

# Native American Cancer Research Corporation

## Eating Healthy Fact Sheet



- 🥘 Improve Your Diet & Reduce Your Risk for Cancer.
- 🥘 According to research, it was found that as many as 1/3 of all cancer deaths are linked to diet and physical activity.
- 🥘 Which means you have the power to do something about it.
- 🥘 Small steps like adding a few servings of fruits and vegetables to your diet each day reduce your risk.
- 🥘 Now you know. Now you can.

Our ancestors took their time preparing foods.



🥘 During traditional times, American Indians and Alaska Natives rarely had:

- ⊕ Cancer
- ⊕ Heart Disease
- ⊕ Diabetes
- ⊕ Obesity

### Our Ancestors ate foods that were:

- 🥘 Low in fat like fish, buffalo and game meats (deer, elk)
- 🥘 High in fiber, like vegetables and whole grains
- 🥘 They ate many different kinds of foods
- 🥘 Eating different varieties of foods will provide many nutrients for good health



### Examples of foods Our Ancestors ate that are available today:

- 🥘 Corn
- 🥘 Beans
- 🥘 Squash
- 🥘 Potatoes
- 🥘 Buffalo

### What is Healthy Eating?

- 🥘 Eating the right amounts of nutritious foods each day
- 🥘 Increasing vitamin and nutrient rich foods
- 🥘 Reducing the foods that can cause life threatening disease or illness
- 🥘 Eating less processed foods



Our ancestors used their hand to measure a single serving size



## Reading Food Labels

- 🥫 Start here →
- 🥫 Note the
  - ⊕ Size of a single serving
  - ⊕ Number servings in the package
  - ⊕ Check total calories per serving.
  - ⊕ Look at how many servings you're really consuming
  - ⊕ If you double the servings you eat =double the calories, nutrients, and Percent Daily Value (% DV).

<b>Nutrition Facts</b>	
Serving Size 1 slice (47g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 160</b>	Calories from Fat 90
	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Label nutrients are based on personal consuming 2,000 calories a day

- 🥫 You may need to consume less or more than 2,000 calories depending upon:
  - ⊕ Your age
  - ⊕ Your gender
  - ⊕ Your activity level
  - ⊕ Whether you're trying to lose, gain or maintain your weight
- 🥫 The number of calories in a food per serving (for a 2,000-calorie diet):
  - ⊕ 40 calories per serving is considered low
  - ⊕ 100 calories per serving is considered moderate
  - ⊕ 400 calories or more per serving is considered high

Source: <http://www.americanheart.org/presenter.jhtml?identifier=3046050>

**The “shield” of health** protecting against cancer includes **eating healthy**, daily physical activity, a healthy, low fat diet & limited or no alcohol or commercial tobacco. It also includes:

1. Diets high in carotene, vitamins C And E
2. Diets low in animal fats and bad cholesterol
3. Diets high in fruits and vegetables
4. Low levels of LDL Cholesterol in your blood
5. High levels of HDL Cholesterol in your blood
6. Low levels of triglycerides in your blood
7. Low sugar and salt (sodium) intake daily
8. Drinking 8+ glasses of water daily
9. Diets high in whole grains



Partially supported by “Native Navigators and the Cancer Continuum (NNACC) [PI: Burhansstipanov, R24MD002811]




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# Nutrients: why we need them and how much do we need

 **Carbohydrates** (Also known as starches and sugars, are your body's main energy source)


- ⊕ Complex carbohydrates = legumes, grains and starchy vegetables, such as potatoes, peas and corn.
- ⊕ Simple carbohydrates = fruits and milk, and in foods made with sugar, such as candy and other sweets.
- ⊕ Recommendations
  - ✚ Get 45-65% of your daily calories from carbohydrates
  - ✚ For a 2,000-calorie-a-day diet, this is about 225 to 325 grams a day
  - ✚ Emphasize complex carbohydrates, especially from whole grains, beans and nutrient-rich fruits.
  - ✚ Limit added sugars from candy and other sweets, and stick with low-fat milk, fruits and vegetables.

 **Protein** is essential to human life

- ⊕ Is in your skin, bones, muscles and organ tissue; blood, hormones and enzymes
- ⊕ Sources include both plant and animal products.
- ⊕ Richest sources = Legumes, poultry, seafood, meat, dairy products, nuts and seeds
- ⊕ Recommendations
  - ✚ Get 10 to 35% of your total daily calories from protein.
  - ✚ For a 2,000-calorie-a-day diet, this is about 50 to 175 grams a day.
  - ✚ Emphasize plant sources of protein, such as beans, lentils and soy
  - ✚ Choose lean meats, and try to include seafood twice a week.


