

April Monthly Newsletter!!



April is Daffodil Month!

The Canadian Cancer Society invites Canadians to join its team to help make cancer history. During April – the Society’s *Daffodil Month* – thousands of volunteers from coast to coast will be selling daffodils, knocking on doors and organizing special events.

www.cancer.ca – The Canadian Cancer Society is a great site to find additional information on cancer.

Many people are affected by this disease, I know this is a disease that is close to my heart and I therefore feel that any information I can give is my way of helping to fight this disease. This newsletter provides some facts about cancer as well as using nutrition to prevent cancer on the following page and of course I have included recipes!

Some Facts About Cancer...

An estimated 159,900 Canadians were diagnosed with cancer in 2007 and about 72,700 died from the disease.

Progress

Death rates have declined for all cancers combined and for most types of cancer in both sexes since 1994.

Excluding lung cancer, mortality rates have dropped 20% in women since 1978.

Between 1994 and 2003, incidence rates declined by 2% or more for lung cancer in males, stomach and larynx cancers in both sexes and cervical cancer in females.

Death rates are declining for males at all ages and for females under 70. Declines are most rapid in children and adolescents (ages 0 -19).

Challenges

Lung cancer remains the leading cause of cancer death for both men and women.

Between 1994 and 2003, incidence rates rose by more than 2% per year only for melanoma and liver cancer in males, and thyroid cancer in both sexes.

30% of new cancer cases and 18% of cancer deaths will occur in young and middle-aged adults.

Lung cancer remains the leading cause of cancer death in Canada.

Overall, colorectal cancer is the second leading cause of cancer death

Together, we can make cancer history!!

During April – please welcome a volunteer from the Canadian Cancer Society and purchase a Daffodil this month!!

Preventing Cancer Through Nutrition

Research has shown that many cancers can be prevented or altered by lifestyle factors such as smoking and diet. It is currently estimated that diet could account for approximately 30% of cancer deaths.

There are different recommendations based on the type of cancer, but there are also general guidelines that can be followed these include:

- 5-10 servings daily of plant based food (see table below)
- Reduction in consumption of red meat
- Reduction of processed foods
- Maintenance of physical activity and appropriate body mass

Foods that fight cancer:

Food	Recommended Amount per day
Brussel sprouts	½ cup
Brocoli, cauliflower, cabbage	½ cup
Garlic	2 cloves
Onions, shallots	½ cup
Spinach, watercress	½ cup
Soy (edamame, dry roasted soybeans)	½ cup
Freshly ground flaxseeds	1 Tablespoon
Tomato paste or tomatoes	1 Tablespoon or ½ cup
Tumeric	1 teaspoon
Black Pepper	½ teaspoon
Blueberries, raspberries, blackberries	½ cup
Dried cranberries	½ cup
Grapes	½ cup
Dark chocolate (70% cacao)	40 grams
Citrus fruit Juice	½ cup
Green Tea	3 cups

- adapted from Beliveau and Gringras

This list is not exhaustive and may include foods that you are allergic to or have aversions to. It is just meant to be a starting point and one should try to include some foods from this list whenever possible due to their cancer fighting potential.

Recipes:

1. Zesty Tomato Relish

Ingredients:

4 large tomatoes, chopped

2 T fresh lemon juice

1 t sweet basil

2 small onions, minced

1 t celery seed

dash of salt

8 - 10 pitted dates, chopped (or 1 - 2 T other sweetener)(op)

Procedure:

Combine all ingredients and simmer about 15 min, stirring frequently.

Variation: add mung bean sprouts, and serve over cooked brown rice, then top with slivered almonds.

2. Pineapple Berry Topping

Ingredients:

20-oz can unsweetened crushed pineapple

1 cup chopped dates

1 cup blueberries

1 cup raspberries

Procedure:

Simmer pineapple and dates, stirring frequently, until dates are soft and mixture begins to thicken. Add berries and serve.