



The American Cancer Society and Congregational Health Ministry Team

February Module

To access this module via the Web, visit www.cancer.org and type in congregational health ministry in the search box.



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OVERVIEW

TALKING POINTS

- No single food or diet is a magic bullet for preventing cancer.
- A balance of a variety of healthy foods combined with regular physical activity lowers cancer risk and contributes to overall good health.
- Plant power: Even nutritional supplements do not offer the same protection as fruits, vegetables, and grains.
 - o The best advice is to eat foods from plant sources and plenty of them.
 - o Plant foods are loaded with cancer-fighting nutrients and antioxidants and should be a large part of every meal.
- Cut the fat: High-fat diets are associated with increased cancer risk, so good health relies on fat-conscious eating decisions.
 - o Limit foods from animal sources. When you do eat meat or dairy, choose lean cuts and low-fat dairy options.
 - o Try baking and broiling foods instead of frying.
- Booze clues: Alcohol offers few nutrients and can increase the risk of cancer, especially of oral, esophageal, liver, and breast cancer.
 - o Limit alcohol consumption, if you drink at all, to no more than one drink per day for women or two drinks a day for men.

BULLETIN BOX

Make choices for good health! Follow the American Cancer Society's guidelines for diet, nutrition, and cancer prevention:

- 1. Eat more fruits, vegetables, and grains.
- 2. Eat less high-fat foods and meats.
- 3. Be active and stay fit.
- 4. Drink less alcohol, if you drink at all.

For more information, call 1-800-ACS-2345 or visit www.cancer.org.

RESOURCES

American Cancer Society Web site: www.cancer.org

American Cancer Society phone number: 1-800-ACS-2345

American Cancer Society Web site on prevention for youths: www.healthforsuccess.org

National Cancer Institute Web site: www.cancer.gov

National Cancer Institute phone number: 1-800-4CANCER

Join us for an informative discussion on nutritional guidelines for reducing your risk of cancer.			
Location:			
Location.			
T	T.		
Date:	Time:		
For more information, contact:			
			



Join Us for an Informative Discussion on Nutritional Guidelines for Reducing Your Risk of Cancer

Learn about:
Eating right
Fat facts
What a "serving" really is
Healthy recipes

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Date:

Time:

For more information, contact:



SAMPLE NEWSLETTER:

EATING RIGHT AND EXERCISE CAN DECREASE YOUR ODDS OF GETTING CANCER

Today, there is strong scientific evidence that eating the right foods and getting plenty of exercise can reduce cancer risks. In fact, approximately one of three cancer deaths in the United States may be avoidable through proper diet and physical activity.

Below are the most recent recommendations from the American Cancer Society:

Eat a variety of healthful foods, with an emphasis on plant sources.

- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grain rice, bread, pasta, and cereals instead of (refined) grains and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose foods that maintain a healthful weight.

Adopt a physically active lifestyle.

- Adults: Engage in at least moderate activity for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further enhance reductions in the risk of breast and colon cancer.
- Children and adolescents: Engage in at least 60 minutes per day of moderate-to-vigorous physical activity at least five days per week.

Maintain a healthful weight throughout life.

- Balance caloric intake with physical activity.
- Lose weight if currently overweight or obese.

If you drink alcoholic beverages, limit consumption.



SAMPLE NEWSLETTER:

NUTRITIONAL GUIDELINES BENEFICIAL FOR CANCER SURVIVORS

Today, nearly two out of three American cancer patients live more than five years after their diagnosis. Still, many find there are no clear answers to simple questions, such as: What should I eat? How much should I exercise? Should I take vitamins or supplements? While the nutrition and physical activity guidelines established by the American Cancer Society for the prevention of cancer are likely to be beneficial to survivors, the new report has recommendations specifically for cancer survivors. They include:

- Physical activity may help even people with advanced cancer by increasing appetite and reducing constipation and fatigue.
- Being overweight can increase the risk of cancer recurrence and may even affect overall survival.
- A standard multivitamin and mineral supplement in amounts equivalent to 100 percent of the daily value can help survivors meet nutrient needs when it is difficult to eat a healthy diet. Some supplements, like those containing high levels of folic acid or antioxidants, may be harmful during cancer treatment.
- A vegetarian diet has many health-promoting features, but there's no direct evidence it can prevent cancer recurrence. In addition, survivors who eat a vegetarian diet should take particular care to ensure adequate nutrient intake.
- Alcohol can have positive and negative effects, increasing the risk of new cancers in survivors while reducing the risk of heart disease. Therefore, health care providers need to individually tailor advice to cancer survivors.