 **Fats** are not necessarily your enemy

- ⊕ Help your body
  - ✚ Absorb essential vitamins
  - ✚ Maintain the structure and function of cells
  - ✚ Keep your immune system working
- ⊕ Fat packs twice as many calories per gram as does protein or carbohydrates

 **Fats (continued)**

## ⊕ Recommendations


- ✚ Limit total fat intake to 20-35% of your daily calories
- ✚ For a 2,000 calorie a day diet, this is 44-78 grams of total fat a day
- ✚ Emphasize fats from healthy sources like nuts and olive oil

 **Trans fat** Comes from adding hydrogen to vegetable oil

- ⊕ Makes the fat more solid and less likely to spoil.
- ⊕ Another name for trans fats is “partially hydrogenated oils” or “shortening”.
- ⊕ Common ingredient in such commercial baked goods as crackers, cookies and cakes, and in fried foods (Doughnuts and French fries)

## ⊕ Recommendations

- ✚ Limit your daily intake of trans fat to less than 2 grams of your total calories (for a 2,000-calorie-a-day)
- ✚ “Zero” trans-fat on label does not really mean ‘zero’
- ✚ FDA labeling allows a food with less than 0.5 grams of trans-fat to be called “zero trans-fat”
- ✚ Trans fat intake counts toward your total daily allowance of fat

 **Cholesterol** is Vital to the structure and function of your cells

- ⊕ A healthy body makes all of the cholesterol it needs for cell function
- ⊕ It's the main substance in fatty deposits that can develop in your arteries
- ⊕ You get added cholesterol by eating Animal products, such as meat, poultry, seafood, eggs, dairy products and butter
- ⊕ Recommendations:
  - ✚ Limit your daily intake of cholesterol to no more than 300 milligrams a day.
- ⊕ High-density lipoprotein (HDL) “good” cholesterol) is a complex of lipids and proteins (“bad” cholesterol is called LDL)
  - ✚ HDL carries cholesterol away from your arteries (protects your heart)
  - ✚ Higher than 60 mg/dL recommended



🥣 **Fiber** is parts of plant foods that your body doesn't digest and absorb

⊕ Recommendations

- ✎ Female: 21 to 25 grams per day
- ✎ Males: 30 to 38 grams per day.
- ✎ Emphasize whole-grain products, fruits, vegetables, beans and peas, and nuts and seeds

⊕ NOTE: Whole wheat bran muffin usually has about 4.6 grams ... so eating one muffin does not meet the goals

## Eat 5 to 9 Fruits and Vegetables a Day

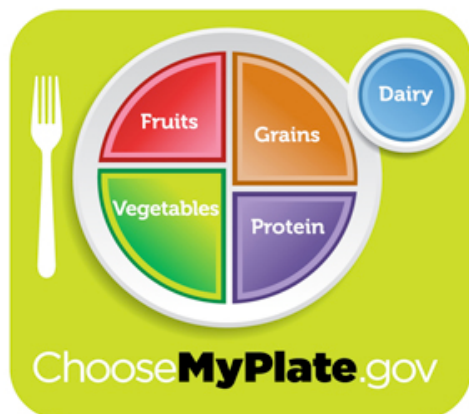


🥣 National Cancer Institute's "5 a day" campaign

⊕ Easy way to remember to eat at least 5 servings of fruits and vegetables each day

🥣 Canada recommends at least 9 a day

## USDA Dietary Guidelines: Food Plate



## Eating Healthy Today

- 🥣 Choose to eat at least 5 servings of fruits and vegetables each day
- 🥣 Choose to reduce the amount of bad (LDL) fats that you eat each day
- 🥣 Choose to increase the amount of good (HDL) fats that you eat each day
- 🥣 Choose to reduce overall sugar intake
- 🥣 Choose to reduce overall fat intake
- 🥣 Eat foods in moderation – excess of any food can be dangerous
- 🥣 Choose to reduce your sodium intake daily
- 🥣 Eat more FIBER!!!!
- 🥣 Integrate traditional foods and modern foods in your diet
- 🥣 Prepare snacks ahead of time to encourage healthy eating.
- 🥣 Be aware of what you eat!
- 🥣 Eat foods in moderation
- 🥣 Being healthy is your Choice!

## Food Plate (USDA) Messages

- 🥣 Take action on the Dietary Guidelines by making changes in these 3 areas.
- 🥣 Choose steps that work for you and start today
  - ⊕ Balancing calories
    - ✎ Enjoy your food, but eat less
    - ✎ Avoid oversized portions
  - ⊕ Foods to Increase
    - ✎ Make  $\frac{1}{2}$  your plate fruits and vegetables
    - ✎ Make at least  $\frac{1}{2}$  your grains WHOLE grains
    - ✎ Switch to fat-free or low-fat (1%) milk
  - ⊕ Foods to Reduce
    - ✎ Compare sodium in foods like soup, bread, and frozen meals; and choose the foods with lower numbers
    - ✎ Drink water instead of sugary drinks