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HEALTHY LIVING



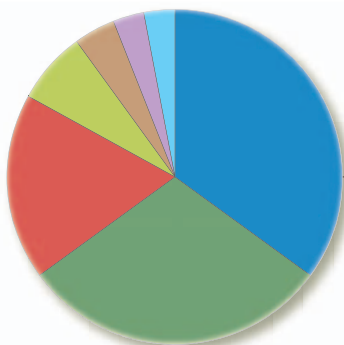
SHOPRITE 

You are what you eat

Research confirms that making healthy lifestyle choices can significantly reduce your chances of getting cancer. These include eating a healthy, balanced diet, exercising regularly, managing your weight, not smoking, limiting your time in the sun and drinking alcohol in moderation, if at all.

The correlation between lifestyle and cancer

- Diet 35%
- Smoking 30%
- Other 18%
- Sexual Behaviour 7%
- Occupation 4%
- Alcohol 3%
- Sun Radiation 3%



Dietary guidelines for South Africans:

Follow a healthy and balanced diet.

There are no good or bad foods, just good and bad food choices. Spice up your life by including a variety of healthy foods in your daily diet and make sure that you eat more than one meal per day. Vegetables, fruits, beans and grains contain various vitamins, minerals and other helpful compounds that actually fight, and sometimes even reverse, the cancer process.

Exercise your rights for longevity.

Regular physical activity promotes health. There is a well-established link between exercise and health. Exercise is so important that food alone cannot provide you with all the health benefits you need to stay healthy and prevent disease. When

we eat more calories than we burn off through daily activities and exercise, we gain weight. Being overweight or obese can increase the risk of cancer of the endometrium (the lining of the womb), kidney and breast. Regular exercise burns calories, builds muscle and helps the body to function more efficiently and may offer protection against colon cancer. Find activities that you enjoy, do them regularly to get your blood pumping, your energy levels up and your risk of getting cancer down.

Make starchy food the basis of most meals.

Starches, especially unrefined starches contained in cereals and grains like maize, wheat, sorghum, oats and rice, together with potatoes and sweet potatoes, should form the bulk of your diet. You should also eat more fibre-rich food. The average South African consumes less than the recommended daily fibre requirement of 30-40g. Fibre keeps the intestines healthy by preventing constipation and helping the food move faster through the intestines. Dry beans, peas, lentils and soy are low in fat and contain soluble and insoluble dietary fibre, which decreases the risk of a wide variety of diseases. Next time you have toast, try whole wheat with jam, instead of white bread with butter or margarine. This way you will cut back on fat and get twice as much fibre. Always choose whole grain varieties of bread, muffins, rolls and breakfast cereal.

Eat plenty of fruit and vegetables daily.

When it comes to fighting cancer, fruits and vegetables are the most important part of a plant-based diet. Studies have identified the highest incidence of certain types of cancer in countries where people eat the least fruits and vegetables, which provide the strongest protection against the disease. **If the only change people make to their diet is to eat at least five servings of fruits and vegetables each day, the rate of cancer could drop by as much as 20%.** Diets high in fruits and vegetables protect against cancers of the colon, stomach, rectum,

oesophagus, lungs and throat and may also protect against cancers of the breast, bladder, pancreas, prostate and voice box.

Fruits and vegetables provide powerful protection because in addition to vitamins and minerals, they contain thousands of natural substances, which are anti-oxidants associated with a reduced risk of cancer. Buy plenty of fruits and vegetables when you shop. Use the varieties that spoil easily first and keep the other ones for later in the week. Keep a fruit bowl at home and in the office. Drink fruit juice with your breakfast or add fruit to your cereal. Add fruit or vegetables to your lunch by having them in soup, salad or cut-up raw.

Limit your intake of animal protein and saturated fats.

You can eat chicken, fish, meat, milk or eggs every day, but use lean cuts of meat, low-fat or skim milk and yoghurt and low-fat cheeses. Restrict egg intake to 4 eggs per week. Eat more fish, chicken or game instead of red meat. Trim all fat from the meat and remove the skin from the chicken before cooking. Use low-fat cooking methods like steaming or roasting and try to have at least one low-fat, meatless meal a week that contains whole grains like spinach lasagna or vegetable stir-fry.

A diet high in meat cooked by grilling, barbequing, broiling or pan-frying may increase the risk of stomach, colon or rectal cancer. When barbequing, wrap the meat in foil and ensure that the gridiron is at least 12 cm above the coals.

Store perishable food in airtight containers in the refrigerator to avoid fungal contamination and never re-freeze frozen food that has defrosted.

Choose food low in fat and salt.

Research shows that fat and salt could increase the risk of getting cancer and cause other health problems. Although we need some fat and salt in our diet every day, we certainly don't

need the amount that most of us consume. Eat small quantities of fat and choose plant fats rather than animal fats. Avoid processed and convenience foods as they are high in salt and can lead to stomach cancer. Eating fatty foods can cause obesity and a rise in the related cancer risks. Always read food labels to ascertain whether you are choosing a low-fat, low-sodium variety.

Drink plenty of fresh water.

Make sure that you drink 2 - 3 litres of liquid a day – half of which should be water. Water not only keeps the body hydrated, there is a proven correlation between sufficient water consumption and the prevention of many diseases, including some cancers. Water helps food move through the digestive system and carries nutrients to the cells. It also removes waste products from the body.

Drink alcohol in moderation, if at all.

Drinking alcohol is undoubtedly 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 breasts, even if consumed at low levels. Women should not have more than one drink per day and men should limit themselves to two drinks per day.

Small changes to your lifestyle can significantly increase your chances of living a long, healthy life. Make healthy eating a habit. It's the smart thing to do.

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