

National Cancer Prevention Month

8 Tips for Reducing Your Risk of Cancer

The National Cancer Institute has reported that about one-third of all cancer deaths are related to what we eat. The following tips will not only reduce your risk for developing cancer, they will also reduce your risk of developing heart disease.

#1: Maintain Your Ideal Weight

The American Cancer Society has reported that women who are 40 percent or more overweight are 55 percent more likely to develop cancer. Men who are 40 percent or more overweight are 33 percent more likely to develop cancer.

#2: Reduce Your Total Fat Intake

Saturated and unsaturated fats have both been attributed to the development of cancer. By reducing your fat intake to no more than 30 percent of the total calories coming from fat, you can reduce your risk of developing cancer.

#3: Increase Your Fiber Intake

The American Cancer Society has reported that by replacing high fat foods with high fiber foods you will decrease your risk for developing cancer. Good high fiber foods include whole grain cereals, fruits, and vegetables.

#4: Include Sources of Vitamin A and C

Leafy green vegetables and other green vegetables, such as asparagus, brussels sprouts, and green beans are good sources. Yellow-orange vegetables and fruits, such as carrots and sweet potatoes, and apricots and pineapples, are also good sources. If you're not a huge vegetable eater, try fruits, such as lemons, oranges, and grapefruits, or drink juices from these fruits.



#5: Include Sources of Vitamin E

Foods high in Vitamin E, such as whole grain cereals, nuts and beans, have been recommended by the American Cancer Society for reducing the risk for developing cancer.

#6: Include Cruciferous Vegetables

Cruciferous vegetables, such as cabbage, brussels sprouts and cauliflower, are high in fiber and reduce the risk of developing cancer.

#7: Reduce Intake of Salt-Cured, Smoked, and Nitrate-Cured Foods

Consumption of these types of foods have been linked to cancer. Moderation is a good rule when it comes to foods, such as ham, sausage, and smoked fish.

#8: Reduce Alcohol Consumption

Moderation is key. An example of moderation is having an after-dinner drink or an alcoholic beverage with your meal.

Source: About.com