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FOOD TO FIGHT CANCER

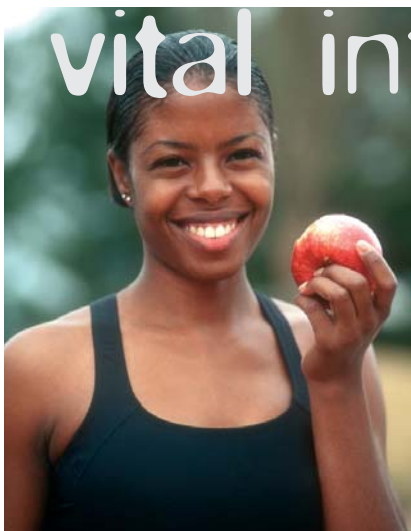


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SHOPRITE 

Food to fight cancer

Eating healthy foods and following a balanced diet is one way to reduce your risk of getting cancer. It's also important to exercise regularly, manage your weight, never smoke, be sun smart, limit alcohol to one drink a day or none at all, conduct regular self-examination and go for regular medical checkups.



Healthy eating tips

- Eat lots of fresh fruit and vegetables each day (at least 5 portions).
- Choose a variety of fruit and vegetables of different colours for different nutrients.
- Eat more fibre like whole grain bread, braai pap, sorghum, rolled oats, beans, fruit and vegetable skins and brown rice.
- Limit red meat and rather eat more fish, chicken, beans, lentils and soya products.
- Avoid food that is fatty, sugary, processed or salty and junk food such as chips, crisps, sweets and takeaway food.
- Choose low-fat milk, yoghurt and cheese products and non-trans fatty margarines and oil such as Canola Oil, which is endorsed by CANSA as a healthy choice.
- Try to eat three meals a day and snack on your favourite fruit or vegetable.

Cooking tips

- Try to have some raw or uncooked fruit and vegetables each day.
- Cook your food by steaming or baking.
- Cut down on frying, braaing or grilling. Never re-use cooking oil.
- If you do braai, limit this to twice a week, cut off excess fat, keep the grill 12 cm above the coals and cook slowly to avoid burning. Never eat burnt meat. You can also braai in foil.
- Substitute salt with fresh herbs and spices.

Drinking tips

- Drink 2-3 litres of liquid a day, half of which should be water.
- Drinking enough water not only keeps you hydrated, but it also helps food move through the digestive system and carries nutrients to the cells. Water also removes waste products from the body.
- Drinking alcohol is linked to an increased risk for cancers of the mouth, throat, voice box, oesophagus and liver. Alcohol probably increases the risk for cancers of the colon, rectum and breast, even if consumed at low levels. Limit your alcohol to one drink a day if at all.
- Avoid fizzy sweetened drinks.
- If you have fruit juice, go for non-sweetened pure juice and dilute with water.
- Drink tea, especially rooibos tea, as it contains anti-oxidants.



CANCER ASSOCIATION
OF SOUTH AFRICA

For more information, call
CANSA toll-free on **0800 22 66 22** or see
www.cansa.org.za

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