

NUTRITION NEWS

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Happy Spring!

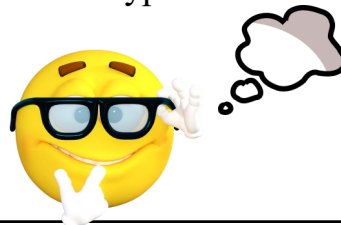


By now, we know that nutrition plays a vital role in the development of cancer., especially certain types of cancers. This is an area of study that is evolving constantly. It is not easy to pinpoint, however, which exact macronutrient may play a role in developing which cancers. Here are some of the connections that are largely proven:

- ◆ Fruits and vegetables probably protect against many different cancers, including mouth cancer, pharynx, larynx, and esophageal cancers, stomach cancer, lung cancer, pancreatic cancer, and prostate cancer. How much protection fruits and vegetables offer and the mechanism by which they offer protective benefits is still being determined.
- ◆ Fiber offers a protective benefit against colorectal cancer. Fiber adds bulk to the stool and helps food move more quickly through the digestive tract. Because of this, foods containing fiber, such as whole-grain breads and pastas,

oats, legumes, vegetables, and fruits, are linked to a reduced risk of cancer.

- ◆ Other groups of foods, including protein sources such as meats and dairy products, are less definite. Consuming excess amounts of processed foods (such as bacon and hot dogs) may increase your risk of developing cancer. Consuming excessive amounts of red meat (especially red meat that is higher in fat) may also be linked to an increased risk of cancer. Dairy products, on the other hand, may protect against bladder cancer and prostate cancer. As always, moderation remain key.
- ◆ Lastly, alcohol (especially excessive alcohol intake) is clearly linked to the development of many different types of cancer.



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Ankle Rotations

Sit in a chair.

Lift the right foot above the ground and rotate it gently five times to the right and then to the left.

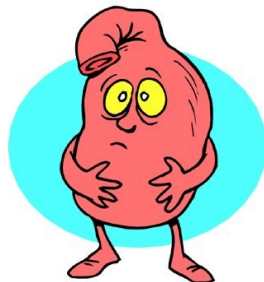
Repeat with the left foot.

One of the most common cancers in our society is colon or colorectal cancer. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in the US in both women and men. The death rate for this cancer has been declining, thanks in part to better screenings, diagnosis, and treatment.

Colon cancer is cancer of the large intestine (also known as the colon), which is part of the lower digestive tract. Rectal cancer is a cancer of the last several inches of the colon. Most colorectal cancers begin as polyps. Polyps are small, noncancerous clumps of cells. Over time, however, some of these polyps can develop into colon cancer.

Polyps are generally small and produce few, if any, symptoms. That is why doctors recommend screenings early. Some general symptoms to look for, however, include the following:

- * A change in bowel habits such as diarrhea, constipation, a narrowing of the stool, that lasts for more than a few days.
- * A feeling that you need to have a bowel movement that is not relieved by doing so.
- * Rectal bleeding, dark stools, or blood in the stool (often, though, the stool will look normal.)
- * Cramping or abdominal pain
- * Weakness and fatigue
- * Unintended weight loss



So how can nutrition play a role in the prevention of colon cancer? One word comes to mind— antioxidants.

Antioxidants are generally found in fruits and vegetables. Their role is to prevent oxidation in the body, which is a chemical reaction that damages cell membranes, cellular protein, lipids, and DNA. It also creates “free radicals”, which can cause further damage. This oxidation process is thought to contribute to the development of cancer.

As a rule, the darker and richer the color of the food, the higher it is in antioxidants. The following list is a list of antioxidant rich foods. The ones near the top are so loaded with antioxidants that they are considered “superfoods.”

- Blueberries
- Pomegranates
- Goji berries
- Acai berries
- Strawberries
- Cranberries
- Broccoli
- Beans
- Oats
- Oranges
- Pumpkins
- Salmon
- Soy
- Spinach
- Tea (green or black)
- Tomatoes
- Walnuts
- Yogurt



Another cancer that has been largely affected by early screening and therefore earlier detection is prostate cancer. According to the American Cancer Society, 1 in 7 men will be diagnosed with prostate cancer in their lifetime. Other than skin cancer, prostate cancer is the most common cancer in American men.

Prostate cancer occurs mainly in older men. The average age at the time of diagnosis is about 66. About 60% of cases are diagnosed in men over the age of 65 and it is rare to find prostate cancer in men under the age of 40.

Nutrition is believed to be linked to prostate cancer, although a definitive link to certain foods is less clear. It is clear, however, that a diet rich in antioxidants and moderate in fat and calories can reduce your risk of developing cancer. The following column contains a list of nutrients and the foods that supply these nutrients. Keep in mind that adding fruits and vegetables is an easy way to increase your intake of antioxidants, fiber, vitamins, and minerals. Adding whole grains, beans, and some fish may also be beneficial.

As always, eating a varied diet rich in different nutrients is a good way to optimize your nutrition. Remember that certain groups of foods need to be eliminated; consuming moderate amounts of almost any food or food group is acceptable and can be incorporated into a health diet!



Vitamin A: Vitamin A is found in liver, fortified milk, fruits, and vegetables

Vitamin D: Vitamin D is found in fortified milk

Vitamin E: Vitamin E is found in whole grains, vegetable oil, and green leafy vegetables

Vitamin C: vitamin C is found mainly in fruits and vegetables

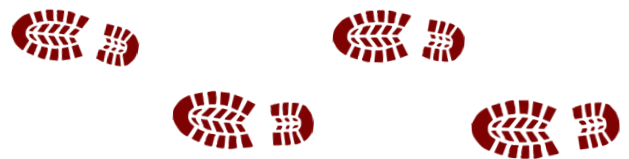
Folate: Folate is found in fruits, vegetables, and whole grains.

Selenium: Selenium is found in certain meats and whole grains.

Carotenoids: Carotenoids are found in fruits and vegetables.

Many of these nutrients can be found in supplements, but it is always more beneficial to get them through whole foods.

Remember also that the single most effective lifestyle change you can make to reduce your risk of developing cancer is to stop smoking. Remaining physically active, avoiding obesity, and moderating your use of alcohol are also lifestyle choices that largely impact your risk of developing cancer at some point during your lifetime.



Berries of all sorts are loaded with antioxidants. Here is a recipe to try!

Berry Oatmeal Muffins

3/4 cup quick cooking oats

1/4 cup wheat germ

1 1/2 cups all purpose flour

1/2 cup sugar

1/2 cup chopped walnuts

1/2 tsp salt

1 tbs baking powder

3/4 cup milk

1/2 cup vegetable oil

1 egg

1 cup blueberries (or any berry)

1/3 cup quick cooking oats

1/4 cup brown sugar

1 tsp ground cinnamon

Preheat oven to 400 degrees. Lightly grease 12 muffin cups.

In a large bowl, mix the 3/4 cup oats, wheat germ, flour, sugar, walnuts, salt, and baking powder. Stir in the milk, oil, and egg just until dry ingredients are evenly moist. Fold in the blueberries. Scoop batter into the prepared muffin cups.

Mix 1/3 cup oats, brown sugar, and cinnamon in a small bowl, and sprinkle over the batter.

Bake 20 minutes in the preheated oven, or until a knife inserted in the center of a muffin comes out clean.

HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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