



November 2016

Make the Right Choices to

# PREVENT & FIGHT

## Cancer

By: Amy Jamieson-Petonic, MEd, RD, CSSD, LD

The Wellness Institute at Cleveland Clinic is committed to helping people live longer and better lives by addressing the “Big 4,” — tobacco use, poor food choices and portion sizes, physical inactivity and stress. We know that these issues cause 75 percent of chronic diseases, such as heart disease, diabetes and cancer.

The word cancer means many things to many people, and most everyone I know has been touched by cancer in some way. According to the American Cancer Society, at least one half of all men and one third of women will be affected by cancer in their lifetime. As a registered dietitian, I am aware of the role good nutrition can have in preventing and treating cancer. In fact, diet has been shown to have a significant impact on breast, prostate, stomach and colon cancer. According to the World Cancer Research Fund, healthier lifestyles and better diets could prevent up to 2.8 million cases of cancer each year!

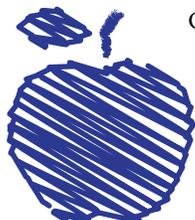


*“Healthier lifestyles and better diets could prevent up to 2.8 million cases of cancer each year!”*



Global health experts say that many deaths from non-communicable diseases, including a third of all common cancers, could be prevented by curbing excessive alcohol intake, improving diets, discouraging smoking and promoting more physical activity. (Sounds like the Big 4 to me!)

Nutritionally speaking, an anti-cancer diet is an overall, healthy diet for everyone. So fill your shopping basket with these foods: fresh fruits and vegetables, 100 percent whole grains, lean protein sources, and healthy fats.



Cancer is a terrible disease, but preventative measures and treatment are better today than ever before. I am a firm believer in “creating your destiny,” and if preventing and treating cancer is important to you and your family, then make the choice to fuel your body with the best cancer-fighting foods you can find. Good nutrition can lead to health and wellness for years to come.





## Mix up a salt-water gargle or a honey-and-lemon solution to naturally soothe a sore throat and ease cold symptoms.

If the dry air or a lingering seasonal cold has your throat feeling irritated, try gargling a couple of times a day with warm salt water. Gargling can help reduce inflammation, loosen mucus and even flush out irritants. All you have to do is dissolve a half-teaspoon of salt in a cup of warm water and then gargle a mouthful of the solution for 30 to 60 seconds three times a day (spit out, don't swallow, the salt-water solution). If you don't like the taste of the salt water, mix a tablespoon of honey with some warm water and lemon and sip that instead. This solution will coat your throat, soothing irritation. You can also eat chicken soup twice a day. If your sore throat lasts for more than a week, or if the pain makes it difficult to swallow, see your doctor so she can rule out a more serious diagnosis

*By: Cleveland Clinic Wellness Editors*

## Here's some news you might want to take standing up: **Sitting around may increase your risk of some cancers.**

*Luckily, regular exercise can reduce it.*

Are you sitting comfortably? Well, stop it! The number of hours you spend sitting each day could be putting you at risk for colon or breast cancer, according to research presented at the annual conference for the American Institute for Cancer Research (AICR). Just by spending less time planted in front of the TV or computer or behind the wheel, it is estimated that Americans could reduce their number of cancer cases by 100,000 annually. If you're chained to your desk all day for your job, taking frequent breaks to get up and walk around could help. According to the AICR, getting your 30 minutes a day of moderate activity (in the form of a brisk walk, jog or bike ride, for instance) can go a long way toward keeping you healthy — but those other 23.5 hours of the day matter too. That's why they recommend setting a reminder on your computer to get up and walk around once an hour, taking your phone calls standing, delivering information personally, and conducting meetings while walking.

*By: Cleveland Clinic Wellness Editors*



## Healthy Recipe: Curried Roasted Vegetables

Serve this delicious, satisfying dish — with its bright, bold colors and flavors — to impress family and friends. It will make you feel like you've taken a detour to India. While it's not the Mediterranean, the style of eating is the same — lots of fresh vegetables and healthy spices. The butternut squash and sweet potato are bursting with beta-carotene, the vegetable-derived form of vitamin A. Turmeric, in the curry powder, is recognized for its anti-inflammatory properties.

*By: Cleveland Clinic Wellness Editors*



**Yield:** 6 servings

**Prep Time:** 20 minutes

**Cook Time:** 40 minutes

### Ingredients:

- 1 butternut squash, peeled and cut into ½ inch chunks (2 cups)
- 3 cups sweet potato, scrubbed and cut into ¾ inch chunks
- 2 cups trimmed and quartered or halved Brussels sprouts
- 4 teaspoons extra virgin olive oil
- ¾ cup no-sugar-added apple juice
- 2 teaspoons curry powder
- 1 teaspoon smoked paprika
- ¼ cup chopped parsley

### Instructions:

1. Heat oven to 400 degrees.
2. Arrange butternut squash, sweet potato and Brussels sprouts in a 15x10-inch baking pan.
3. Drizzle 2 teaspoons of oil and sprinkle ½ teaspoon of salt over vegetables; toss well to coat. Pour apple juice over vegetables.
4. Cover with foil and bake for 30 minutes.
5. Remove foil and cook for 10 minutes or until vegetables are browned and tender.
6. Sprinkle curry powder and paprika over vegetables; toss well and let stand 5 minutes.
7. Transfer vegetables to serving plate(s) and drizzle with remaining olive oil. Garnish with parsley.

### Nutrition Info Per Serving:

(¾ cup): 120 calories (30 calories from fat), 3.5 g total fat, 0.5 g saturated fat, 0 g trans fat, 3 g protein, 22 g total carbohydrates, 5 g dietary fiber, 0 mg cholesterol, 125 mg sodium, 8 g sugar