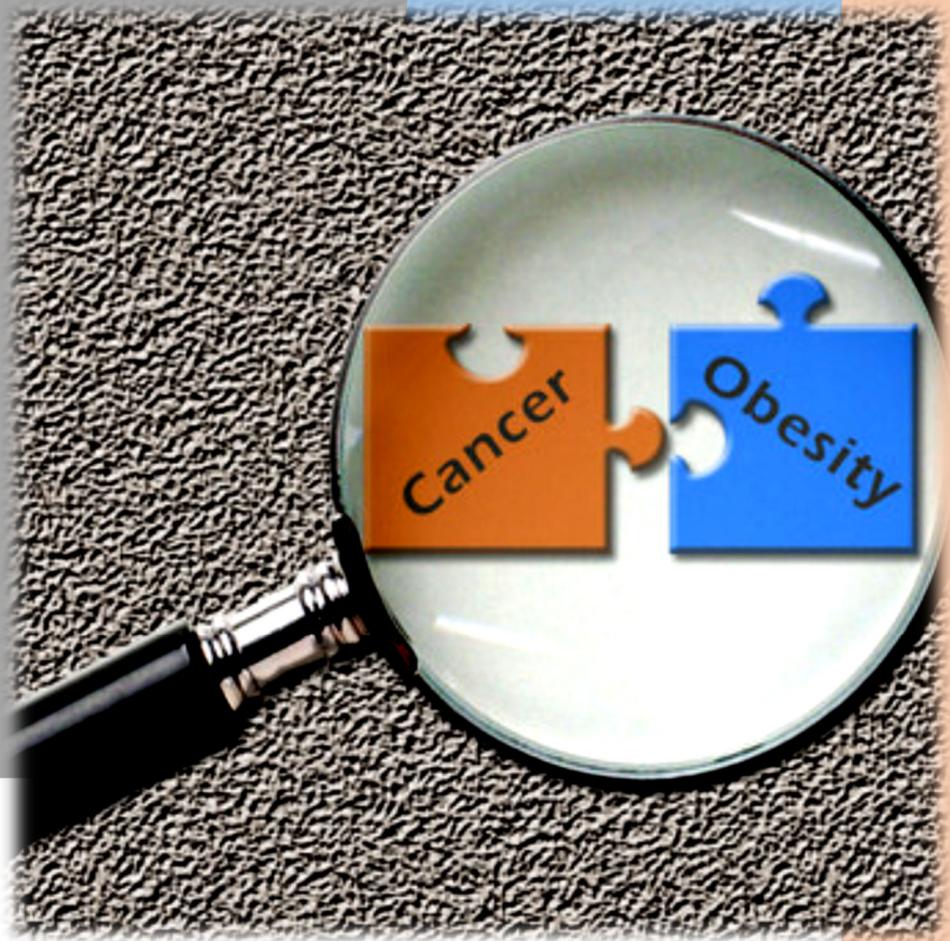


HEALTHY EATING TIP OF THE MONTH!

DECEMBER 2018

**The “Connection” Between
Obesity and Cancer**



Connection Between Obesity and Cancer

71% OF AMERICAN ADULTS ARE OVERWEIGHT OR OBESE..

ARE YOU AT RISK?

1. MEASURE YOUR BODY MASS INDEX:

**WEIGHT (LBS) X 703 /
HEIGHT (IN²)**

2. BODY MASS INDEX:

⇒ **OVERWEIGHT: 25-29.9**

⇒ **OBESE:>30**

EXCESSIVE BODY FAT IS LINKED TO

**13 TYPES OF
CANCER:**

- 1. MENINGIOMA**
- 2. ESOPHAGEAL**
- 3. MULTIPLE MYELOMA**
- 4. KIDNEY**
- 5. ENDOMETRIAL**
- 6. OVARIAN**
- 7. THYROID**
- 8. BREAST**
- 9. LIVER**
- 10. GALLBLADDER**
- 11. STOMACH**
- 12. PANCREATIC**
- 13. COLORECTAL**

WHY?

- ⇒ **Obese people often have chronic-low level inflammation that can cause DNA damage that can eventually lead to cancer.**
- ⇒ **Cells in fat called macrophages release chemicals called cytokines, encouraging cancer cells to divide.**
- ⇒ **Excess fat can cause levels of insulin and other growth factors to rise, which can also tell cancer cells to divide more rapidly.**

Why Do We Eat?

Stress

Bored

Procrastination

Hungry

Sad

Tired

Loneliness

Tips to Manage Appetite:

1. Eat on a schedule: Eat every 4 hours during the day

2. Eat a high protein breakfast: 20-30g of protein

3. Eat omega-3 fats: Consume plant sources like walnuts and flax

4. Eat a variety at meals and snacks: Have 2 different food groups at snacks and 3 or more with meals

5. Plan meals with low energy density: Soups, fruits, vegetables, & whole grains

6. Get adequate sleep: Aim for 7 hours of uninterrupted sleep

7. Find pleasure in other activities: Listen to music, go for a walk, or try yoga

8. Commit to regular exercise: Burn energy, build muscle & boost metabolism



Recipes

Turkey, Spinach and Apple Wrap

Ingredients:

- 2 (8-in) whole-wheat tortilla wraps
- 2 cups baby spinach leaves, washed
- 4 thin slices turkey breasts (4 ounces)
- 1/4 granny smith apple, sliced paper thin
- 1 tbsp. reduced-fat mayonnaise
 - 2 tsp. honey mustard

Directions:

1. Combine mayonnaise and mustard. Lay out both wraps. Spread the edges of each with the mayonnaise mixture.
2. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.

