

SPICE OF LIFE

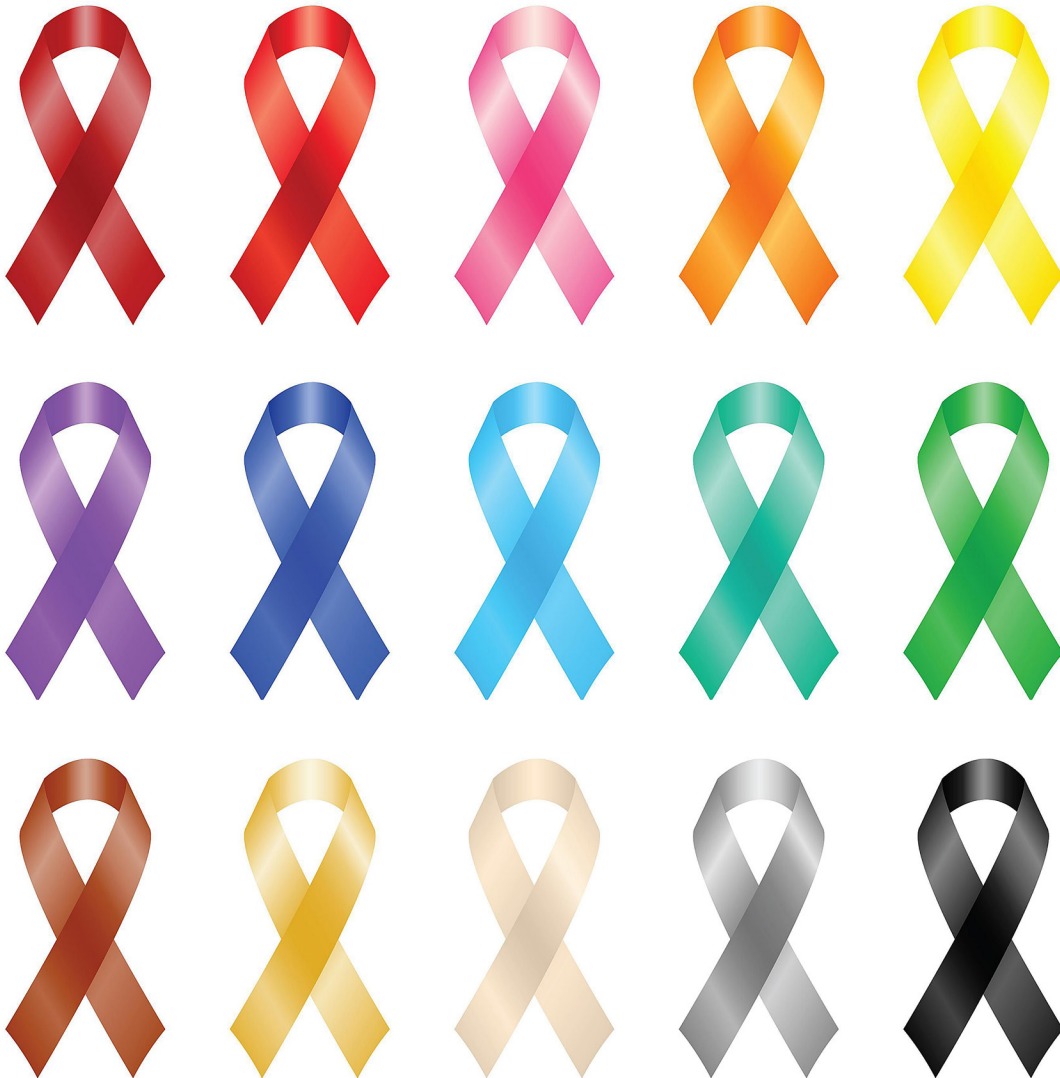


NEIGHBORLY NUTRITION MINUTE

OCTOBER 2019

CANCER PREVENTION

Cancer is a disease where abnormal cells outgrow normal cells in your body. **There are more than 1000 types of cancer.** Take a look at our 4 tips on how you can prevent cancer with early screening, diet and lifestyle changes.



1 Get tested regularly for breast, colon, cervical or skin cancer.

2 Hepatitis B vaccine may lower your risk for liver cancer.

3 Get tested for Hepatitis C if you were born between 1945-1965.

4 Make healthy lifestyle choices

- Wear sunscreen
- Stop smoking
- Limit alcohol use
- Choose foods low in added sugar and saturated fat
- Fill half your plate with fruits and vegetables

Sources: <https://www.cdc.gov/cancer/dcpc/prevention/other.htm>; <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/help-prevent-cancer-by-taking-control-of-your-diet>

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