



LiveSmart, EatSmart, MoveSmart

**Kia Ihumanea te Noho,
te Kai, te Kori**

Your personal guide on how to
EatSmart and MoveSmart to
reduce your risk of cancer



Key facts

You might be able to reduce your risk of cancer by up to a third. Latest research tells us that people who eat lots of fruit and vegetables, are active and keep a healthy weight have less risk of getting cancer.

There is no single food that can protect against cancer, but there are steps you can take to lower your overall risk.

How can I reduce my risk of cancer?

- Maintain a healthy weight.
What's a healthy weight? Check inside.
- Be active as much as you can.
See inside for MoveSmart tips.
- Cut back on alcohol.
Look inside for six simple ways.
- Eat plenty of fruit and vegetables, such as bananas, apples and carrots.
- Eat plenty of wholemeal and whole grain cereals, such as breads and rice.

Do these things to stack the odds in your favour against cancer. They're as important as not smoking!

Get your friends and family eating and moving smart too. Together, we could save up to 2,500 New Zealanders a year who die of preventable cancer. Plus, you'll be helping to prevent other diseases like diabetes and heart disease.



EatSmart

How does eating plenty of fruit and vegetables reduce my risk of cancer?

Vegetables and fruit contain natural substances, such as antioxidants, which protect against cancer.

Eat a variety of vegetables and fruit.

Eating plenty of vegetables and fruit can significantly reduce the risk of developing cancers of the digestive tract (mouth, pharynx, oesophagus, stomach and bowel).

To get the best protection at the best price eat seasonal fruit and vegetables. You can use canned or frozen, they're just as good. Juice or dried fruit and vegetables can count as one serving per day.

For great health and to reduce your cancer risk the most, **GO for 5+ A Day** – three servings of vegetables and two of fruit. One serving fits into the palm of your hand.

Here are some tips for slipping fruit and vegetables into your day

- A salad with a couple of slices of wholemeal bread makes a great quick lunch.
- Put sliced carrots into a cup in the fridge for a TV snack.
- Keep a bowl of fruit on your desk or table. What you see, you eat.
- Slice up an apple for a quick snack.
- Add sliced tomato and lettuce to every sandwich.
- Each shop, buy a mixture of fresh, frozen or canned fruit and vegetables so you've always got some on hand.
- Kids turn up their noses at vegetables? Mash them, roll in breadcrumbs then grill.



- Try growing your own. Check out www.livesmart.org.nz
- Rev up pasta sauces, boil ups and bolognaise with extra carrots, broccoli and celery.



Source: Te Hotu Manawa Māori

Do I need vitamin and mineral supplements?

If you are eating a wide variety of nutritious foods you do not need supplements. Getting vitamins and minerals from tablets is not as good as getting them naturally from food. Whole food not only provides vitamins and minerals but many other beneficial substances, such as fibre, minerals and antioxidants. Some vitamins and minerals can be harmful in large doses.

Save time and money

- Keep green vegetables in the fridge and eat within a few days of buying. Use your frozen or canned supplies next.
- Wash vegetables and fruit well and, in most cases, eat raw or lightly cooked. It'll save you time at night and you'll get more out of them.
- Steam vegetables or cook in a little water. Cook frozen vegetables quickly until heated through. Broccoli takes a few minutes in the microwave.

Why should I eat wholegrain cereals, breads and pastas?

Wholegrain foods help to ensure a healthier digestive system and may reduce the risk of bowel cancer. Wholegrain foods contain high levels of fibre, resistant starch and natural protective substances, such as antioxidants. Foods such as white bread have very low levels and leave you feeling hungry.



How much should I eat?

Go for 6 servings of breads and cereals a day. Wholegrain is best. These foods are a major source of fibre, B vitamins and energy for the body and the brain. It is best if you have at least half your daily servings as wholegrain.

One serving equals one slice of bread or one cup of rice or pasta.

Wholemeal is produced by milling wholegrains to a finer texture. Wholegrains and wholemeal are therefore nutritionally similar.

How to get more wholegrain foods in your day

Breakfast

- Wholegrain, wholemeal, or mixed grain toast.
- Wholemeal muffins.
- Whole-wheat breakfast cereal, muesli or porridge with low-fat milk.

Lunch

- Sandwiches made with wholemeal or mixed grain breads.
- Wholegrain or wholemeal crispbreads with toppings, such as creamed corn or salsa dip.
- Brown rice salad, wholemeal pasta salad or tabouli made with cracked wheat.
- Baked beans on mixed grain or wholemeal toast.

Dinner

- Brown rice with casseroles or curries.
- Wholemeal pasta and sauce, or wholemeal lasagne.
- Wholemeal flour used to thicken sauces, gravies and stews.
- Oat topping for fruit crumbles.

Snacks

- Low-fat popcorn.
- Low-fat muesli bars.
- Wholemeal crispbreads, crackers or biscuits, but avoid too many biscuits as they are high in fat.
- Muesli sprinkled over low-fat yoghurt.

MoveSmart

A healthy body weight and regular physical activity reduces the risk of kidney, endometrial, bowel and breast cancers, and helps you feel better by giving you more energy and vitality.

How much do I need to do?

Just make it part of your normal day.

OK	Anything that gets you moving, especially if you're just starting out. Try taking the stairs not the lifts. Get off the bus one stop earlier. Wash the car.
Better	30 minutes of activity that makes you breathe faster and deeper! Try a walk at lunchtime. Walk to the shops rather than drive. Join a walking group. Mow the lawns.
Best	45 – 60 minutes with times where you breathe a lot faster and deeper and get a bit sweaty. Try a dance class or join a sports team. Walk very briskly. Get on your bike and go up hill.

