

Prevention - the best cure



SMART CHOICE



Smart Tips

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

One portion of protein

(Meat, fish, soya and milk products)

Choose one of the following:

- 30g meat, fish or soya (the size of your palm)
- One egg
- Low fat and medium fat hard cheese (not more than 30g/day)
- ¼ cup low fat/fat free cottage cheese
- 1 cup low fat/fat free milk

One portion fats/oils:

Choose one of the following:

- 1 tsp vegetable oil (Olive or Canola oil)
- 2 tsp peanut butter
- 1 tbsp light mayonnaise/low oil salad dressing
- ½ medium avocado
- 5 large olives
- 10 mixed nuts (raw)



One slow release carbohydrate (starch) the size of your fist

Select one of the following:

- Rice, durum wheat pasta, baby potatoes, sweet potato, mealies, butternut, bran cereal, low GI muesli, rolled oats, low GI bread, seed loaf bread, rye bread, whole wheat crackers

One cup raw or ½ cup cooked vegetables

(roasted or steamed)

As a snack between meals:

- One portion of fruit (size of tennis ball)
- Or ½ glass of fruit juice (unsweetened)
- Or a handful of dried fruit

Eat right - a Smart Choice



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