exposed to heat during preparation



TIP 8: Store your grains(Maize, rice) and flour(maize flour, wheat flour) in cool dry places.

Do not consume any flour or grains that have been exposed to moisture for a long period of time and are infected with mould.



Grains that are not well preserved and stored expose one to aflatoxins that pose risks to liver cancer. Store your grain in well aerated areas free from moisture.

6. ALCOHOL AND SUBSTANCE ABUSE

TIP 9: Limit alcohol consumption



TIP 10: STOP smoking



7. EXCLUSIVE BREASTFEEDING

TIP 11: Mothers should practice exclusive Breastfeeding for 6months



- Exclusive breast feeding for 6 months has shown to prevent against breast, cervical and ovarian cancers especially among women of reproductive age.

8. DIETARY SUPPLEMENTS DO NOT PREVENT CANCER

Tip 12: Aim to meet all your dietary needs through diet alone and not supplements

- Supplements do not prevent cancer instead some can cause adverse effects due to intoxication and over supplementation
- Content in some of the over the counter supplements sold in the country has not been fully determined
- Instead seek advice from a professional nutritionist or dietician.

9. NUTRITION GUIDELINES TO CANCER PREVENTION

- a. Be as lean as possible and maintain your body weight within the normal BMI range.
- b. Avoid weight gain especially increasing of the waist circumference
- c. Be physically active as part of everyday life
- d. Carry out at least 30 minutes of moderate exercise daily

- e.** Consume junk or fast foods sparingly
- f.** Limit the intake of sugary drinks; Sodas, juices
- g.** Limit to consumption of alcohol to no more than a drink per day for women and 2 drinks for men
- h.** Limit salt consumption and processed foods with added salt
- i.** Do not eat mould fruits and vegetables
- j.** Aim to meet nutritional needs through diet alone.
- k.** Diet should contain mostly foods of plant origin
- l.** Consume variety of fruits and vegetables with different colours.
- m.** Consume whole grains instead of processed ones
- n.** Limit refined starchy foods
- o.** Consume red meat in moderation and limit intake of processed red meats
- p.** Use methods like steaming, boiling, grilling to prepare food instead of deep frying, smoking, dry frying