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#### "Your body runs on food. Foods affect how you feel, how your body operates and your risk for diseases like cancer."

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# OBJECTIVES

IDENTIFY THE RELATIONSHIP WITH CANCER, OBESITY AND NUTRITION

LEARN APPLICABLE WAYS TO IMPLEMENT CHANGES IN THE KITCHEN

LEARN NEW CULINARY PRACTICES

#### **ON THE FOOD MENU**

Plant Forward Weeknight Tacos Simple Hummus Tart Cherry Mocktail

#### NEBRASKA HAS SIGNIFICANTLY HIGHER RATES THAN THE US FOR 11 CANCERS

breast, prostate, colorectal, melanoma, thyroid, oral, and brain

# CANCER IN NEBRASKA

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# **CANCER RISK FACTORS**

- HEREDITY
- OCCUPATIONAL EXPOSURE
- SUN EXPOSURE
- SMOKING/SECOND HAND SMOKE EXPOSURE
- ALCOHOL CONSUMPTION
- DIET
- PHYSICAL ACTIVITY
- OVERWEIGHT/OBESITY

### THE TRANSITION OF THE AMERICAN PLATE



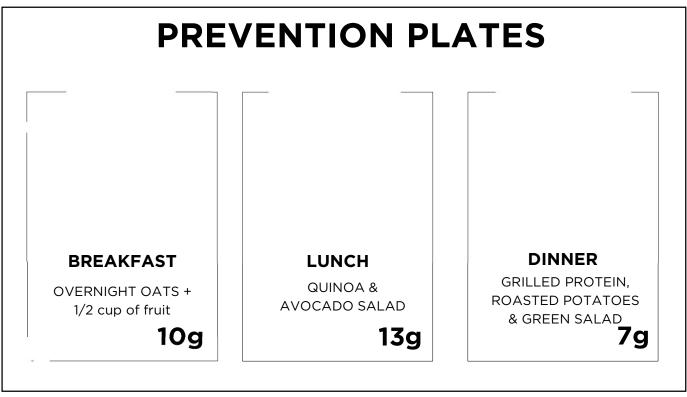
# **DIET RECOMMENDATIONS**

# **WHOLE GRAINS & FIBER**

EAT A DIET RICH IN WHOLE GRAINS AND FIBER. WHOLE GRAINS, VEGETABLES, FRUIT, & PULSES

- TRY TO GET 30G OF FIBER IN THE DIET EACH DAY
- try to include a whole grain, nonstarchy vegetable, fruit, or pulse with every meal
- try to eat a diet in all plant foods

### **WHOLE GRAINS & FIBER**





# HOMEMADE HUMMUS

# FAST FOOD

LIMIT THE CONSUMPTION OF 'FAST FOODS' AND OTHER PROCESSED FOODS HIGH IN FAT, STARCH, SUGAR.

- LIMITING THESE FOODS CAN HELP CONTROL CALORIES INTAKE AND HELP MAINTAIN A HEALTHY WEIGHT
- 'fast foods' include pre-prepared dishes, snacks, bakery foods, desserts, and candy

# RED & PROCESSED MEATS

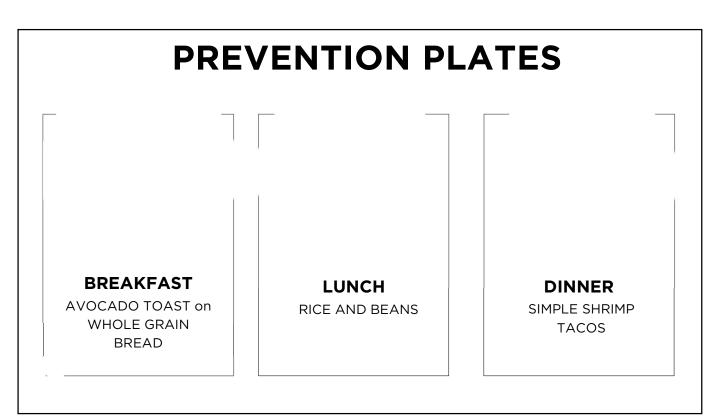
LIMIT CONSUMPTION OF RED AND PROCESSED MEAT SUCH AS BEEF, PORK, and LAMB. EAT LITTLE, IF ANY, PROCESSED MEATS.

