

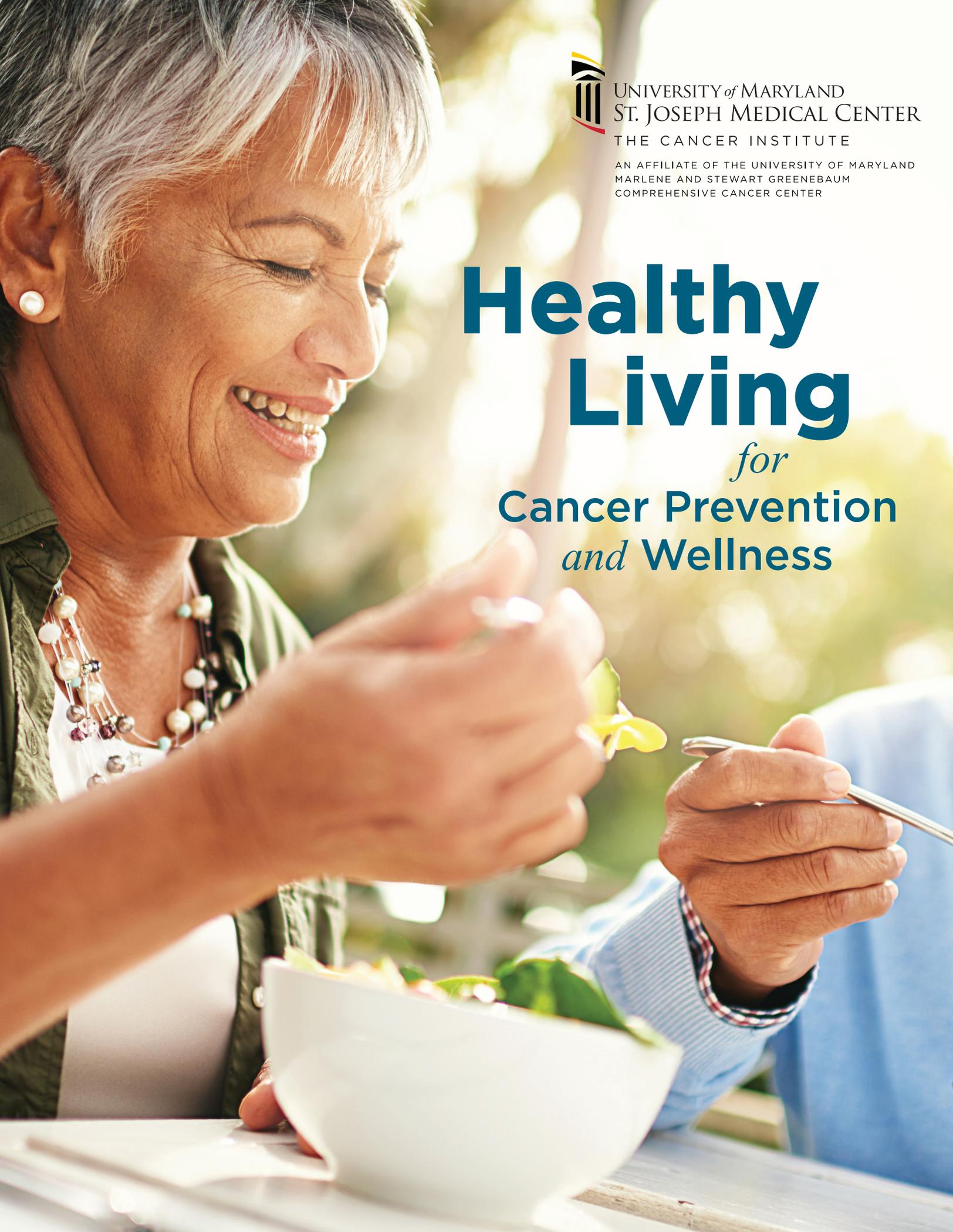


UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER
THE CANCER INSTITUTE

AN AFFILIATE OF THE UNIVERSITY OF MARYLAND
MARLENE AND STEWART GREENEBAUM
COMPREHENSIVE CANCER CENTER

Healthy Living

for
Cancer Prevention
and Wellness



*You can live healthier, to avoid or
prevent a recurrence of cancer.
We can help.*

It's a well-known fact that eating well and staying active can promote your overall health and wellness and lower your risks for cancer...but did you know these same changes might also help keep your cancer from returning?

