

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

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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

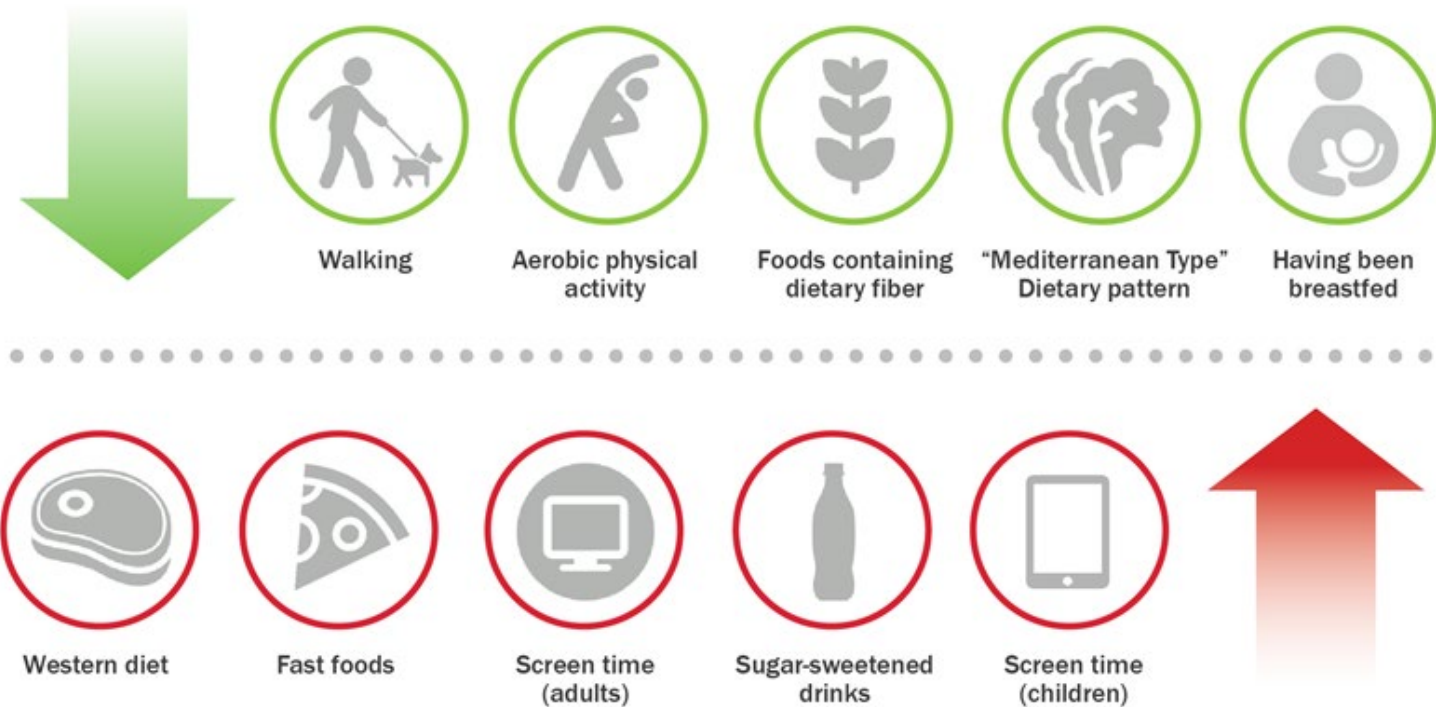


Overweight & Obesity Increases Risk for 12 Cancers

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



CAUSES OF WEIGHT GAIN, OVERWEIGHT AND OBESITY



Source: AICR/WCRF CUP Report 2018. Diet, Nutrition and physical activity: Energy balance and body fatness

