

# FOOD MATTERS

WITH SUE RADD



Consultant  
Nutritionist

## CANCER FIGHTERS

As cancer rates increase around the world, a landmark report by the World Cancer Research Fund brings hope because of its finding that 30-40 per cent of all cancers can be prevented by having a healthy diet and lifestyle.

The following is a summary of the dietary recommendations of the Cancer Research Fund, which are relevant to every Australian and New Zealander two years and older.

1. Choose mainly a plant-based diet that is rich in fruits, vegetables, legumes and minimally processed starchy foods.
2. Maintain a healthy body weight. Avoid being either too skinny or too fat. Adult weight-gain should not exceed five kilograms.
3. Keep active. If you have a sedentary job, include one hour of walking each day and a total of one hour of vigorous exercise for the week.
4. Eat five or more servings of a variety of fruits and vegetables each day.
5. Eat seven or more servings of a variety of minimally processed grains and grain products as well as legumes. Limit sugar consumption.
6. Alcohol consumption is not recommended. If consumed at all,

men should drink fewer than two drinks per day and women fewer than one drink per day.

7. If eaten at all, red meat should be limited to less than 80 grams per day. As this is a small serving (about the size of three matchboxes), limiting red meat to less than three meals per week may be easier.

8. Limit fatty food intake, particularly of animal origin. Use vegetable oils in moderation and choose mono-unsaturated types, such as olive or canola oil.

9. Limit salty foods and use of cooking and table salt. Use herbs and spices to flavour foods.

10. Do not eat charred food. Avoid burning meat juices if you eat fish or meat. Use only occasionally, fish or meats grilled in direct flame or cured and smoked meats.

Dietary supplements are probably unnecessary and unhelpful for people who follow the above recommendations to prevent cancer.

Smoking and exposure to occupational and environmental cancer-causing chemicals should also be avoided.

See **page 28** for some healthy, cancer-inhibiting recipes.