When health experts reviewed the available science on diet and survivorship, they concluded that the following dietary guidelines help prevent cancer—and may guard against its return. This is especially important because it is known that a healthy lifestyle can:

- Prevent weight gain
- Increase your stamina
- Boost your immune system
- Help control your blood sugar

This guide offers simple tips to help you make healthy choices and set goals for making changes that can improve your health and help you live a longer life. The information included is adapted from the American Institute of Cancer Research and the American Cancer Society.

If you have any questions about the information in this guide, please feel free to contact our health and wellness experts at The Barbara L. Posner Wellness & Support Center by calling 410-427-2598. When you call, be sure to ask about the nutritional health, exercise and holistic healing programs we offer to support your ongoing and lifelong recovery. You can also learn more about the Posner Wellness Center programs and offerings by visiting us online at umstjoseph.org/cancerwellness.

Wishing You Good Health,

The Cancer Care Team at The Cancer Institute
University of Maryland St. Joseph Medical Center
7501 Osler Drive, Towson MD 21204

Weight and Cancer

Research conducted over the last few years has established the importance for cancer survivors to maintain a healthy weight. Several studies have shown a link between being overweight and the increased risk of developing many types of cancer:

- Breast
- Colon and rectum
- Esophagus
- Endometrium (lining of the uterus)
- Kidney
- Pancreas



Further, weight loss has shown to lower the risk of some cancers, including breast cancer after menopause. People who are overweight or obese are encouraged to lose weight to help discourage cancer growth.

How can I maintain a healthy weight?

You can maintain a healthy weight by balancing the amount of energy (calories) you consume from foods and drinks with the amount of energy you use for physical activity. If you consume more calories than you use in physical activity, this can lead to weight gain over time. To lose this excess weight, you should:

- Reduce the number of calories you consume daily
- Increase your physical activity

What is a healthy weight?

A healthy weight is expressed in terms of a body mass index (BMI). This is the measure of your body fat based on your weight in relation to your height. The BMI is a simple tool used to screen for weight categories such as “Underweight,” “Normal” (or healthy weight), “Overweight,” “Obese” and “Extreme Obesity.” The BMI also helps determine whether your weight is putting you at an increased risk for health problems like cancer, heart disease and diabetes.

BMI is calculated by dividing your weight in kilograms by your height in meters squared ($BMI = \text{kg}/\text{m}^2$). Based on this calculation, BMI can be classified as follows:

- Underweight - BMI range of less than 18.5
- Health weight - BMI range of 18.5 to 24.9
- Overweight - BMI range of 25 to 29.9
- Obese - BMI range of 30 and over

To determine your BMI, use the BMI chart below.

1. Use your finger to find your height on the left-hand column.
2. Once you have found your height, look for the weight closest to your current weight).

The top column above your weight is your BMI and the bottom column below your weight is your weight category.

		Normal										Overweight					Obese					Extreme Obesity															
		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
BMI	Height (Inches)	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
	58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
	59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
	60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
	61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
	62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
	63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304
	64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
	65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
	66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
	67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
	68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
	69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	222	229	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
	70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
	71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
	72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
	73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
	74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
	75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
	76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Physical Activity

Research shows that getting at least 30 minutes of moderate physical activity every day lowers cancer risk.

Physical activity helps to lower cancer risk in several ways

- Regular activity helps keep hormone levels healthy; some hormones can increase cancer risk if their levels get too high.
- Being active may strengthen the immune system.
- Our digestive system benefits from regular exercise, possibly because it helps to prevent constipation.
- Staying physically active can help you avoid weight gain. This is important because too much body fat increases the risk for many types of cancer.



Limiting how much time you sit is important for reducing cancer risk

- High amounts of time spent sitting link to being overweight or obese. Working in walking or mini stretching/exercise breaks when sitting for long periods may help with weight management.
- Some research suggests moving throughout the day, in addition to at least 30 minutes of moderate activity, may also help reduce cancer risk.
- Emerging evidence links more sitting time to larger waist size and high blood sugar, which are markers that may promote several types of cancer.

Getting started - Find an activity you enjoy

- Your activity could be as simple as a daily walk or jog, an exercise video, or a family bike ride. By choosing something you like to do, you're more likely to keep it up!
- Think about an activity you used to enjoy doing - dance, yoga, tennis or swimming.
- If you want to try something new, like martial arts or dragon boating, find a local class or organization to get started.

