

Cancer Prevention

Monthly Newsletter

September, 2013

Reduce Your Risk

As a nation, more than 75% of our health care dollars are spent on chronic conditions. Cancer continues to claim more than half a million lives each year and remains the nation's second leading cause of death. Experts believe that between one-third and one-half of all cancers can be prevented and the number of new cancer cases can be reduced. Research shows that screening for cancers as recommended, helps prevent these diseases by finding warning signs and the opportunity to begin treatment before they become cancerous.

A person's cancer risk can be reduced in ways other than receiving regular medical care, such as lifestyle choices and changing daily habits. Here are the top four things you can do today to help reduce your risk:

1. **Get Active**
2. **Eat Well**
3. **Stop Smoking**
4. **Avoid Alcohol**

Although chronic diseases are among the most common and costly of all health issues, they are also among the most preventable. Prevention encompasses health promotion activities that encourage healthy living and limit the initial onset of chronic diseases. Prevention also embraces early detection efforts, such as preventive screenings, as well as strategies for management of existing diseases. Take action now to reduce your risk!

Some other things you can do to reduce your risk include:

- **Scheduling regular check-ups and screenings**
- **Staying at a healthy weight**
- **Protecting your skin**
- **Practicing safe sex**
- **Considering the HPV vaccine if you're 26 or younger**
- **Avoiding toxins and other poisons at work and home**



Source: Center for Disease Control and Prevention, Healthwise Knowledgebase, American Institute for Cancer Research

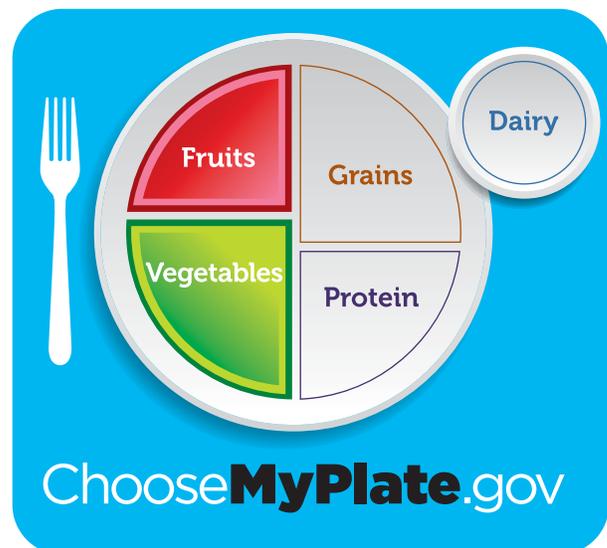
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Foods That Fight Cancer

No single food or food component can protect you against cancer by itself. Strong evidence does; however, show that a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans helps lower risk for many cancers. The Center for Disease Control and Prevention (CDC) recommends filling about half your plate with fruits and vegetables, depending on your age, gender and physical activity levels.



Here are some healthy snack ideas:

- **Combine honey and peanut butter** or almond butter for a protein-rich dip for raw apples, carrots, celery and pretzel sticks. This spread also tastes great on bagels, rice cakes and whole-grain crackers.
- **Mix fresh or frozen berries with low-fat yogurt.** Top with sliced almonds or granola to make a fruit parfait.
- **Top whole-grain crackers** with low-fat cottage cheese or ricotta cheese and sliced tomatoes or red pepper strips.
- **Make your own healthy trail mix** with high fiber cereal, dried fruit (such as cranberries, blueberries and dates), and nuts such as almonds. This mix also makes a great topping for yogurt.
- **Dip colorful sliced vegetables in low-fat salad dressing or hummus.** Try red, yellow, and orange bell peppers; broccoli; cauliflower or cherry tomatoes.

Source: Health Finder and ChooseMyPlate

Meal Time

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Lemon Chicken Stir-Fry

Spiked with lots of zesty lemon, this delectable chicken stir-fry has a colorful mix of snow peas, carrots and scallions. But feel free to substitute other thinly sliced vegetables, such as bell peppers or zucchini. Serve with: Rice noodles or brown rice.

Makes: 4 servings, about 1 ½ cups each
Active Time: 40 minutes
Total Time: 40 minutes

Preparation

1. Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.
2. Heat canola oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Ingredients

- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed, cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots, (¼ inch thick)
- 2 cups snow peas, (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic



Nutritional Information

Calories:	225
Fat:	6 g
Saturated Fat:	1 g
Monounsaturated Fat:	3 g
Protein:	27 g
Carbohydrate:	14 g
Fiber:	3 g
Cholesterol:	63 mg
Sodium:	448 mg
Potassium:	796 mg
Carbohydrate Servings:	1

Nutrition Bonus

Vitamin A:	110% daily value
Vitamin C:	60% daily value
Potassium:	23% daily value
Iron:	15% daily value

Source: *Eating Well*