

# God Provides Foods In Abundance

PART 1

## Foods to prevent diseases: Cancer causing and preventing foods

Eating a poor diet can put us at increased risk of heart disease, stroke, diabetes, hypertension and certain types of cancers. In this handout we focus on foods and cancer.

Cancer is a term that refers to a large group of diseases where there is an overgrowth of abnormal cells. The abnormal cells grow beyond their boundaries, invade tissues and eventually spread to other organs. These events can happen in any part of the body. The most common causes of cancer deaths in Jamaica are: prostate, breast, cervical, colorectal and lung<sup>1</sup>.

There are several foods that have been linked to cancers, especially when they are consumed in excess. Some of these foods are listed in the table below<sup>2</sup>:

FOOD ITEMS & ITS IMPACT ON CANCER RISK	RECOMMENDATIONS <sup>3</sup>
Red meat INCREASES the risk of colorectal cancer.	For people who eat meat, eat no more than moderate amounts of red meat, such as beef, pork and lamb, and eat little, if any, processed meat
Processed meat INCREASES the risk of colorectal cancer.	
Dairy products DECREASE the risk of colorectal cancer.	

<sup>1</sup> Source: Globocan 2020: Jamaica factsheet

<sup>2</sup> <https://www.wcrf.org/diet-activity-and-cancer/risk-factors/>

<sup>3</sup> <https://www.wcrf.org/diet-activity-and-cancer/risk-factors/>

### FOOD ITEMS & ITS IMPACT ON CANCER RISK

Whole grains DECREASE the risk of colorectal cancer

Foods preserved by salting (including preserved non-starchy vegetables) INCREASE the risk of stomach cancer

Foods contaminated by aflatoxins INCREASE the risk of liver cancer. Aflatoxins are found in foods contaminated with mould.

### RECOMMENDATIONS

For whole grains and foods containing dietary fibre the evidence shows that, in general, the more people consume, the lower the risk of some cancers.

### FOOD ITEMS & ITS IMPACT ON CANCER RISK

Alcoholic drinks INCREASES the risk of mouth, pharynx and larynx cancers oesophageal cancer (squamous cell carcinoma) breast cancer (pre and post menopause)

Two or more alcoholic drinks a day (30 grams or more) INCREASES the risk of colorectal cancer

Three or more alcoholic drinks a day (45 grams or more) INCREASES the risk of stomach and liver cancers

Up to two alcoholic drinks a day (up to 30 grams) DECREASES the risk of kidney cancer

### RECOMMENDATIONS

If you do not drink, do not start. For those who drink, limit consumption to low amounts (No more than 1 glass per day for women and 2 glasses per day for men)

FOOD ITEMS & ITS IMPACT  
ON CANCER RISK

Being overweight or living with obesity throughout adulthood INCREASES the risk of mouth, pharynx and larynx cancers, oesophageal cancer (adenocarcinoma), stomach cancer (cardia), pancreatic cancer, gallbladder cancer, liver cancer, colorectal cancer, breast cancer (postmenopause), ovarian cancer, endometrial cancer, prostate cancer (advanced), kidney cancer.

## RECOMMENDATIONS

It's important to keep weight within the healthy range and avoid weight gain in adult life

Be physically active

Eat a healthy diet

Eating a healthy diet can decrease risk your risk for many types of cancers. High fiber foods.

## ACTIVITY ONE

## My Plate Matching Game

Consider the components of a health plate and complete the activity in this link:



Let's Eat Healthy

## ACTIVITY TWO

## Jamaican Fruits

Some of the fruits which are borne in wide variety are, apples, berries, mangoes, citrus fruits and plums. Let us take a closer look at mangoes, one of the favourites in Jamaica. Mangoes are a sweet and fleshy fruit with an enclosed seed. The nutritional benefits of mangoes are many<sup>4</sup>.

Use the letters of the alphabet to see if you can make a list of all the types of mangoes that you know. You can try using this website to help.



Jamaican Mangoes

Another website which emphasizes the many names by which mangoes are known in Jamaica is below



Names of Mangoes

<sup>4</sup><https://www.webmd.com/diet/health-benefits-mango>