Start where you are

- Begin your exercise realistically. If you haven't run for years, start with a few minutes of light running and alternate with a few minutes of walking.
- Gradually add in more minutes and then make it more intense when you're ready.
- Keeping track of your progress can be fun and motivational. Try a fitness tracker and share with friends, or keep your own paper and pencil journal.

Sneak it in

- While you're waiting to meet someone, take a few minutes to walk around the block, or go up and down a few flights of stairs.
- If you ride public transportation, boost steps by getting off one stop sooner or getting on one stop later.
- At your workplace, walking time can add up. Use stairs whenever possible, and try to take the long way to the break room or to a meeting when you can.

What Should I Eat?

After cancer treatment, eating a healthy diet and adding physical activity will help you maintain a healthy weight. It may be difficult for you to decide what meal plan is best for you. Consulting with a dietitian may help you develop the best eating plan.

The general guidelines for a healthy diet for cancer survivors emphasize:

- Focusing on plant based foods
- Eating at least 2 ½ cups of vegetables and fruits each day
- Choosing whole grains instead of refined grain products
- Limiting how much processed meat and red meat you eat

Plant-based foods

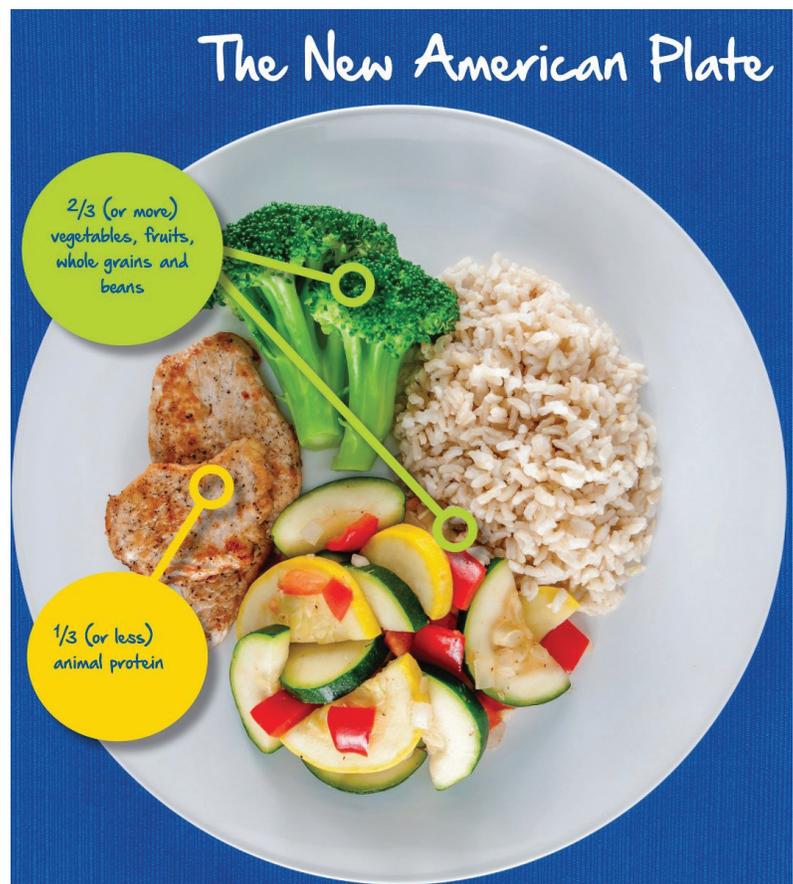
Plant-based foods are rich in nutrients such as vitamins, minerals, antioxidants, phytochemicals and fiber. These nutrients are essential to good health. Examples of plant-based foods include:

- Fruits
- Vegetables
- Beans, peas and soybeans
- Whole-grain bread, cereal, rice and pasta
- Olives, nuts and seeds
- Canola oil and olive oil

Fruits and vegetables

Fruits and vegetables are low in calorie and fat, which makes them a great addition to your healthy eating regimen. Consider making a daily goal to eat about 2 ½ cups of vegetables and fruits each day. Adding fruits and vegetables to your diet is also a great way to add color, flavor and texture.

Fruits and vegetables can be eaten raw, grilled, steamed or baked, or pureed into delicious smoothies. Try new fruits and vegetables you have never tried before! Visit your local farmers market or grocery store to choose from a variety of in-season options.



What counts as a serving of fruit or vegetable?