- processed meats are high in salt and cooking methods generate carcinogens
- try to eat a variety of protein sources throughout the day/week
- try to stick to the recommended portion size.

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### LIMITING FAST & PROCESSED FOODS

### EATING A VARIETY OF PROTEIN



# SUGAR SWEETENED BEVERAGES

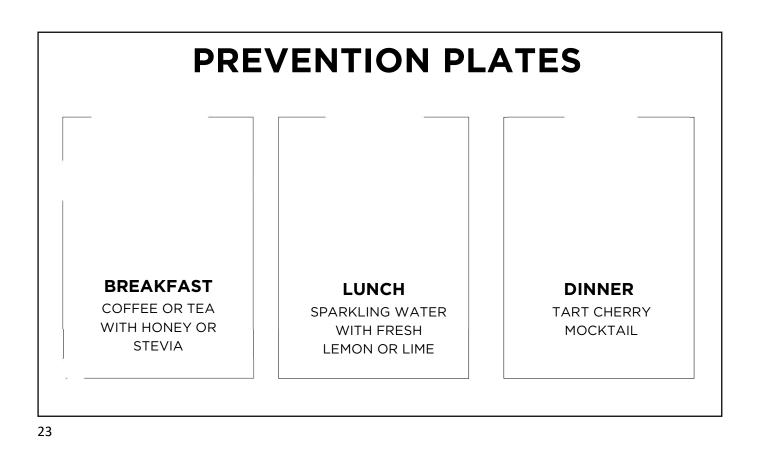
LIMIT CONSUMPTION OF SUGAR SWEETENED BEVERAGES. DRINK MOSTLY WATER.

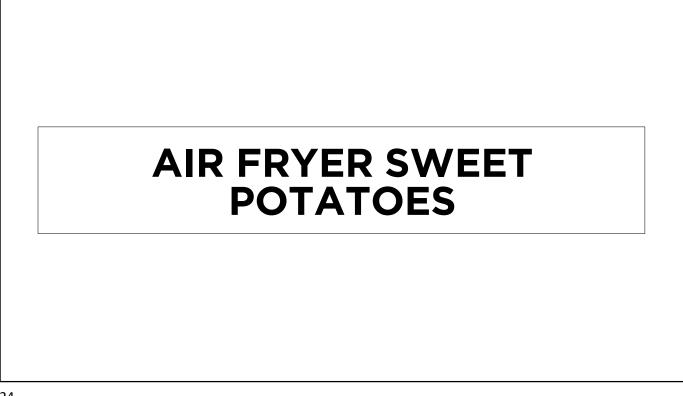
- Liquids with added sugars
  - Sucrose, corn syrup, honey, fruit juices/concentrate
  - Soda, sports drinks, energy drinks, sweetened coffee/tea drinks
- Does not include artificial sweeteners

# ALCOHOL CONSUMPTION

THERE IS STRONG EVIDENCE THAT DRINKING ALCOHOL HAS BEEN LINKED TO MANY CANCERS.

- Drinking alcohol is not recommended for health benefit.
- If you choose to partake, stick to the national guidelines
  - 2 drinks per day for men
  - 1 drink per day for women



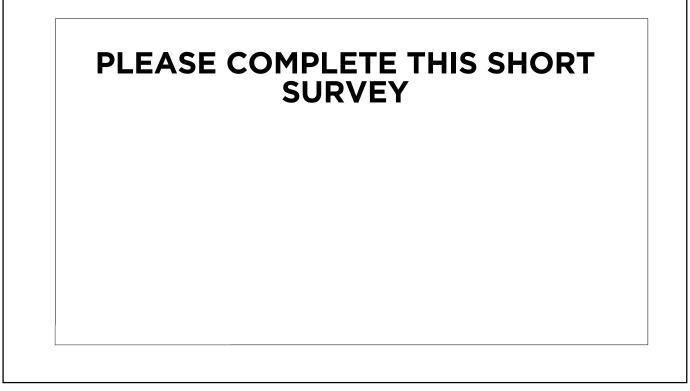


# TART CHERRY MOCKTAIL



#### FOLLOW ALONG AND STAY IN TOUCH!

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