For activities in your own area

Call the freephone line 0800 ACTIVE (228 483) and talk to the Active Living Co-ordinator from your Regional Sports Trust.

Reducing cancer risk

To reduce your risk of developing cancer undertake 45-60 minutes of physical activity on most days of the week and make some of the activity vigorous.



How do I know if my weight's healthy?

You can work out your Body Mass Index (BMI). This is a good way for most people to keep their weight in a healthy range.

To work it out, measure your

Height _____ m Weight _____ kg

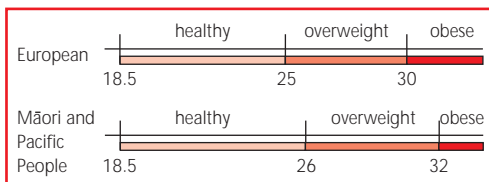
then work out your BMI like this:

$$\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

For example, if you weigh 90kg and are 170cm (1.7m) tall, divide 90 by (1.7 x 1.7)

$$\frac{90}{1.7 \times 1.7} = \frac{90}{2.89} = 31$$

Check out the chart below.



Escape the vicious cycle of dieting

Dieters usually regain their weight because they can't keep dieting forever, and often feel guilt, failure and deprivation. Instead of dieting listen to your body's signals of hunger and fullness, and begin to understand why you're eating when you're already full. Don't think good and bad foods, instead think sometimes food and healthy food.

What to do if your BMI is high?

Get active (use more fuel) and eat more fruit and vegetables (it leaves less room for fatty foods, sweets and cakes). You'll lower your BMI **and** your risk of cancer.

Do you want to put on weight?

Food is the fuel for your body. If you eat more fuel than you use, then you put on weight. To lose weight, use more fuel than you eat.

Alcohol Go Low or No

One of the best ways to reduce your BMI and your risk of cancer is to cut back or cut out alcohol. Drinking alcohol increases the risk of developing cancers of the upper digestive tract (mouth, pharynx, larynx, oesophagus), liver and breast cancer, so limit your consumption.

How to enjoy yourself and drink less

- Enjoy wine spritzers (wine and soda or mineral water).
- Switch to light beer.
- Alternate alcoholic drinks with water or soft drinks.
- Use water to quench your thirst and sip alcoholic drinks slowly.
- Half fill your wine glass.
- Wait until your glass is empty before topping it up.



Can I drink more on social occasions?

Drinking large amounts of alcohol at once or binge drinking is not recommended. If you drink alcohol it is better to drink a little regularly. Binge drinking is harmful.



Salt Go Low

Diets high in salt have been linked to an increased risk of stomach cancer. Switch to a low-salt diet and try flavouring foods with herbs and spices instead. Too much salt (sodium) can also lead to high blood pressure.

Sneaky Salt

Most of our salt intake now comes from packaged and take-away foods, like pizza, pies, sauces, soups, spreads and breakfast cereals.

Tips on eating less salt

- Look for low salt, no added salt, unsalted or salt-reduced products.
- When shopping, read labels and choose products with less sodium (salt).
- Use other flavourings rather than salt. Stick with it. Your tastes change over time.
- Taste your food before adding salt.
- Don't add salt to your cooked vegetables.
- Put the salt shaker out of sight in the cupboard.

Flavour your way to less salt

Salsa is a sauce or topping for meat, chicken, fish, pasta, noodles, salad or bread. Try the following salsa ideas to add a flavour boost to your meals instead of adding salt. Just chop ingredients finely and mix, they're a great way to rev up a cheap meal.

Thai: fresh coriander, ginger, sweet chilli sauce and crushed peanuts.

Italian: fresh basil, tomato, onion, crushed garlic, balsamic vinegar and extra virgin olive oil.

Mexican: avocado, tomato, red capsicum and chilli paste.

Indian: cucumber, low-fat natural yoghurt, mint, mango chutney and curry powder or paste.

Fat and Sugar Go Low

Why? High fat diets can lead to obesity and an increased risk of some cancers. Obesity also increases the risk of heart disease and diabetes. Choose foods low in saturated fat, and use oils sparingly.

Saturated fats should be avoided because they can cause high blood cholesterol levels. Generally, saturated fats are animal fats.

There is some research that shows preserved meats may cause cancer. Try to avoid preserved meats, for example bacon, sausages and salami.

How to enjoy food with less fat, and healthier types of fat

- Trim the fat from your meat and buy lean cuts.
- Use low-fat or skim milk, low-fat yoghurt, custard and ice cream, and low-fat cheeses.
- Use non-stick cookware, and use less oil or try oil spray – easier to clean and saves money.
- Use stronger flavoured oils, such as extra virgin olive oil, sesame and mustard seed oils, where a small amount gives a lot of flavour.
- Enjoy small amounts of unsalted, unroasted nuts as a snack.
- Enjoy avocado in salads and sandwiches.
- Use oils in preference to butter.
- Include fish in your diet.
- Choose low-fat dressings.

Does barbecued meat cause cancer?

There is some evidence that heavily charring meat might produce carcinogens. Therefore, it is recommended not to overcook or blacken meat on the barbecue.

LiveSmart checklist

- Eating fruit and vegetables and being active reduces your risk of cancer.
- Make small changes regularly to your lifestyle.
- Make simple changes next time you shop – buy wholemeal bread, more apples, carrots and bananas.
- Start today – do one thing like adding a salad to your dinner.

For further information:

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We would appreciate your support.
Donations can be made by phoning 0900 31 111, through our website or by contacting your local Cancer Society.

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