



## Dietary Principles for Cancer Prevention 防癌飲食原則(英文)

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### Goal:

1. Absorb each kind of food and correct food intake habit to prevent cancer from occurring.
2. Reduce occurrence of cancer caused by improper diet habit and life style.

### Object:

General population.

### General Principle:

1. Pay attention to the body weight change

$$\text{Ideal body weight ( IBW )} = \text{height}^2 ( \text{ m } )^2 \times 22$$

Normal weight = IBW  $\pm$  10% Balance diet

2. Intake fine nutrition deriving from natural 6 food category

A. Dairy foods 1-2 cups/day

It provides calcium, protein, and rich vitamin. Intake yogurt, fresh milk, or formula milk without lactose to reduce chances of lactose intolerance.

B. Whole grains and miscellaneous grain crops: 3-4 servings per meal

It is better to go for unprocessed or unsophisticated foods like rice, noodles and toast made of whole wheat, and oatmeal; for they supply carbohydrates and vitamin B.

C. Beans, fish, eggs and meat: 2-3 servings a meal

Opt for low-fat meat, seafood like deep sea fish and oysters, and soybean products to provide proteins needed for tissue repair and reduced infection.

D. Vegetable:

Each kind of vegetables contains several kinds of anticancer ingredients, mineral substances, and multivitamins like vitamin A and C which promote intestine digestion and reduce contact between carcinogen and intestinal tract. Everyday intake dark green vegetable and mustard family vegetables like green cauliflower, cabbage mustard, tomato, onion, garlic, shiitake mushroom, and seaweed.

E. Fruit: 2 serving a day.

It reduces the occurrence of stomach cancer and carcinoma oesophagi, provides fiber and vitamin C, and stops nitrite and amines from turning into carcinogen. Intake of guava, orange, apple, and cherry is highly recommended.

F. Oil: 2-3 teaspoon a day

Oil supplies calorie and helps absorption of the fat soluble vitamin A, D, E, and K; opt for vegetable oil like olive and peanut, and proper amount of nuts like apricot and almond. Avoid fry foods.

3. Avoid carcinogenic food intake:

- A. Do not eat moldy grains, soybeans, or corn; for it contains aflatoxins.
- B. During the process of salt smoking and baking, meat oil dripping into burning coal could elicit multi-link aromatic hydrocarbon carcinogens which are lethal to our life.
- C. Carefully select food with additives; either reduce your intake or go for brands with fine reputation.

4. Maintain a regular life style: work out moderately, avoid staying up late, stay happy, intake sufficient water of at least 1500~2000 c.c. to maintain normal metabolism and prevent constipation.

