

# **Total** Nutrition

## Protect Yourself Against Colon Cancer What You Eat Matters

(NAPSA)—The principal causes of colon cancer are diet-related—so says an international panel of cancer researchers who reviewed thousands of studies that looked at the relationship between diet and various cancers. The American Institute for Cancer Research puts an actual number to how much of an influence diet has on colon cancer. They estimate that up to half of all cases could be prevented by eating healthfully.

For years, the relationship between colon cancer prevention and food focused on fiber. Fiber is still important, but there are also several other substances that may help reduce colon cancer risk. Take a look.

**Fiber**—Fiber is known for its ability to move matter through the intestinal tract. This “cleaning” action may help limit the time potentially harmful substances are exposed to the colon. Animal studies have also suggested that certain components within fiber may decrease the formation of cancer-promoting materials and slow the growth of abnormal cells.

Nutritionists continue to recommend a diet rich in fiber. Such eating plans are associated with a lower risk of colon cancer. Aim for 25 to 35 grams a day. Eating plenty of fruits, vegetables, beans and whole grains will help you meet the goal.

**Folate**—Emerging research indicates this vitamin may protect cells from being damaged by cancer-causing substances. The recommended daily amount: 400 micrograms. (See table)

**Low-Fat Dairy Foods**—Researchers believe calcium, vitamin D and perhaps other substances in dairy foods may bind to cancer-causing substances thereby making them less able to do damage to the colon. They may also help reduce the recurrence of polyps which could otherwise turn cancerous or slow the growth of certain cells that can lead to cancer. A recent study found that people who consumed 700 to 800 mil-

ligrams of calcium a day, the equivalent of two to three servings of dairy foods, had a lower incidence of colon cancer than people who had less calcium in their diet. Goal: two to three servings of low-fat dairy foods each day.

**Antioxidants**—There is an entire arsenal of antioxidants that may affect cancer risk. Lutein, found in spinach, Romaine lettuce and other greens, and sulforaphane, found in broccoli, are just two of the many that may help protect healthy cells and reduce the risk for cancer.

### **A New Diet Connection?**

Scientists believe people who are insulin resistant may be more likely to develop colon cancer. Insulin resistance occurs when cells in the body do not respond to insulin the way they should. Maintaining a healthy weight, eating a fiber-rich diet, plus staying physically active can help improve insulin sensitivity.

**A Great Start Toward Total Nutrition**—Give the spotlight to plant foods—fruits, vegetables, beans and whole grains. Plan meals using these foods first.

Brought to you by Total cereals, whole grain breakfast cereals with 100 percent of the daily value of at least 11 vitamins and minerals, including calcium.

### **Cancer-fighting substances**

#### **Foods to choose:**

##### *Fiber*

*Fruits, vegetables, brown rice, whole-grain breads, cereals and pasta baked beans, black beans and other legumes*

##### *Folate*

*Orange juice, dark green lettuces, spinach fortified breads and cereals*

*Calcium, vitamin D, and other components in dairy products*

*Low-fat dairy products—milk, cheese, yogurt, cottage cheese*

##### *Antioxidants*

*Any fruit or vegetable, all whole grains, legumes*