FRUITS

ONE MEDIUM FRUIT



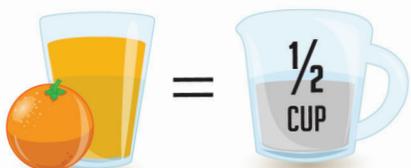
FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT

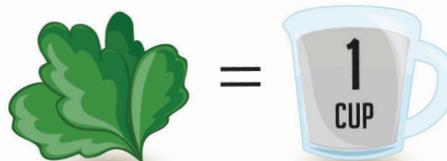


FRUIT JUICE**

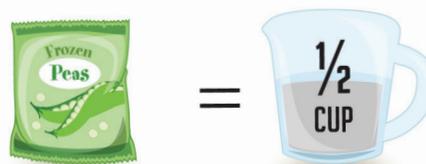


VEGETABLES

RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



Tips on how to add more fruits and vegetables to your diet

- Add vegetables to your soups and broths.
- Add your favorite vegetables to your omelet. Try adding spinach, tomatoes, broccoli, peppers or onions.
- At breakfast, add your favorite fruit to your hot or cold cereal, yogurt, pancake or waffle.
- Make half your plate veggies and fruits.
- Have frozen vegetables on hand for stir-fries and side dishes.
- Try adding a fruit to your snack, like banana or apple slices with peanut butter.

Whole grains

Whole grain products are made with the entire seed of a plant, unlike refined grain products that have been processed to remove parts of the seed (bran and germ). Whole grains are healthier because they provide more fiber and nutrients. The American Institute of Cancer Research (AICR) recommends consuming 30 grams of fiber per day.

Consuming whole grains as part of a healthy diet may:

- Reduce the risk of heart disease and cancer
- Reduce constipation due to the high fiber content
- Help with weight management
- Help with bone- and immune system building

Examples of whole grains include:

- Whole wheat flour
- Bulgur and buckwheat
- Oatmeal, whole oats and rolled oats
- Whole cornmeal
- Brown and wild rice
- Quinoa
- Whole grain barley, corn, sorghum, rye and triticale

To maintain a healthy diet, aim to make at least half your grains whole grains. This means you should try to eat at least 3 servings of whole grains each day. What counts as a serving of whole grain?

- ½ cup cooked brown rice or other cooked grain
- ½ cup cooked 100% whole-grain pasta
- ½ cup cooked hot cereal, such as oatmeal
- 1 ounce uncooked whole grain pasta, brown rice or other grain
- 1 slice 100% whole grain bread
- 1 very small (1 oz.) 100% whole grain muffin
- 1 cup 100% whole grain ready-to-eat cereal

How to shop for whole grain products

When shopping:

- Check the ingredients list on the food label and only choose products that list whole grain products first.
- Choose wheat products that claim to be made with “100% whole wheat” or “100% whole grain.” Bread should provide a minimum of 3 grams of fiber per slice.
- Avoid products that claim to be made with “100% wheat, multi-grain, stone-ground, bran, cracked wheat or seven grain.”
- A brown color does not mean a product is whole grain. Always read the ingredients list on the food label!
- High-fiber foods contain more than 5 grams of fiber per serving.



Tips on how to substitute whole grains for refined grains

- When shopping for grains, choose whole wheat bread, pasta, macaroni, brown rice and wild rice instead of white bread, rice, pasta or macaroni.
- When making soups and stews, add whole grains like barley.
- Add rolled oats to your yogurt.
- Bake your corn bread, corn muffin, and corn cakes using whole corn meal.
- Use rolled oats or unsweetened whole grain cereal when making breading and bread stuffing.
- Substitute whole wheat or oat flour for up to half of the flour required in recipes for making pancakes, muffins, cookies and quick breads.

Avoid processed meats and limit red meats

What are processed meats?

Meat is processed to either improve taste or extend its shelf life. Research shows that any amount of processed meat eaten regularly increases the risk of stomach and colorectal cancer; AICR recommends saving these for special occasions only.

Processed meats are meats preserved by:

- Curing
- Salting
- Fermenting
- Smoking
- Drying

Examples of processed meats include:

- Hot dogs, sausages, salami
- Smoked meat
- Beef jerky
- Bacon, ham
- Salted and cured meat
- Corned beef

What are red meats?

