

Helping reduce the risk of cancer through diet

Key Points

We've all heard that the best way to stay healthy is eating a well-balanced diet. In regards to cancer prevention, there are 5 key groups to focus on to reduce cancer risk.

1. Cruciferous Vegetables
2. Calcium
3. Garlic
4. Antioxidants
5. Vitamin D

Cruciferous vegetables

These vegetables are rich in vitamins A,C,E, and K, folate, and minerals. In addition, cruciferous vegetables contain a special chemical called glucosinolates, which been show to:

- Protect cells from DNA damage
- Have antiviral and antibacterial effects
- Inhibit tumor blood vessel formation & tumor cell migration



The Federal government's *Dietary Guidelines for Americans 2015* recommended consuming a variety of vegetables each day. Here are some examples to incorporate into your diet:

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Kale
- Radishes
- Turnips
- Watercress

"Cruciferous Vegetables and Cancer Prevention was originally published by the National Cancer Institute"

Dietary Recommendations for Calcium, Males and Females*

Age Group	Mg**/day
0-6 months	200 mg
7-12 months	260 mg
1-3 years	700 mg
4-8 years	1000 mg
9-18 years	1300 mg
19-50 years	1000 mg
51 years and older	1200 mg

Dietary Reference Intakes (DRIs) developed by the Food and Nutrition Board **mg = milligram

Calcium

Calcium is an essential dietary mineral found in milk, yogurt, cheese and dark green vegetables. It is also found in certain grains, legumes (like peas, beans, lentils, and peanuts) and nuts. Calcium:

- Required for blood clotting to stop bleeding
- Helps nerves, muscles, and heart function.
- Helps reduce the ability of acids to damage cells in the lining of the colon and stimulate cell damage repair.

"Calcium and Cancer Prevention was originally published by the National Cancer Institute"

Calcium Rich Foods

- Milk
- Yogurt
- Cheese
- Legumes (peas, beans, lentils, peanuts)
- Dark leafy greens



Garlic

Garlic contains sulfur, arginine oligosaccharides, flavonoids and selenium, all which are beneficial to health. Studies are unclear whether garlic alone can help with cancer prevention, but the benefits of garlic include:

- Antibacterial properties
- Blocks formation of cancer-causing substances
- Enhance DNA repair

“Garlic and Cancer Prevention was originally published by the National Cancer Institute”



Antioxidants

Antioxidants are chemicals that work to neutralize free radicals. Free radicals are highly reactive chemicals that can harm cells, which can lead to cancer. Examples of dietary antioxidants are:

- Beta-carotene (like from carrots)
- Lycopene (tomatoes)
- Vitamins A, C, E (fruits and veggies)

“Antioxidants and Cancer Prevention was originally published by the National Cancer Institute”



Vitamin D

Vitamin D helps your body use calcium and phosphorus to make strong bones and teeth. Skin exposed to sunshine can make vitamin D, and can also be found in food. Deficiencies in vitamin D can cause rickets in children and osteomalacia in adults. While you can get vitamin D from sunlight, too much exposure can also increase your risk of skin cancer.

Vitamin D Food Sources

- Fatty fish
- Fish liver oil
- Eggs
- Fortified foods like milk, breakfast cereal, or juices
- Supplements



“Vitamin D and Cancer Prevention was originally published by the National cancer Institute.”