# Prevention - the best cure



#### **Eating tips**

- Eat fresh fruit and vegetables each day (at least five portions).
- Choose a variety of fruit and vegetables of different colours for different nutrients.
- Eat more fibre, e.g. fruit and vegetables with skins included and whole-grain foods such as Bokomo Weet-Bix and Bokomo Oats (both *CANSA Smart Choices*) mealie pap, brown rice and sorghum.
- Limit meat and rather eat more fish, beans, lentils and soya products.
- Avoid food that is fatty, sugary and salty such as chips, potato crisps, sweets and fast foods.
- Limit your intake of processed, cured and smoked foods such as biltong, bacon, polony, ham, russians and vienna sausages (linked to colon cancer).
- Choose low-fat milk and hormone-free dairy products (e.g. Fair Cape Free Range Rooibos Yoghurt – a CANSA Smart Choice).
- Use Canola oil with a high smoke point of 230°C in all food preparation. It is rich in Omega-3 and has the best ratio (2:1) of Omega-6 to Omega-3. Be Well and Continental Canola Oil are also CANSA Smart Choices.
- Choose Canola margarine products (Blossom Canola Margarine is a *CANSA Smart Choice*), also with the best ratio of Omega-6 to Omega-3 and it is trans fat free.
- Check labels of processed foods like confectionaries for trans fat contents (trans fats are restricted to less than 2% by law).

 Aim for three meals per day and snack in between meals on your favourite fruit or vegetable.

#### Cooking tips

- Eat raw fruit and vegetables daily.
- Prepare your food by baking or steaming using a Russell Hobbs steamer (a CANSA Smart Choice).
- Cut down on frying and braaing. Cooking oil should not be re-used. If you braai, limit this to twice a week, cut off excess fat, keep the grill 12cm above the coals. Never eat burnt meat (linked to colon cancer). Consider braaing in foil.
- Store food with care use clingwrap free of harmful plasticisers, e.g. in-house products of Checkers, Pick n Pay, Shoprite and Spar as well as the brand name product, GLAD Wrap (a CANSA Smart Choice).

#### **Drinking tips**

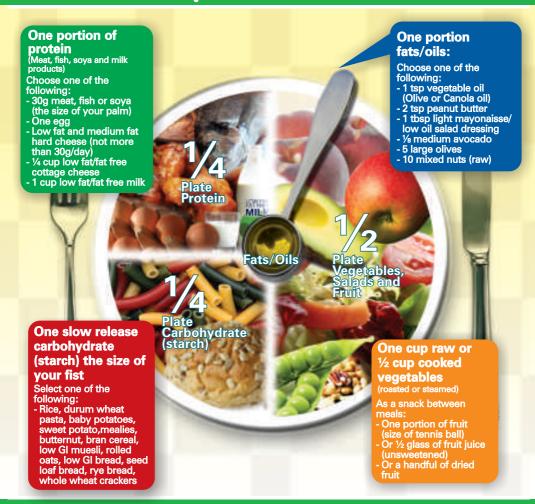
- Drink 30ml of liquid per kg of body weight per day, 60% of which should be water. Drinking enough water not only keeps you hydrated, it also helps food move through the digestive system and carries nutrients to the cells.
- Alcohol (like tobacco) is linked to an increased risk of cancers of the mouth, throat, voice box, oesophagus, liver, breast, prostate, colon and rectum. Limit alcohol to one standard drink a day.
- · Avoid fizzy sweetened drinks.
- If you have fruit juice, drink unsweetened pure juice and dilute with water.
- Drink rooibos tea, which is rich in antioxidants, low in tannin and caffeine free.





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## Make every meal a Smart Choice



### Eat right - a Smart Choice







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