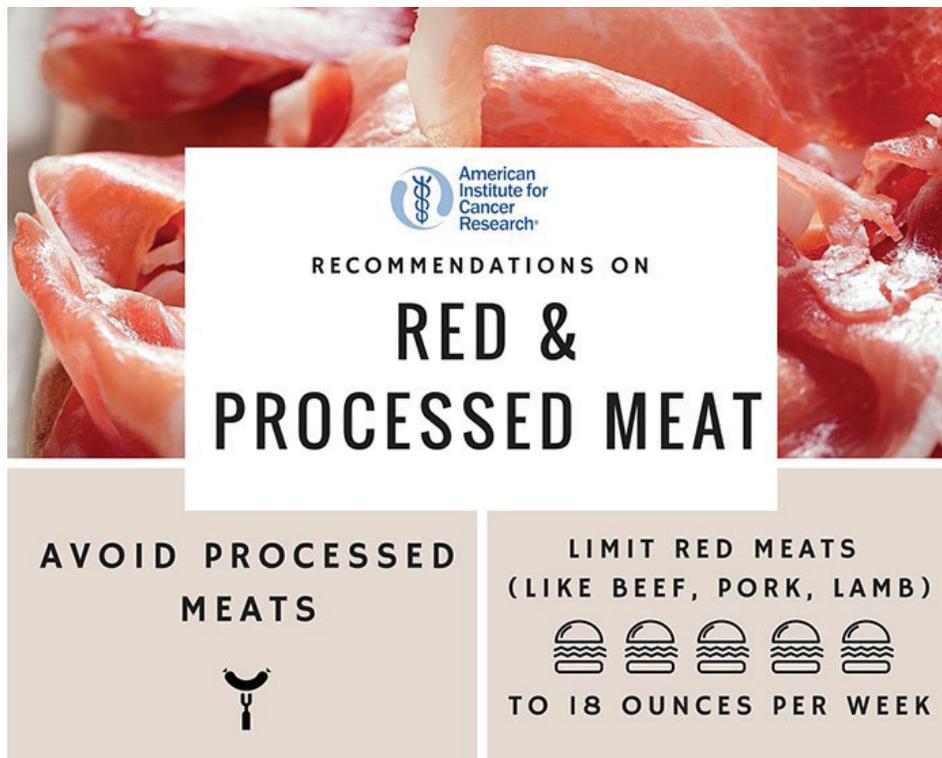
Red meats are meats that are red in color when raw. When cooked, red meats change to a dark brown color. Examples of red meats include beef, pork, lamb and goat.

Although red meats contain high levels of iron, zinc and B complex vitamins, they also have a high fat content, which can cause weight gain and heart disease.

Several studies have shown an increased risk of colorectal, pancreatic and prostate cancer. For this reason, if you do eat red meat, choose lean cuts and eat smaller portions.

Tips on how to limit your intake of processed and red meats

- Choose fish, lean poultry and beans in place of beef, pork and lamb.
- Prepare meat by baking, broiling or poaching rather than frying or charbroiling.
- Add soy, beans or peas as a main dish in place of processed or red meats.
- Try a meatless meal one or two times a week.
- When shopping for meat, choose lean cuts like:
 - Beef: Top sirloin, top loin, chuck shoulder, round steak and roasts
 - Pork: Pork loin, tenderloin, center loin, ham
 - Ground beef: lean ground beef
- Read the nutrition fact label on packaged food to choose products with less fat, trans fat and saturated fat content.



How to Read a Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Start with the serving size and servings per container

- Compare the amount you actually eat to the *serving* size listed on the label.
- If you eat more than the serving size listed, you will end up with more calories than listed on the food label.

Amount per serving calories

This tells you how many calories are in a serving. On this sample label, a serving size of 2/3 cup contains 230.

% Daily value

This tells you how much a nutrient in a serving of food contributes to a daily diet, assuming a person is consuming 2,000 calories per day.

- Choose foods with 5% or less daily values for saturated fats, trans fat, cholesterol and sodium.
- Choose whole grain products with higher daily values and less added sugar.
- Choose foods with 20% or more daily values for vitamin D, calcium, iron, and potassium.

Ingredients list

Ingredients lists are displayed in descending order by weight. Those ingredients with the largest weights are listed first. Reading the ingredients lists will help you identify food products that are high in items you want to avoid. For example, if you want to limit your sodium intake, avoid food products that list sodium first on the ingredient list.

Understanding the Terms on Packaged Food Labels

Reading packaged food labels is hard to do because the facts are not always clear. Below are examples of some commonly used terms on food labels:



Calories

- **Calorie-free:**
Less than 5 calories per serving
- **Low-calorie:**
40 calories or less per serving
- **Diet:**
At least 40 percent less calories than a similar food (20 percent less calories if it is a liquid)
- **Light or Lite:**
Food has been changed to contain $\frac{1}{3}$ fewer calories or $\frac{1}{2}$ the fat. It can also mean that the sodium content of a low-calorie, low-fat food has been cut by 50 percent.

