



HEALTHY EATING TO THE RESCUE: LOWERING CANCER RISK

CANCER FAST FACTS



Approximately **4 out of 10** individuals will be diagnosed with cancer at some point in their lifetime.



CANCER

By 2040, new cancer cases are projected to **increase to 29.5 million globally**, per year, with **16.4 annual cancer-related deaths**.

REDUCING THE RISK OF DEVELOPING CANCER

Cancer is not a single disease but a group of related diseases. Genetics, lifestyle, and surrounding environment may increase or decrease your cancer risk. While we can't change some of these, you can make small changes to your lifestyle that add up!

THESE HEALTHY BEHAVIORS CAN HELP



Eat nutritious foods



Stay physically active



Maintain a healthy weight



Screen for cancer



Avoid habits that cause cancer, like tobacco and alcoholic beverages

EXPERTS SAY...

Eating a diet rich in some vegetables and fruits, as part of an overall healthy diet, may protect against certain types of cancers.

- The *Dietary Guidelines for Americans* say healthy eating patterns include higher intakes of fruits, vegetables, and unsaturated oils.
- According to the American Institute for Cancer Research (AICR) and American Cancer Society (ACS), non-starchy vegetables and fruits, like avocado, may protect against cancers of the mouth, pharynx, larynx, esophagus, colon, rectum, and stomach.
- Authoritative bodies, such as AICR and ACS, also stress weight management as a significant factor in minimizing an individual's risk of developing cancer.

Although no specific fruit or vegetable is responsible for reducing cancer risk, in one large and long-term study, people who regularly consume five servings of fruits and vegetables have one-third of the risk of developing cancer as those who eat only one or two servings of fruits and vegetables per day. Avocados are a healthy, nutrient-dense fruit.



HEALTHY EATING AND CANCER – HOW IT WORKS

Core tenets in healthy eating patterns for cancer prevention include meeting recommendations for key food groups and nutrients, as well as managing weight.

HEALTHY EATING PATTERNS

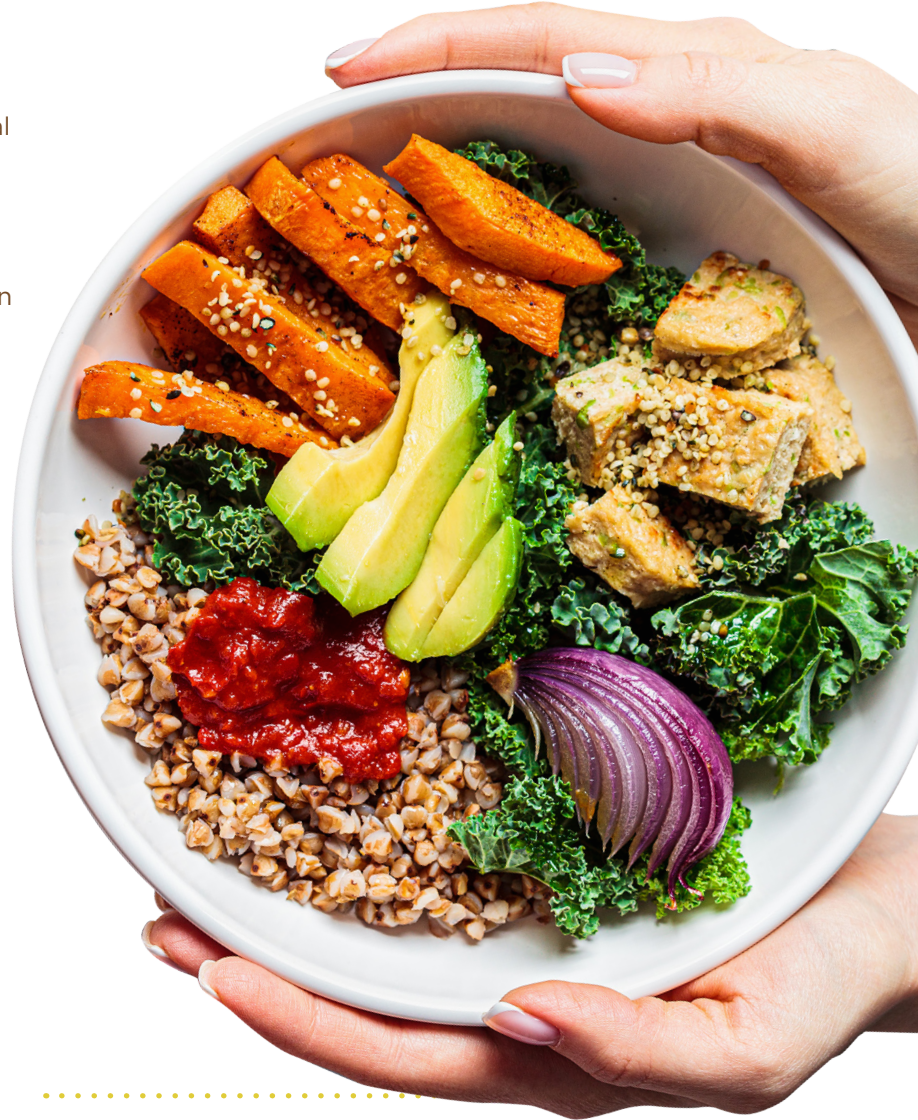
Besides including plenty of produce, healthy eating patterns associated with better breast and colorectal cancer outcomes include unsaturated fats.

PROTECTIVE NUTRIENTS IN PLANTS

AICR notes that eating mostly plant-based foods can aid in cancer prevention and healthy living overall. Plant-forward diets are high in the types of fiber, nutrients, and phytochemicals (natural substances) that may help to protect against cancer.

WEIGHT MANAGEMENT

The fiber found in fruits and vegetables, such as avocados, slows digestion speed, making us feel full and stay satisfied longer. Avocados are comprised mostly of water and fiber (79%).



One-third of an avocado provides:

- 3 grams of fiber
- 6 grams of unsaturated fats

References:

1. American Cancer Society. Cancer Facts & Figures 2022. Atlanta: American Cancer Society; 2022.
2. Centers for Disease Control and Prevention. Leading Causes of Death. Atlanta, GA: U.S. Department of Health and Human Services; 2022. Accessed January 19, 2023.
3. Ericsson, et al. Prospective study of avocado consumption and cancer risk in US men and women. Cancer Prev Res (Phila). 2022.

PLANT-POWER

Most people don't eat enough fiber or healthy unsaturated fats. Eating more plant foods can help us get more essential nutrients and boost our health.

AICR'S NEW AMERICAN PLATE EMPHASIZES FOODS THAT CAN REDUCE CANCER RISK AND RECOMMENDS:

2/3

of the plate be plant foods, such as fruits, vegetables, beans, and whole grains.



1/3

with the remaining as animal-based foods, such as seafood, eggs, poultry, or dairy foods.

PLANT-POWERED RECIPES FOR CANCER PREVENTION

Avocados are a nutrient-packed, versatile fruit that can be eaten alone or used in various tasty plant-forward recipes throughout the day!

BREAKFAST

Strawberry Banana Avocado Smoothie Bowl

Enjoy a creamy smoothie bowl that's just as pleasing on the eye as it is on the stomach.



LUNCH

Rainbow Avocado Pasta Salad

Get creative and make a colorful rainbow salad with a variety of foods from plants.



DINNER

Chorizo-Spiced Lentil and Avocado Tacos

Eat fresh avocado two ways - in a citrus crema sauce and sliced - for double the deliciousness.



Visit www.loveonetoday.com/recipes for more mealtime recipes you and your family!