Nutrition Content per Serving (makes 2 servings): calories: 260, total fat: 6g, saturated fat: 1g, carbohydrates: 28g, protein: 22g, sodium: 444 mg, dietary fiber: 3g

Chicken and Pear Salad with Mint Dressing

SALAD INGREDIENTS:

- 3 firm ripe pears, 1-inch cubes
 - Juice of 1/2 lemon
- 2 cups cooked chicken breast, 1-inch cubes
 - 1 cucumber, thinly sliced
- 4 tbsp. red onion, finely chopped

DRESSING INGREDIENTS:

- 1/4 cup white vinegar
 - 1 tsp. lemon juice
 - 1-2 tbsp. honey
- 1/3 cup fresh mint, minced
 - 1/8 tsp. salt
 - 1/8 tsp. black
 - 1 tsp. cinnamon

Directions:

1. Drizzle fresh cubed pears with lemon juice. In large mixing bowl combine pears, chicken, cucumber, and onion and set aside.
2. Blend vinegar, lemon juice, honey, mint, salt and pepper until smooth.
3. Drizzle dressing over fruit and chicken mixture and toss gently to coat.

Nutrition Content per Serving (makes 4 servings): calories: 231, total fat: 3g, saturated fat: 1g, carbohydrates: 31g, protein: 23g, sodium: 131 mg, dietary fiber: 5g

20 Minute Chicken Creole

INGREDIENTS:

- 4 medium chicken breasts halves (1 1/2 lbs total), skinned
- 1, 14-ounce can tomatoes, cut up
 - 1 cup low-sodium chili sauce
- 1 1/2 cups copped green pepper (1 large)
 - 1/2 cup chopped celery
 - 1/4 cup chopped onion
 - 2 cloves garlic, minced
- 1 tbsp. fresh basil, chopped
- 1 tbsp. fresh parsley, chopped
- 1/4 tsp. crushed red pepper
 - 1/4 tsp. salt

DIRECTIONS:

1. Spray deep skillet with non-stick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.
2. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole wheat pasta.

Nutrition Content per Serving (makes 4 servings): calories: 225, total fat: 3g, saturated fat: 0.8 g, carbohydrates: 16g, protein: 31 g, cholesterol: 100 mg, sodium: 465 mg, dietary fiber: 1.5 g

Spaghetti with Turkey Meat Sauce

INGREDIENTS:

- 1 lb ground turkey
- 1, 28-ounce can tomatoes, cut up
- 1 cup finely chopped green pepper
 - 1 cup finely chopped onion
 - 2 cloves garlic, minced
- 1 tsp dried oregano, crushed
 - 1 tsp black pepper
- 1 lb spaghetti
- non-stick cooking spray

Nutrition Content per Serving (makes 6 servings): calories: 330, total fat: 5g, saturated fat: 1.3g, carbohydrates: 42g, protein: 29 g, cholesterol: 60 mg, sodium: 280 mg, dietary fiber: 2.7g

DIRECTIONS:

1. Spray a large skillet with non-stick spray coating. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat.
2. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally
3. Remove cover; simmer for 15 minutes more.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti with crusty, whole-grain bread.

Maintaining Weight During Treatment

Eating well is a *key* part of good cancer treatment even if you are overweight. Due to the side effects of treatment, this can be very difficult. However, changing your diet can help build the strength you need to deal with the effects of cancer and its treatment.



Benefits of Eating Well During Treatment:

- Feel better
- Stay strong
- Keep body's store of nutrients
- Tolerate treatment side effects
- Lower risk of infection
- Heal and recover faster

Nutrients You Need to Stay Healthy During Treatment

- ⇒ **Protein** is essential during cancer treatment. It helps your body fight infections and keeps your immune system strong. Sources of good protein includes lean meats, chicken, fish, nuts, lentils and beans.
- ⇒ **Carbohydrates and fats** are where most of your calories are coming from. If you are overweight, talk to your dietitian about adequate caloric intake. Making healthy choices includes vegetables, fruits, whole grain bread, oatmeal, olive oil or coconut oil.
- ⇒ **Vitamins and minerals** are needed for proper healing. Eating a well balanced diet usually supplies your body with adequate vitamin and minerals. Consult your doctor or dietitian before taking any supplements or multi-vitamins.
- ⇒ **Water and fluids** are vital to overall health. Excessive fluid loss from treatment side effects can result in illness very quickly. Examples of other fluids than water include gelatins, soup, applesauce, and popsicles.



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