Fat and cholesterol

- Low fat: 3 grams or less of fat per serving
- Fat free: Less than 0.5 grams of fat per serving
- Low saturated fat: 1 gram or less of saturated fat per serving
- Saturated fat free: Less than 0.5 grams of saturated fat per serving
- Trans fat free: Less than 0.5 grams of trans fat per serving
- Low cholesterol: 20 milligrams or less of cholesterol and 2 grams or less of saturated fat
- Cholesterol free: Less than 2 milligrams of cholesterol per serving and 2 grams or less of saturated fat
- Percentage (%) fat free: This food is already low fat or fat free. It shows how much fat is in 100 grams of food. For example, if 100 grams of food has 2 grams of fat, then the food is 98 percent fat free. If the food is 75 calories, then the 2 grams of fat adds 18 calories (9 calories per gram of fat) or 24 percent of calories from fat.
- Lean and extra lean: Tells about the fat content of meat, chicken, seafood and game.

Extra lean:

- Less than 5 grams of fat
- Less than 2 grams of saturated fat
- Less than 95 milligrams of cholesterol

Lean:

- Less than 10 grams of fat
- Less than 4 grams of saturated fat
- Less than 95 milligrams of cholesterol per serving

Fiber

- High fiber: 5 grams or more per serving
- Good source of fiber: 3 grams or more per serving

Organic

All organic foods meet national organic standards. The labels are:

- 100 percent organic: Only organic ingredients are used.
- Organic: At least 95 percent of the ingredients are organically grown.
- Made with organic ingredients: At least 70 percent of the ingredients used are organically grown.

Sodium

- Low sodium: 140 milligrams or less per serving
- Very low in sodium: 35 milligrams or less per serving
- Salt free: Less than 5 milligrams of sodium per serving

Sugar

- Sugar free: Less than 0.5 grams of sugar per serving
- No added sugar: No sugar has been added, but there may be natural sugar in the food.
- Zero net carbs: Sugar alcohols and fiber have been removed from the total carbohydrate amount in the food.

Other

- Enriched or fortified: Food contains at least 10 percent or more of the daily value of a nutrient than a similar food.
- More: Food has 10 percent or more of the daily value for a nutrient. This is the same for foods that are “fortified,” “enriched” and “added.”
- Good source of: Food contains 10 to 19 percent of the daily value for a single nutrient.
- High/Rich in/Excellent Source of: Food contains 20 percent or more of the daily value for a single nutrient.
- Healthy: Meets limits on fat, saturated fat and sodium. Contains 480 milligrams or less sodium per serving and has at least 10 percent daily value of one of these nutrients: vitamin A, vitamin C, calcium, iron, protein or fiber.
- Fresh: Never frozen or heated and contains no preservatives. “Fresh frozen” refers to foods that are quickly frozen while still fresh.
- Reduced: Food contains 25 percent less of a nutrient or calories than the regular food; this cannot be claimed if the regular food is already “low” in calories.

Alcohol and Tobacco

Alcohol consumption has been linked to breast cancer and colorectal cancer, but alcohol use and the link to cancer risk needs more research. We do know that drinking alcohol and smoking cigarettes adds to cancer risk and that the more alcohol you drink the greater chance you have of getting cancer and other diseases.

Other disadvantages of drinking alcohol include:

- Alcoholic drinks are high in calories with limited nutritional benefit.
- Excessive alcohol consumption is a leading cause of cirrhosis of the liver
- Obesity
- Heart disease
- Liver cancer and cancers of the gastrointestinal tract, such as cancer of the mouth and esophagus.



What is a serving of alcohol?

If you choose to drink, stick to the recommended limit. The recommended limit for those who choose to consume alcohol is:

- Men - 2 servings of alcohol a day
- Women - 1 serving of alcohol a day

A serving of alcohol is:

- 5 ounces of wine
- 12 ounces of beer
- 1 ½ ounces of liquor

Certain groups of people should not drink alcohol at all. These include children, teens, pregnant women, and women who may become pregnant.

Tobacco

If you currently smoke or use tobacco products, talk to your doctor about ways to quit.



Antioxidants

Antioxidants protect cells from damage caused by free radicals. Free radicals are unstable molecules that damage healthy cells, including DNA.

