



spotlight on health

Preventing Cancer Through Diet

(NAPS)—“The same factors that tend to cause heart disease—high-fat diet, emotional stress and so on—may play a role in prostate, breast and colon cancer,” says Dr. Dean Ornish of the Preventive Medicine Research Institute in San Francisco.

In fact, researchers have been studying the connection between diet and cancer and some have found that the same type of diet that promotes healthy living may also have a positive effect in preventing and controlling cancer.

Dr. Ornish has been working with cancer patients on a program that involves key lifestyle changes, including daily exercise, eating a low-fat vegetarian diet and practicing yoga to manage stress.

What kind of diet do experts recommend? Here are some key nutritional pointers that may help prevent and control cancer, as outlined by Felicia Busch, a registered dietitian with the American Dietetic Association, in the public television series “Health Diary”:

- Brightly colored fruits and vegetables—The color is an indicator that these foods are rich in antioxidants, which may help prevent cancer. Examples: blueberries, cantaloupe, melons and carrots.

- Leafy green vegetables—Also a prime source of antioxidants. Examples: spinach and broccoli.

- Whole grains—The fiber helps move things through the system quicker, so there’s less potential for carcinogens and



Reducing stress and dietary fat are now seen as potential treatments for cancer.

other cancer-causing agents to stay in your colon. Examples: whole-grain bread, whole-grain cereals, whole oats and barley.

- Alcohol—Regular consumption of alcohol increases the risk of cancers of the mouth, esophagus, larynx, liver and breast.

- Fat—Too much fat is not good for anybody. High-fat diets tend to increase the risk of prostate, breast and ovarian cancer.

Much of the information contained in this article was provided by “Health Diary,” an award-winning, weekly public television series which helps viewers make the right choices through inspirational stories of real people facing real medical problems head on. To learn more about cancer or the television series, including local listings, visit the Web site at www.healthdiary.com.