SAMPLE NEWSLETTER:

QUICK AND HEALTHY ENTREES

- Make English muffin pizzas using pizza sauce and mozzarella cheese. Top with your favorite vegetables mushrooms, chopped onion, chopped green pepper, tomato slices, broccoli florets...whatever you like!
- Top parmesan-flavored couscous with cooked chopped chicken and vegetables.
- Top linguini with marinara sauce and minced clams.
- Toss mixed salad greens with pasta and cubed cheese of your choice. Top with Caesar or Italian dressing regular (small serving) or low-fat.
- Make quick and easy chili with extra-lean ground beef or ground turkey breast, canned kidney beans, tomato sauce, chopped onion, canned chopped tomatoes, and chili seasoning packet.
- Top mini bagels with peanut butter or cheese and an apple slice.
- Stuff tortillas with canned black beans, lettuce, salsa, shredded cheddar cheese, and sour cream.
- Microwave a potato and top with broccoli, cauliflower, and cheese.



FACT SHEET

- It's never too late to start eating right for life.
- Eat a variety of healthful foods, with an emphasis on plant sources.
 - o Eat five or more servings of a variety of vegetables and fruits each day.
 - o Choose whole grains in preference to processed (refined) grains and sugars.
 - o Limit consumption of red meats, especially those high in fat and processed.
 - o Choose foods that help you maintain a healthful weight.
- There's no doubt about it, eating a diet made up of mostly vegetables, fruits, and whole grains is good for your health and can help reduce cancer risk. Plus, eating five or more servings of vegetables and fruits each day is easy when you consider how small one serving really is:
 - One-half cup cooked vegetables
 - o One cup leafy vegetables
 - o Three-fourths cup 100 percent juice
 - o One medium-size piece of fruit
 - o One-half cup fruit
 - o One-fourth cup dried fruit
- Downsize. It seems like everything is "super-sized" these days. Cutting back can be as simple as watching your portion sizes. Go for the regular hamburger instead of the double. Share a restaurant entrée with a friend or just eat half and have the rest the next day. Little steps can add up to big calorie savings.
- Cut the fat but be careful, low-fat and fat-free don't always mean low-calorie. Read those food labels! Low-fat foods that are high in calories from sugar and other refined carbohydrates won't necessarily help control your weight. Try substituting vegetables, fruits, and whole grains for these higher-calorie, higher-fat foods.
- Maintain a healthful weight throughout life.
 - o Balance caloric intake with physical activity.
 - o Lose weight if currently overweight or obese.
 - o Watching what you eat and being more active are keys to weight control.
- If you drink alcoholic beverages, limit consumption.
 - o For men, limit alcohol to two drinks a day; for women, one drink a day.
 - o A drink is 12 ounces of regular beer, five ounces of wine, or 1.5 ounces of 80-proof distilled spirits.
- Communities should work together to create a healthy environment where everyone has access to healthy food choices and safe places to be active.



FAT FACTS — MATCHING TEST

Confused by all the different types of fats you hear about? Try matching the types of fats with the descriptions below. 1. ____ Highly polyunsaturated and found A. Monounsaturated fats mainly in seafood, especially those high in fat like salmon, tuna, and mackerel. May decrease cancer risk. 2. Found primarily in canola and olive oils. B. Polyunsaturated fats These fats probably do not affect cancer risk. C. Omega-3 fatty acids 3. ____ Found in animal foods such as meat and dairy products, and in coconut, palm, and palm kernel oils. Associated with an increase risk of cancer. D. Saturated fats 4. ____ Liquid or soft at room temperature, and are found mainly in corn, sunflower, and safflower oils; margarine; and many types of seafood. 5. ____ Formed when unsaturated fats are made E. Trans fatty acids more saturated to make them firmer at room temperature, such as in stick margarine. Found in red meats, butter, and milk. Their effect on cancer risk is currently unknown.

Answers: 1 — C 2 — A

3 - D

4 — B

5 — E

Living Smart Quiz

Eating a balance diet is essential to staying healthy. Check yes or no next to each question on this quiz, and keep reading to see how you can keep living smart!

Yes	No	
		1. I eat at least five servings of vegetables and fruits every day.
		2. I eat at least six servings of bread, rice, pasta, and cereal every day.
		3. I drink reduced-fat or fat-free milk and yogurt, and seldom eat high-fat
		cheese.
		4. I rarely eat high-fat meat like bacon, hot dogs, sausage, steak, or ground beef.
		5. I seldom eat high-fat snack foods like potato or corn chips, nuts, or
		buttered popcorn.
		6. I limit my consumption of high-fat baked goods such as pies, cakes,
		cookies, sweet rolls, and doughnuts.
		7. I rarely add butter, margarine, oil, sour cream, mayonnaise, or high-fat
		salad dressing to foods in cooking or at the table.
		8. I rarely (less than twice a week) eat fried foods.
		9. I am physically active for at least 30 minutes on most days of the week.
		10. I usually take the stairs instead of waiting for the elevator at work or
		public places.
		11. I try to spend most of my free time being active, instead of watching
		television or sitting at the computer.
		12. I never, or only occasionally, drink alcohol.

