Cancer and the Vegetarian Diet

HEALTHY EATING TIP OF THE MONTH
JUNE 2016
Plant-Based Eating vs.
Vegetarian Diet

**Plant-Based Diet**
A majority of what you eat comes from plant foods. These foods include vegetables, fruits, grains, beans, nuts, and seeds.

According to American Institute of Cancer Research, 2/3 portion of your plate consists of plant foods.

**Vegetarian Diet**
While there are a variety of vegetarian diets out there, the basic definition consists of the exclusion of all meat products including fish.

**Research shows both may prevent cancer!**
Both well-balanced vegetarian diets and predominantly plant-based diets may help reduce cancer risk through the high intake of fruits, vegetables, grains, beans, nuts, and seeds.

These can both supply ample amounts of dietary fiber, antioxidants, and phytochemicals recommended to promote overall health and reduce cancer risk.
**Research...**

**FRUITS AND VEGETABLES**
Protect against a number of cancers, such as those of the mouth, larynx, pharynx, esophagus, and stomach.

Plant-based foods contain vitamins and minerals that help keep our bodies healthy and strengthen our immune system. They also contain phytochemicals, or compounds that help protect cells in the body from damage.

**RED MEATS**
Red meat consists of beef, pork, and lamb. Studies show that eating too much red meat can increase the risk of colorectal cancer. This could be due to the ‘heme’ compound in meat that potentially causes damage to the colon.

**PROCESSED MEATS**
When meat is preserved by smoking, curing, salting, or the addition of preservatives, cancer-causing substances can be formed and stored in the body. These meats include sausage, bacon, ham, hot dogs, pepperoni, salami, bologna, corned beef, and deli meats.
Take Action...

✅ **Enjoy a plant-based diet!**

✅ Eat at least 5 servings per day

✅ Fill 2/3 or more of your plate with plant foods

✅ Get adequate protein from sources like tofu, beans, quinoa, hummus and more.

Make less room for red meat and processed meats!

✅ Keep red meat intake to less than 18 oz. per week

✅ Keep several meals a week red-meat free

✅ Try halving the quantity of red meat and adding beans to your meal instead

✅ Swap processed meats such as bacon or salami for healthier alternatives like poultry, fish, or hummus.
Health Benefits...

Plant-based diets are associated with:

- Lower blood cholesterol
- Lower blood pressure
- Lower body mass index
- Lower cancer rates
- Lower rates of obesity
- Lower risk for type 2 diabetes
- Lower risk for heart disease
- Lower total mortality
Tips for Plant-Based Eating

1. Revamp some of your everyday meals.
Use these meals to expand your plant-based eating habits by adding more fruits, vegetables, or beans to meals that contain animal products. Over time, you can slowly make them more plant-based without even realizing it.

2. Don’t deny your favorite foods.
If you love eating sausage pizza with friends and then suddenly remove it from your diet, it may bring more harm than good. Diet change does not happen overnight! Start small with easy changes that become habit overtime. When those small changes are no longer difficult, add more difficult ones.

3. Eliminate the meats you don’t eat often.
You won’t miss these animal products as much, so get rid of these first! Try replacing them with plant-based protein sources like beans, tofu, or “fake meats” that portray the qualities of chicken, beef, or pork.

4. Be open to cooking and trying new recipes.
Today, there are so many resources available for the vegetarian diet that cater to a number of different tastes and styles when it comes to food. If you don’t like a recipe, then change it! There is no better way to control the food you eat than preparing it at home! Try conducting an internet search for new vegetarian meals. Below are some of our favorites:

   plantbasedonabudget.com
   meatlessmonday.com
   vegetariannutrition.net

5. Don’t be afraid to explore new restaurants or stores.
Bored of the same routine at your local grocery store? Branch out and try something new! Health food stores and ethnic markets carry a variety of plant-based foods that you may never have even heard of. Explore new foods and don’t be afraid to try new products or new cooking methods!
6. Fill your home with healthy plant-based foods you want to eat.
Form good habits by having healthy plant-based foods available in your home. By doing this, you are enforcing healthy eating in times of business or hectic schedules. Canned soups, precooked grains, and prepared beans can all be stored in the fridge to reduce preparation time. In addition, hummus or other non-dairy dip can be easily paired with carrots, celery, broccoli, or apple slices to make snacking on the go quick and easy!

7. Stay informed on current nutrition
Do some research from reliable sources and read about plant-based nutrition. Seeing as there are several kinds of plant-based diets, you need to make sure you are getting reliable sources of all macronutrients, vitamins and minerals. Vegans and vegetarians often need to focus on getting adequate amounts of protein, calcium, iron, and B12 due to the lack of animal products in the diet. These vitamins and minerals be found in fortified products like cereals, breads, and even some soy milks. Some plant-based proteins include beans, nuts, seeds, tofu, and even hummus.

8. Get your friends and family involved
When you have a support system, it is much easier to stick with lifestyle changes. Cook, shop, and plan meals with your friends, family or community in order to make these dietary changes more fun for you and everyone else involved!

9. Find others who enjoy plant-based eating
Talking to other vegans or vegetarians may not only motivate your efforts, but might also inspire you to try new recipes or cooking methods. Having someone to talk to about food choices, struggles, or even new restaurants can be a great way to open your eyes to a world of plant-based eating you never knew existed.

Adapted from *Eat More Plant-Based Meals* by the Academy of Nutrition and Dietetics
Interested in trying a vegetarian diet, but don't know where to start? Here are some easy meal ideas to try throughout your day.

**Breakfast**
- Almond or peanut butter on whole-grain toasted bagel topped with apple slices
- Instant oatmeal made with low-fat or fat-free milk with nuts and dried fruit
- Whole-grain toaster waffle topped with blueberries and yogurt

**Lunch**
- Vegetable burger with cheese, mushrooms, and tomato on a whole-grain bread
- Large salad with your choice of leafy greens, cut-up vegetables, beans, fruit, and nuts
- Chili made with beans and textured vegetable protein, sprinkled with shredded cheese and cornbread

**Dinner**
- Whole-grain pasta with tomato sauce with mushrooms, tomatoes, eggplant, peppers, and onion
- Pizza with or without cheese, topped with vegetables and tofu or meat substitute
- Tacos or burritos filled with beans, textured vegetable protein, tofu, or tempeh
- Tofu and vegetable stir-fry with brown rice

**Snacks**
- Hummus and pita wedges
- Yogurt with crunchy whole-grain cereal and sliced fruit
- A cup of vegetable soup and whole-grain crackers

Adapted from *Healthy Eating Tips for Vegetarians* by the Academy of Nutrition and Dietetics
Cancer Prevention

Health Guidelines

Provided by The World Cancer Research Fund and The American Institute for Cancer Research

1. Eat more variety of vegetables, fruits, whole grains, and legumes.

2. Limit red meats (beef, pork, lamb) and avoid processed meats.

3. Avoid sugary beverages and energy-dense foods high in sugar and fat and low in fiber.

4. Limit salty foods and salt processed foods.

5. Be physically active every day for a minimum of 30 minutes.

6. Limit alcoholic drinks. If consumed at all, limit to 1 for women and 2 for men.

7. Be as lean as possible without becoming underweight.

8. Don’t use supplementation to protect against cancer.

9. It’s best for mothers to breastfeed infants exclusively for up to 6 months and then add

And Remember...

DO NOT SMOKE OR CHEW TOBACCO
Resources


  http://www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/vegetarianism-the-basic-facts


