Nutrition & Lifestyle Recommendations for Reducing the Risk of Recurrence & Cancer Prevention

Kristin Cuculovski, MS, RDN, CSO, LD/N
Oncology Clinical Nutrition Coordinator
Presentation Goals

 Discuss the American Institute for Cancer Research’s 10 Cancer Prevention Recommendations

 Participants to select which recommendations to implement with their current lifestyle
Who is the AICR?

- The American Institute for Cancer Research (AICR), with the World Cancer Research Fund, funds research focused on nutrition, physical activity and cancer prevention, treatment and survival.

- They interpret the results of the research and findings from global scientific communities to make evidenced-based recommendations for lower cancer risk.
Cancer Prevention Recommendations

- AICR published their most recent expert report in 2018 for Diet, Nutrition, Physical Activity & Cancer: A Global Perspective

- Around 40% of cancer cases in the US are preventable

- Ten key diet, nutrition and physical activity recommendations were made from the report to reduce cancer risk
## 10 Cancer Prevention Recommendations

1. Be a healthy weight
2. Be physically active
3. Eat a diet rich in whole grains, vegetables, fruits & legumes
4. Limit consumption of “fast foods” & other high in fat, starches or sugars
5. Limit consumption of red & processed meats
6. Limit consumption of sugar-sweetened drinks
7. Limit alcohol consumption
8. Do not use supplements for cancer prevention
9. For mothers: breastfeed your baby - if you can
10. After a cancer diagnosis: follow these recommendations - if you are able
Maintain a Healthy Weight

It is important to manage your weight for a number of reasons:

- Next to not smoking, maintaining a **healthy weight** is the **most important** thing you can do to reduce your risk of cancer.
- Body fat is active & acts like a “hormone pump”. Releases insulin, estrogen & other hormones that can spur cancer growth
- Reduces your risk for chronic diseases
- Prevents disease related complications
Overweight & Obesity Increases Risk for 12 Cancers

- Breast Cancer
- Colorectal
- Endometrial
- Esophageal
- Gallbladder
- Kidney
- Liver
- Mouth, Pharynx, & Larynx
- Ovarian
- Pancreatic
- Prostate
- Stomach

Walk More, Sit Less

- Regular physical activity:
  - Supports a healthy immune system
  - Reduces chronic inflammation
  - Helps your body maintain healthy levels of hormones like insulin and estrogen
  - Helps you maintain a healthy weight

- Directly shown to help protect against 3 types of cancer
  - Breast
  - Colorectal
  - Endometrial
Physical Activity

- Aim to get 150 minutes of moderate intensity physical activity per week (30 minutes, 5 days per week)
  - Walking, jogging, biking, playing tennis
- Start small; it all counts!
- Space it out throughout the day
- Add walking or standing breaks to limit time sitting
- Limit “screen time” to ≤ 2 hours
Eat a Diet Rich in Plant Foods

Diets focused on **plant foods** (vegetables, fruits, whole grains + beans) can **reduce** our risk of **cancer**

Aim for **2/3** of your plate to be plant foods

Plant foods = **phytonutrients**
**Protect** cells in the body from **damage** that can lead to cancer

Plant foods can also help with maintaining a **healthy weight**
The New American Plate

Focus on foods rich in fiber, vitamins, and phytonutrients to protect against cancer.

- Modest, 3-ounce serving of meat (fish, poultry, or red meat)
- Variety of foods
- Two kinds of vegetables
- Healthy serving of a tasty whole grain
Transitioning Your Plate

Stage 1:

The Old American Plate

The typical American meal is heavy on red meat, fish and poultry. Take a look at this plate. Fully half is loaded with a huge (8–12 oz.) steak. The remainder is filled with a hearty helping of buttery mashed potatoes and peas. Although this meal is a home-style favorite, it is high in calories and low in phytochemicals and fiber. A few changes, however, will bring it closer to the New American Plate.

https://www.aicr.org/cancer-prevention/healthy-eating/new-american-plate/
Transitioning Your Plate

Stage 2:

A Transitional Plate

This meal features a more moderate (4–6 oz.) serving of meat. A large helping of green beans prepared with your favorite herbs and the addition of a filling whole grain (seasoned brown rice) which increases the proportion of nutritious, plant-based foods. This plate is on the right track, but doesn’t yet take advantage of all the good-tasting foods the New American Plate has to offer.
The New American Plate

Stage 3:

The New American Plate

The modest 3-ounce serving of meat (fish, poultry, or red meat) pictured here fits AICR guidelines for cancer prevention. This plate also features a wider variety of foods, resulting in a diverse assortment of cancer-fighting nutrients. Two kinds of vegetables increase the proportion of plant-based foods, and a healthy serving of a tasty whole grain (brown rice, barley, kasha, bulgur, millet, and quinoa) completes the meal.

https://www.aicr.org/cancer-prevention/healthy-eating/new-american-plate/
Stage 4:

Another Option

In a one-pot meal – like this stir-fry – you can reduce the animal foods and increase the plant-based ingredients without even noticing. This plate is bursting with colorful vegetables, hearty whole grains, cancer-fighting vitamins, minerals, and phytochemicals. Fish, poultry, or occasionally red meat is used as a complement, adding a bit of flavor and extra substance to the meal.
Limit Consumption of “Fast Foods”

- Limit the consumption of “fast foods” and other processed foods that are high in fat, starches or sugars.
- Limiting these foods help to control calorie intake & maintain a healthy weight.
- Strong evidence that consuming “fast foods” and a “Western-type” diet are causes of:
  - Weight Gain
  - Overweight
  - Obesity
Limit Red & Processed Meat

Evidence that red meat is a cause of colorectal cancer – moderate amounts do not show a measurable increase in colorectal cancer risk

Processed meats have evidence that cancer risk begins to increase with even very low consumption
Limit Red & Processed Meat

- Eat no more than **moderate** amounts (12-18oz per week) of **red meat**:
  - Beef
  - Pork
  - Lamb

- Eat **little, if any**, processed meats:
  - Ham
  - Bacon
  - Salami
  - Hot dogs
  - Sausages
Limit Sugar-Sweetened Drinks

- Drink mostly water and unsweetened drinks
- Sugar-sweetened beverages provide energy but may not influence our appetites the same as food & can lead to too many calories
- Strong evidence that consuming sugar-sweetened beverages causes:
  - Weight Gain
  - Overweight
  - Obesity
Limit Alcohol Consumption

- For cancer prevention – it is best **not** to drink alcohol
- Previous research showed that modest amounts of alcohol may have a protective effect against heart disease
- Alcohol in any form is a potent carcinogen
- For those concerned about cancer do not drink.
- It is linked to 6 different cancers

* If you do choose to drink alcohol – limit your consumption to 1 drink for women & 2 for men per day
Do Not Use Supplements for Cancer Prevention

- For most people – it is possible to obtain adequate nutrition from a healthy diet
- When it comes to cancer prevention the research shows that supplements do not offer the same benefits as eating whole foods
- The panel does not discourage the use of multivitamins or specific supplements for populations that benefit from them
- It’s always best to discuss any supplements with your doctor or a registered dietitian.
For Mothers: Breastfeed Your Baby – If You Can

- Breastfeeding is good for both mother & baby
- Strong evidence that breastfeeding helps protect against breast cancer in mother
  - Lowers the levels of some cancer-related hormones
  - At the end of breastfeeding – the body gets rid of any cells in the breast that may have DNA damage
- Babies who are breastfed are less likely to become overweight or obese
  - Overweight/obese children tend to remain overweight in adult life
After a Cancer Diagnosis…

- Follow these recommendations – if you can
- Implementing these cancer recommendations can improve your quality of life and may help prevent a cancer recurrence
- These recommendations are also likely to reduce intakes of salt, saturated & trans fats – which together will help prevent other chronic diseases
Final Thoughts

- People should aim to follow as many of these recommendations as possible.
- Any changes you make that works towards these recommendations will go some way to reducing your cancer risk.

Other lifestyle behaviors that reduce cancer risk:
- Not smoking & avoiding other exposure to tobacco
- Avoiding excess sun exposure
Questions?
References