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



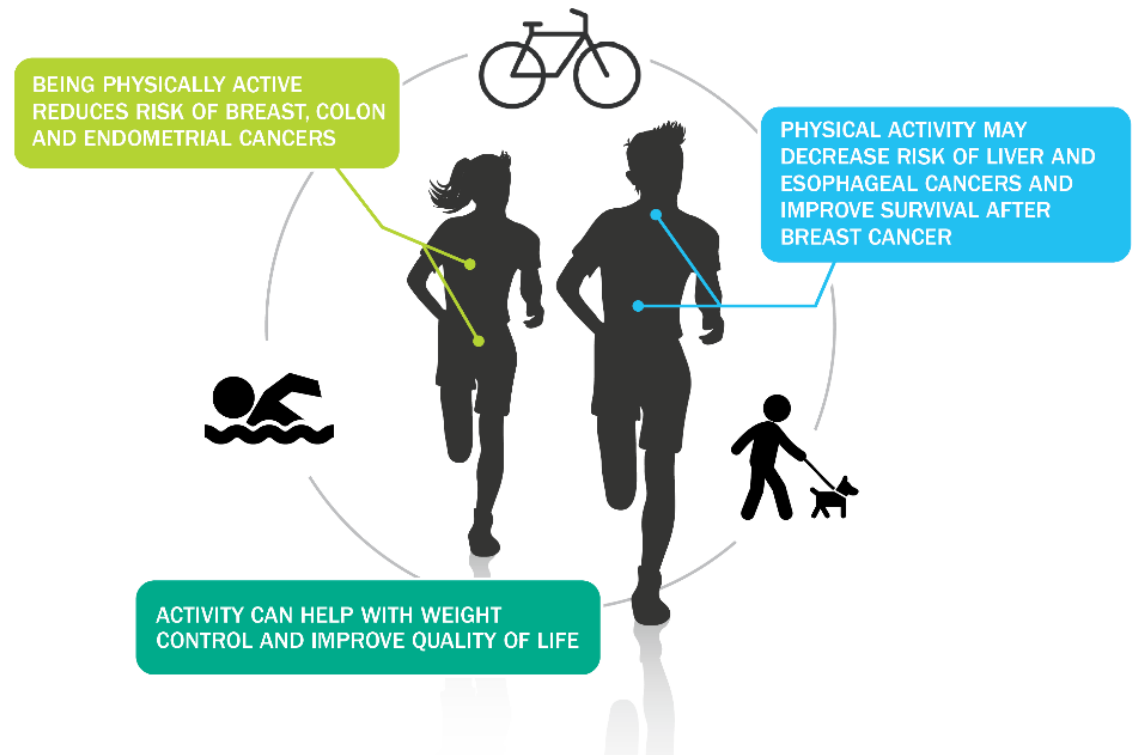
PHYSICAL ACTIVITY AND CANCER: REDUCING YOUR RISK

GETTING REGULAR PHYSICAL ACTIVITY
**EVERY DAY
IN ANY WAY**
LOWERS RISK FOR CANCER

WALK MORE AND SIT LESS

AIM TO GET AT LEAST
**150 MINUTES
A WEEK**

FOR MORE PROTECTION, BE ACTIVE FOR
45 - 60 MINUTES EVERY DAY



www.aicr.org



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**



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



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



Plant foods can also help with maintaining a **healthy weight**

The New American Plate

The New American Plate

$\frac{2}{3}$ (or more)
vegetables,
fruits,
whole grains
and beans

$\frac{1}{3}$ (or less)
animal
protein



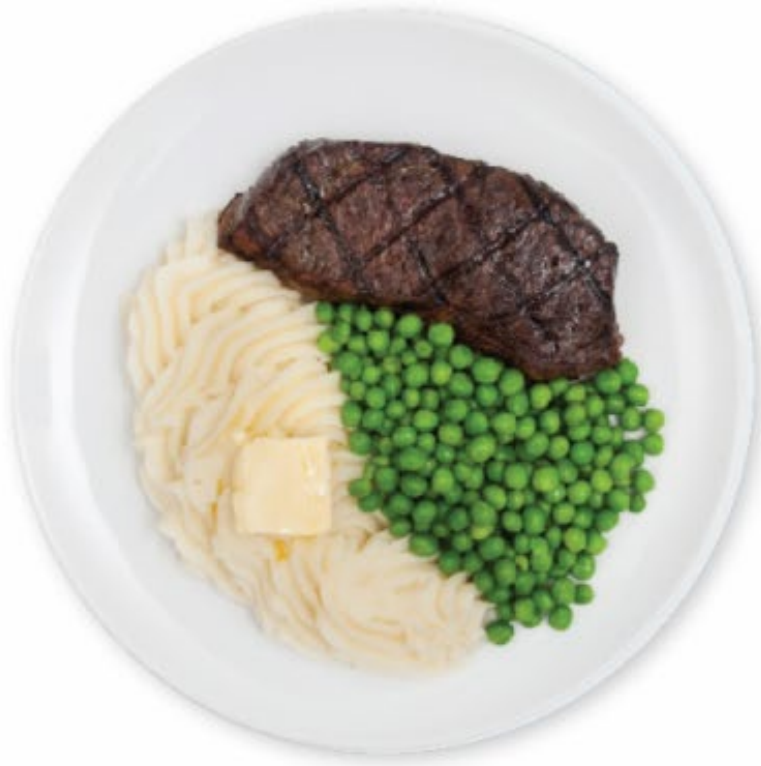
- Focus on foods rich in fiber, vitamins, and phytonutrients to protect against cancer.
- Modest, 3-ounce serving of meat (fish, poultry, or red meat)
- Variety of foods
- Two kinds of vegetables
- Healthy serving of a tasty whole grain

