Nutrition for Cancer Prevention and Treatment

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## Anti-Cancer Super Foods = Plants!

<table>
<thead>
<tr>
<th>Apples</th>
<th>Legumes (beans, lentils, peas)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berries</td>
<td>Melon</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Papaya</td>
</tr>
<tr>
<td>Cherries</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Spinach</td>
</tr>
<tr>
<td>Flaxseed</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>Green tea</td>
<td>Walnuts</td>
</tr>
<tr>
<td>Leafy green vegetables</td>
<td>Whole grains</td>
</tr>
</tbody>
</table>
Orange is the New Pink

Studies show women who consume the most carotenoid-rich foods reduce their risk of breast cancer by about 19 percent.

The Institute of Medicine recommends women consume 3 to 6 mg of beta-carotene each day. Beta-carotene is a type of carotenoid, colorful pigments found in plants that provide an ample supply of cancer-fighting antioxidants.

Here are 10 foods packed with beta-carotene:

- 1 medium sweet potato (14.3 mg)
- 1 cup butternut squash (9.4 mg)
- 1 cup mashed pumpkin (5.1 mg)
- 1 cup diced cantaloupe (3.2 mg)
- 1 cup chopped red peppers (2.4 mg)
- 1 medium grapefruit (1.7 mg)
- 1/2 cup dried apricots (1.4 mg)
- 1 cup sliced mango (1.1 mg)
- 1 cup tomatoes (0.8 mg)
- 1 cup papaya (0.4 mg)
What Should I Eat?

**VEGETABLES**
- lettuce (any kind)
- broccoli
- carrots
- cucumbers
- kale

**WHOLE GRAINS**
- oats
- brown rice
- whole wheat
- barley
- quinoa

**LEGUMES**
- beans (any kind)
- lentils
- peas
- edamame

**FRUIT**
- apples
- bananas
- berries, fresh or frozen
- raisins
Animal Food Intake is Associated with Cancer Risk
Applying the Precautionary Principle to Nutrition and Cancer

<table>
<thead>
<tr>
<th>Decreases Risk</th>
<th>Daily Intake</th>
<th>Increases Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 glasses of milk</td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td>35 grams of dairy protein</td>
<td>32%</td>
</tr>
<tr>
<td></td>
<td>400 mg calcium supplement</td>
<td>51%</td>
</tr>
<tr>
<td></td>
<td>2 to 3 glasses of alcohol</td>
<td>21%</td>
</tr>
<tr>
<td></td>
<td>50 grams of processed meat</td>
<td>21%</td>
</tr>
<tr>
<td></td>
<td>120 grams of red meat</td>
<td>28%</td>
</tr>
</tbody>
</table>

Breast Cancer

- 18%
- 11%
- 19%
- 30%
- 27%

All Cancers

- 30%

Prostate Cancer

- 21%

Colorectal Cancer

- 21%
- 28%

Gastric Cancer

- 200%

Healthy Lifestyle
What Foods Should I Avoid?

- Meat, poultry and fish
- Eggs
- Dairy Products:
  - Milk, cheese, ice cream, butter
- Processed foods:
  - Refined flours, refined sugar, sweets, cakes, candies, chips, etc.