If the DNA of a healthy cell is damaged, it can develop into cancer. Free radicals come from pollution, radiation, sunlight, cigarette smoke, herbicides, alcohol, aging and injury.

Antioxidants are found naturally in foods from plant sources. Examples of antioxidants are:



Vitamin E blocks the formation of cancer and may reduce the size of some tumors.

Vitamin E is found in:

- Corn, soybean and safflower oil
- Wheat germ
- Nuts (sunflower seeds, almonds, peanut butter)

Vitamin C protects cells from damage by free radicals and works with Vitamin E. It may also have a role in immunity, bone and collagen formation and protecting the vascular system.

Vitamin C is found in:

- Kiwi
- Citrus fruits (oranges, grapefruit, lemons, limes)
- Strawberries
- Cantaloupe
- Broccoli

Selenium is a mineral that helps protect cells from radicals, regulates thyroid function and plays a role in the immune system. Selenium is found in:

- Brazil nuts
- Beef
- Seafood
- Turkey
- Chicken breast

Zinc helps in wound healing and improves the sense of taste and smell. Zinc is found in:

- Oysters
- Red meat
- Chicken
- Beans
- Nuts
- Whole grains
- Fortified foods (like breakfast cereal)

Phytochemicals

Phytochemicals play a vital role in a healthy diet and play a major role in preventing and fighting disease in our bodies. Early research hints that they may offer a frontline defense against cancer.

The best way to include phytochemicals in your diet is to eat plant-based foods. The key is to eat a mix—or “rainbow”—of colored fruits and vegetables. Choose whole grains, and eat 5-9 servings of fruits and vegetables every day.

Supplements: Vitamins, Minerals and Herbs

In most cases, the body is better able to use nutrients from food than from dietary supplements. If you wish to take a supplement, a daily multivitamin is a good choice.

How do I choose a multivitamin?

Choose a multivitamin with 100 percent daily value of the nutrients that are listed on the label. Herbal ingredients may interact with other prescription or over-the-counter medicine. Take multivitamins once a day with food. A multivitamin should not take the place of nutrients found in a healthy, well-balanced diet.

Unlike food, the US government does not review the safety of dietary supplements. This includes vitamins, minerals and herbal products. Look for the United States Pharmacopeia (USP) and ConsumerLab (CL) seal to indicate approval by an independent third party organization.

Should I take additional vitamins, minerals, antioxidants or herbal products?

In some cases, excess or high doses of some supplements can be harmful. Some supplements may also interfere with prescriptions or over-the-counter medicine.

Talk to your health care team about any dietary supplements you are taking or to discuss any questions you have, especially those related to possible interactions with current medications. If you are taking blood-thinning medicine, oral chemotherapy or immunotherapy, this is especially important.

There is not enough research data to say if herbal supplements are safe or useful; be sure to talk to your health care team before taking these types of supplements.



What About Soy?

Soy is a plant that is common in the Asian diet. Soy-derived foods include tofu, soy milk, and soy powder, to name a few. The controversy surrounding soy is due to one of its phytochemicals, isoflavone, and the concern related to possible estrogenic effects.

It is not necessary, though, for breast cancer survivors to avoid all types of soy foods. Current research indicates that survivors with an estrogen receptor-positive breast cancer can enjoy whole soy foods like soy milk, tofu, edamame, tempeh and soy nuts.

According to the American Institute for Cancer Research, moderate consumption of whole soy foods, or 1-2 servings per day, does not increase cancer risk, and may actually lower the risk of cancers of the breast and prostate, as well as other cancers.



One serving is:

- 1 cup of soy milk
- ½ cup of cooked edamame
- ½ cup of cooked soy beans
- 1 ounce of soy nuts

Avoid foods made from soy protein powder, soy protein isolate or isolated soy protein, as less is known about these products. These forms of soy are often found in nutrition bars, soy protein powder, many high-protein breads and cereals and vegetarian “meat-less” options, such as certain brands of veggie burgers or soy hot dogs. Be sure to read the ingredient list.

Foods with soy in the name that do not have any phytoestrogen activity and are safe to eat include soybean oil, soy sauce and foods made with soy lecithin.

Nutrition and Activity Quiz

Are you living smart? Take this American Cancer Society (ACS) Nutrition and Activity quiz to assess how you are currently doing. Then use the information provided in this booklet and by the ACS to incorporate nutrition and physical activity into your daily life.