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.



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.



The 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



RED & PROCESSED MEAT AND CANCER

EXAMPLES OF RED MEAT INCLUDE



BEEF



PORK



LAMB

EXAMPLES OF PROCESSED MEAT INCLUDE



HAM



BACON



HOT DOGS



LIMIT RED MEAT INTAKE
TO 12-18 OUNCES
(COOKED) PER WEEK



AVOID CONSUMING ANY
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 of calories
- Strong evidence that consuming sugar-sweetened beverages causes:
 - Weight Gain
 - Overweight
 - Obesity



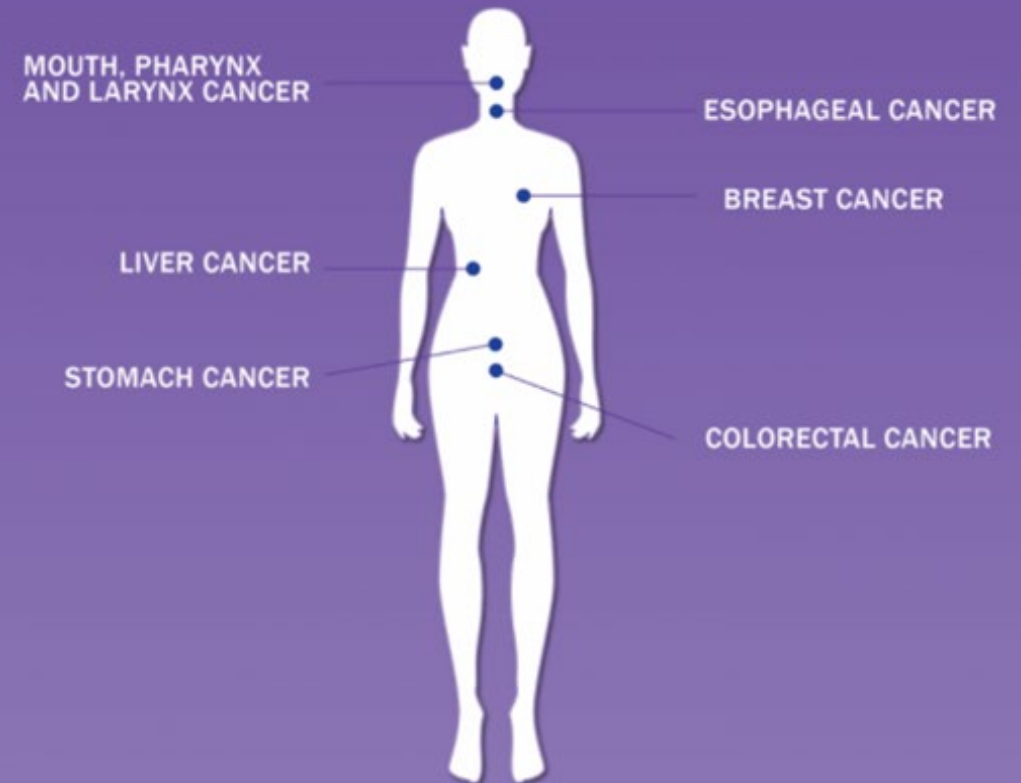
Limit Alcohol Consumption

- 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

ALCOHOL AND CANCER

ALCOHOLIC BEVERAGES INCREASE THE RISK FOR 6 CANCERS:



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

- American Institute for Cancer Research. Recommendations for Cancer Prevention; <https://www.aicr.org/cancer-prevention/>. Accessed January 2021.
- World Cancer Research Fund. Cancer Prevention Recommendations; <https://www.wcrf.org/dietandcancer/cancer-prevention-recommendations>. Accessed January 2021.