How did you rate?

0-4 yes answers: Health Alert!

Your diet is probably too high in fat and too low in plant foods like fruits, vegetables, and grains. You may want to take a look at your eating habits and find ways to make some changes. To start out, try adding more fruits and vegetables.

4- 8 yes answers: Not bad – you're halfway there.

You still have a way to go. Look at your no answers to help you decide which areas of your diet need to be improved, or whether your physical activity level should be increased. Remember to cut down on high-fat foods and eat more plant foods such as whole grains, cereals, and fruits and vegetables. Commit to walking at least 15 minutes today.

9- 12 yes answers: Good for you – you're living smart! Keep up the good habits and keep looking for ways to improve.



HEALTHY BEVERAGE RECIPES FOR KIDS

Kool-Aid Slush

1 t. Kool-Aid powder (unsweetened)

2 T. egg substitute

1 T. granulated sugar

1 c. crushed ice

Blend all ingredients in blender until they are the consistency of snow. Serve immediately.

Nutritional information: 120 calories and 4 grams protein.

Banana Nut Milk Shake

1 c. vanilla ice cream

4 oz. half and half milk

½ ripe banana

1 pkg. vanilla Carnation Instant Breakfast

½ to 1 capful of black walnut extract

Blend all ingredients in blender. Serve immediately.

Nutritional information: 555 calories and 18 grams protein.

Tart Pineapple-Orange Fluff

1 carton pineapple yogurt

½ c. orange sherbert

Stir together until blended. Serve immediately.

Nutritional information: 340 calories and 10 grams protein.

Orange Julius

2 t. orange Tang powder

½ c. orange juice (fresh or frozen)

½ c. egg substitute

3 T. crushed ice

In a blender, blend first four ingredients for a few seconds. Add ice and blend until ice is almost melted. Serve.

Nutritional information: 180 calories and 7 grams protein.



SUGGESTED MATERIAL

Title: Choices for Good Health: Guidelines for Nutrition and Physical Activity for

Cancer Prevention

Description: Lists nutritional and physical activity guidelines for preventing cancer.

Order #: 2089.00 Cost: \$0.05

Quantity: Banded in 25

Title: Cooking Smart

Description: Prepare meals that meet American Cancer Society nutrition guidelines. Includes

shopping lists, menu suggestions, recipe makeovers, and new recipes.

Order #: 2642.01 Cost: \$0.18

Quantity: Banded in 25

Title: Eat Smart with Fruits and Vegetables

Description: Convenient pocket guide for selecting, storing, and serving fruits and vegetables.

Order #: 2510.07 Cost: \$0.15

Quantity: Banded in 25

To order, call your American Cancer Society at 1-800-ACS-2345.

Other References:

American Cancer Society's Web site, www.cancer.org

American Cancer Society Web site on prevention for youths: www.healthforsuccess.org



SPEAKER'S NOTES FOR PRESENTATION

Slide 1: Welcome to this presentation on Nutritional Guidelines for Reducing Your Risk of Cancer. My name is ______. I appreciate the opportunity to share this information with you and hope that you will find it useful.

Slide 2: There is no doubt about it – eating a diet made up of mostly vegetables, fruits, and whole grains is good for your health and can help reduce cancer risk. You can eat your way to good health.

Slide 3: none

Slide 4: Some suggestions for each of these areas follow.

Slide 5: none

Slide 6: none

Slide 7: none

Slide 8: none

Slide 9: none

Slide 10: none

Slide 11: none

Slide 12: The American Cancer Society recommends physical activity to help maintain a healthy weight along with healthy eating.

Adults: At least moderately active for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer.

Children and adolescents: Get at least 60 minutes per day of moderate-to-vigorous physical activity at least five days per week.

Slide 13: none

Slide 14: none

Slide 15: Many studies suggest that consuming alcoholic beverages may increase the risk of breast cancers, even when consumed in moderation. Some studies suggest that diets high in fruits and vegetables decrease the risk of breast cancer, although this evidence is much weaker than that for other cancer sites.

Slide 16: Diets high in foods from plant sources (vegetables, fruits, whole grains, beans) have been associated with a decreased risk of colon cancer, whereas diet high in fat and red meat have been associated with an increased risk of the disease. Obesity and physical inactivity also appear to increase risk.

Slide 17: Smoking accounts for at least 30% of all cancer deaths and 87% of lung cancer deaths. Many studies have demonstrated that the risk of lung cancer among both smokers and non-smokers is lower among people who consume recommended amounts of fruits and vegetables.

Slide 18: Scientists know that prostate cancer is related to male hormones, but are uncertain as to the exact mechanism involved. Intake of animal fats, red meats, and dairy products has been found to be associated with an increase in the risk of prostate cancer, suggesting a role of saturated fat.

Slide 19: none