To use this quiz,

1. Check “Yes” or “No” next to each question.
2. Add up your “Yes” responses.
3. Look up your score in the “Scoring” section.

Yes	No	Questions
<input type="checkbox"/>	<input type="checkbox"/>	I eat at least 2½ servings of fruit and vegetables every day.
<input type="checkbox"/>	<input type="checkbox"/>	I eat whole-grain bread, pasta and cereal instead of refined grain products.
<input type="checkbox"/>	<input type="checkbox"/>	I try to choose foods low in calories and fat.
<input type="checkbox"/>	<input type="checkbox"/>	I rarely eat processed or red meat like bacon, hot dogs and sausage.
<input type="checkbox"/>	<input type="checkbox"/>	I take it easy on pies, cakes, cookies, sweet rolls and doughnuts.
<input type="checkbox"/>	<input type="checkbox"/>	I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I’m cooking or at the table.
<input type="checkbox"/>	<input type="checkbox"/>	I rarely (less than twice a week) eat fried foods.
<input type="checkbox"/>	<input type="checkbox"/>	I try to maintain a healthy weight.
<input type="checkbox"/>	<input type="checkbox"/>	I get at least 150 minutes of moderate activity, or 75 minutes of vigorous physical activity weekly.
<input type="checkbox"/>	<input type="checkbox"/>	I usually take the stairs instead of waiting for an elevator.
<input type="checkbox"/>	<input type="checkbox"/>	I try to spend most of my free time being active, instead of watching television or sitting at the computer.
<input type="checkbox"/>	<input type="checkbox"/>	I never, or only occasionally, drink alcohol.

American Cancer Society (www.cancer.org)

Scoring Scale

0-4 “Yes” answers

It’s time to make some changes. Your diet is probably too high in calories and fat and too low in plant-based foods such as vegetables, fruits and grains. Talk to your health care provider to review your eating habits and find ways to improve. Set SMART goals for better health.

5-8 “Yes” answers

Not bad! You still have a ways to go, but you’re halfway there...Look at your “No” answers to help you decide which areas of your diet need to be improved, or whether your physical activity level should be increased.

9-12 “Yes” answers

Good for you; you’re living smart! Keep up the good habits, and keep looking for ways to improve, to help reduce your cancer risk or the risk of recurrence.

Setting goals

If your score indicated the need for diet and lifestyle improvements, the next step is goal setting for better health. Setting goals will help you stay focused. When developing your goals, consider setting “SMART goals.”

SMART goals are:

- **Specific**—Simple, sensible and significant. Make your goals clear. Avoid vague goals.
- **Measurable**—Attach amounts, dates or times to your goals so you can measure or track your success. Measuring and tracking your success is also a great motivator.
- **Attainable**—Do not set goals that are impossible for you to achieve. Doing this may demoralize you. Instead, start small and work your way up.
- **Relevant**—Only set goals that are reasonable and realistic.
- **Time-Bound**—Set deadlines for each goal.

Now that you know what type of goals to set, it’s a good idea to write down your goals. When writing your goals;

- Use positive statements.
- Write why each goal is valuable and important.
- Develop an action plan to help you achieve your goals.
- Start with no more than three goals.

Once you’ve written down your goals, post them in a visible place. This will help remind you of what you intend to do. Suggested posing spots include:

- Refrigerator
- Computer screen
- Poster board
- Desk
- Bathroom mirror

Examples of goals

1. “I will add $\frac{1}{4}$ cup of dried fruit to my cereal every morning, to eat more fruit every day”.
2. “After breakfast, I will walk for 30 minutes three times a week, to increase my physical activity.”

Use the goal-setting worksheet on the next pages to develop your goals. Remember to talk to your doctor before you begin any exercise regimen.

I can do this!

MY GOAL-SETTING WORKSHEET

The health concerns I want to focus on are:

Goal 1

Action steps:

1. _____
2. _____
3. _____

Deadline: _____

Goal 2

Action steps:

1. _____
2. _____
3. _____

Deadline: _____

Goal 3

Action steps:

- 1. _____
- 2. _____
- 3. _____

Deadline: _____



UNIVERSITY *of* MARYLAND
ST. JOSEPH MEDICAL CENTER
THE CANCER INSTITUTE

AN AFFILIATE OF THE UNIVERSITY OF MARYLAND
MARLENE AND STEWART GREENEBAUM
COMPREHENSIVE CANCER CENTER

umstjoseph.org/cancerwellness