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# Nutrition *news*

**NUTRITION EDUCATION IN EASY TO DIGEST BYTES!**

*What we eat can have a major impact on our health!*

## Diet and Breast Cancer

No food or diet can help prevent you from getting breast cancer, but good nutrition has been shown to reduce the risk of both the progression and recurrence of the cancer.

There are foods that can make your body healthier, boost your immune system and help keep your risk for breast cancer as low as possible.

There are also food choices that can help cancer treatment work more effectively and aid with treatment side effects and help your recovery after treatment. Others can be dangerous and interfere with treatment and recovery.

### Try

- **Diet high in plant-based foods** (plenty of fruits and vegetables, high fiber – whole grains and beans/legumes)
- **Low fat diet with emphasis on**

**healthy fats (i.e. omega-3 fatty acids), fat intake less than 20% of your total calories per day** (low fat diet may reduce risk of recurrence and first time diagnosis)

- **Drink plenty of fluids**
- **Be physically active to help achieve and maintain a healthy weight** (check with doctor before making any drastic changes in your exercise routine)

### Avoid

- **Limit processed and refined grains/flours/sugars**
- **Avoid trans fats, red meats, and charred or smoked foods**
- **Limit or avoid alcohol consumption**

If you are undergoing chemotherapy or radiation, recovering from surgery or having another breast cancer treatment, the primary focus is getting rid of the cancer. Eating right can play a role by helping your body stay strong by giving it all the nutrients it needs.



## Exercising for Better Health

Exercise can help us look good but more importantly it is very important for our health. The USDA's MyPyramid recommends that adult get at least 30 minutes of exercise most days of the week. MyPyramid also suggests that you make lifestyle changes gradually. So if you don't do a lot of exercise now, don't try to run a marathon tomorrow! Start slowly and gradually increase the amount of exercise that you do. You will be meeting health recommendations in no time!



# Whole Grains Made Easy!

Consumers are aware that fruits and vegetables contain disease-fighting phytochemicals and antioxidants, but they do not realize whole grains are often an even better source of these key nutrients!

Information source: Whole Grains Council

- Grains are a healthy necessity in every diet, and that it's important to eat at least half our grains as "**whole grains**."
- Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye – when these foods are eaten in their "whole" form.
- Consumers are aware that fruits and vegetables contain disease-fighting phytochemicals and antioxidants, but they do not realize whole grains are often an even better source of these key nutrients. Moreover, whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.
- Whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Few foods can offer such diverse benefits. People who eat whole grains regularly have a lower risk of obesity and lower cholesterol levels.
- **All grains start life as whole grains.** In their natural state growing in the fields, whole grains are the entire seed of a plant. This seed (which industry calls a "kernel") is made up of three key parts: the bran, the germ, and the endosperm.
- Refining normally removes the bran and the germ, leaving only the endosperm. **Without the bran and germ, about 25% of a grain's protein is lost, along with at least seventeen key nutrients.** Processors add back some vitamins and minerals to enrich refined grains, so refined products still contribute valuable nutrients. But **whole grains are healthier**, providing more protein, more fiber and many important vitamins and minerals.
- The Dietary Guidelines for Americans, released in January 2005, recommend that **all adults eat at least half their grains as whole grains.** You can meet the daily requirement by eating three "ounce-equivalents" of breads, rolls, cereals or other grain foods made with 100% whole grains. Look at your plate at each meal, and make sure you've included some source of whole grains.



Don't forget to use the USDA's MyPyramid to help you eat the foods that will keep you healthy. For more information on MyPyramid just go the website [www.mypyramid.gov](http://www.mypyramid.gov). Every issue of Project Angel Food's Nutrition News will also feature one of the 5 food groups and great way to make healthier food selections!

Words you may see on packages	What they mean
<ul style="list-style-type: none"> <li>• whole grain [name of grain]</li> <li>• whole wheat</li> <li>• whole [other grain]</li> <li>• stoneground whole [grain]</li> <li>• brown rice</li> <li>• oats, oatmeal (including old-fashioned oatmeal, instant oatmeal)</li> <li>• wheatberries</li> </ul>	<p><i>YES -- Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</i></p>
<ul style="list-style-type: none"> <li>• wheat flour</li> <li>• semolina</li> <li>• durum wheat</li> <li>• organic flour</li> <li>• multigrain (may describe several whole grains or several refined grains, or a mix of both)</li> </ul>	<p><i>MAYBE -- These words are accurate descriptions of the package contents, but because some parts of the grain MAY be missing, you are likely missing the benefits of whole grains.</i></p>
<ul style="list-style-type: none"> <li>• enriched flour</li> <li>• degerminated (on corn meal)</li> <li>• bran</li> <li>• wheat germ</li> </ul>	<p><i>NO -- These words never describe whole grains.</i></p>