



Eat for Health

About one-third of cancers are linked to lifestyle factors, such as a poor diet, smoking and lack of exercise. You can lower your risk of developing cancer by enjoying a nutritious diet every day.

Poor eating habits can contribute to weight gain, and being overweight or obese increases your risk of cancer. Healthy eating habits are a first step in reducing your cancer risk. A healthy diet may protect against cancers of the bowel, liver, oesophagus (food pipe), lung and stomach.

What should I eat?

There is no one food that can protect against cancer. To achieve and maintain a healthy weight, be physically active and choose nutritious food from these five food groups to meet your daily energy needs:

- Vegetables – including different types and colours
- Fruits
- Wholemeal and high-fibre grains – breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans (protein)
- Milk, yoghurt, cheese and/or their alternatives – choose mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years).

If you enjoy a wide variety of nutritious foods you will get the nutrients you need. Most healthy people do not need vitamin and mineral supplements. Talk to a dietitian for more information.

What should I avoid?

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

Some foods that have high saturated fat include butter, cream, cooking margarine, coconut and palm oil, biscuits, cakes, pastries, pies, processed meats, burgers, pizza, fried foods, potato chips and crisps.

Instead, choose foods that contain predominantly polyunsaturated and monounsaturated fats, such as oils, spreads, nut butters/pastes and avocado.

Limit your intake of foods and drinks containing added salt or sugar. Read labels to choose lower sodium options. Do not add salt or sugar to foods in cooking or at the table. Reduce your consumption of confectionary, soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

Tips to eat more fruit and vegetables

- Try a new fruit or vegie each week.
- Eat what is in season.
- Use frozen or canned products for convenience.
- Include vegies with every meal.
- Add vegies to recipes, and try new ways of cooking vegetables like roasting, stir-frying and barbequing.
- Have fruit for snacks and desserts.

What is a serve?

Eat at least two serves of fruit and five serves of vegetables each day.

Vegetables



½ cup cooked vegetables or cooked legumes

=



½ medium potato or other starchy vegetables (sweet potato, taro)

=



1 cup salad of green leafy or raw vegetables

Fruits



1 medium piece (eg. apple, banana, orange, pear)

=



2 small pieces (eg. apricots, kiwi, plum)

=



1 cup diced or canned fruit

Where can I get reliable information?

- **Cancer Council NSW 13 11 20.** Information and support for you and your family for the cost of a local call anywhere in Australia. www.cancercouncil.com.au
- **Translating and Interpreting Service (TIS) 13 14 50**