

Good Nutrition and Cancer Prevention



The amount of fat, fiber, vitamin A, vitamin C, and vitamin E in the diet may have an influence on cancer risk.

A high fat diet and cancer risk:

- Diets high in fat, especially saturated fat found in red meats, cheese, whole milk, and butter, may promote the development of breast, prostate and colon cancer.



Cancer is the second leading cause of death in the United States. Half of all men and one-third of all women in the US will develop cancer during their lifetimes.

Vitamins A, C and E and cancer prevention:

- Many dark green and orange vegetables, like broccoli, carrots, cauliflower, and brussel sprouts are good sources of Vitamins A and C.
- These vegetables prevent damage and cancer development in cells because they contain antioxidants.
- Good sources of Vitamin E include vegetable oils, nuts, and green leafy vegetables.



A high fiber diet and colon cancer prevention:

- A high fiber diet (about 35 grams or more per day) has been shown to reduce the risk of colon cancer.
- High fiber foods maintain regular bowel movements and decrease the amount of time cancerous compounds have within the cells of the intestines.
- Good sources of dietary fiber include beans, pears, apples, berries, oatmeal, whole wheat bread, and whole grain cereals.

