

DIET AND CANCER

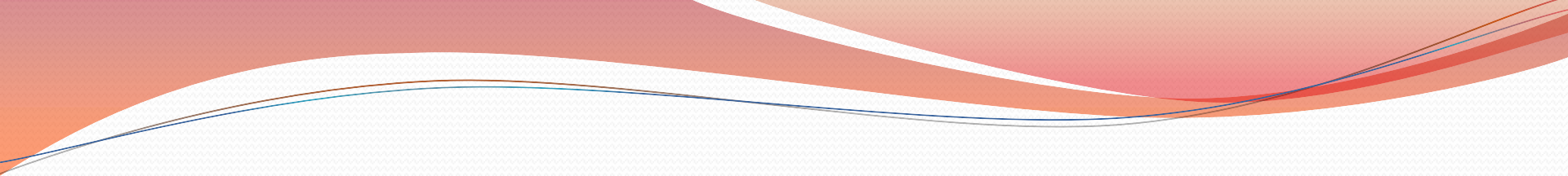
MOLIFIA MANYASHA

DIETICIAN

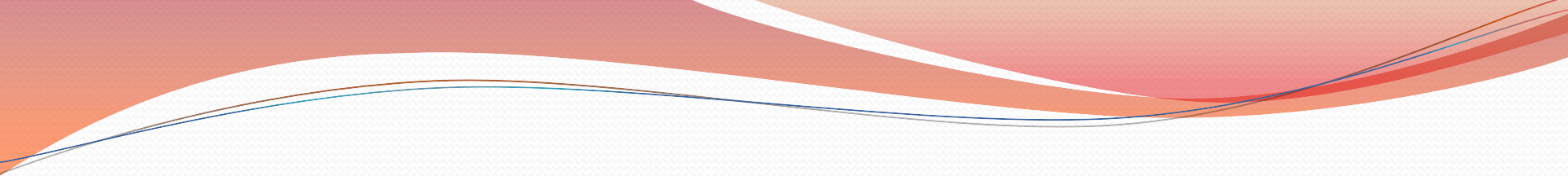
MOH

Is there a single food that
prevents cancer ?





NO!

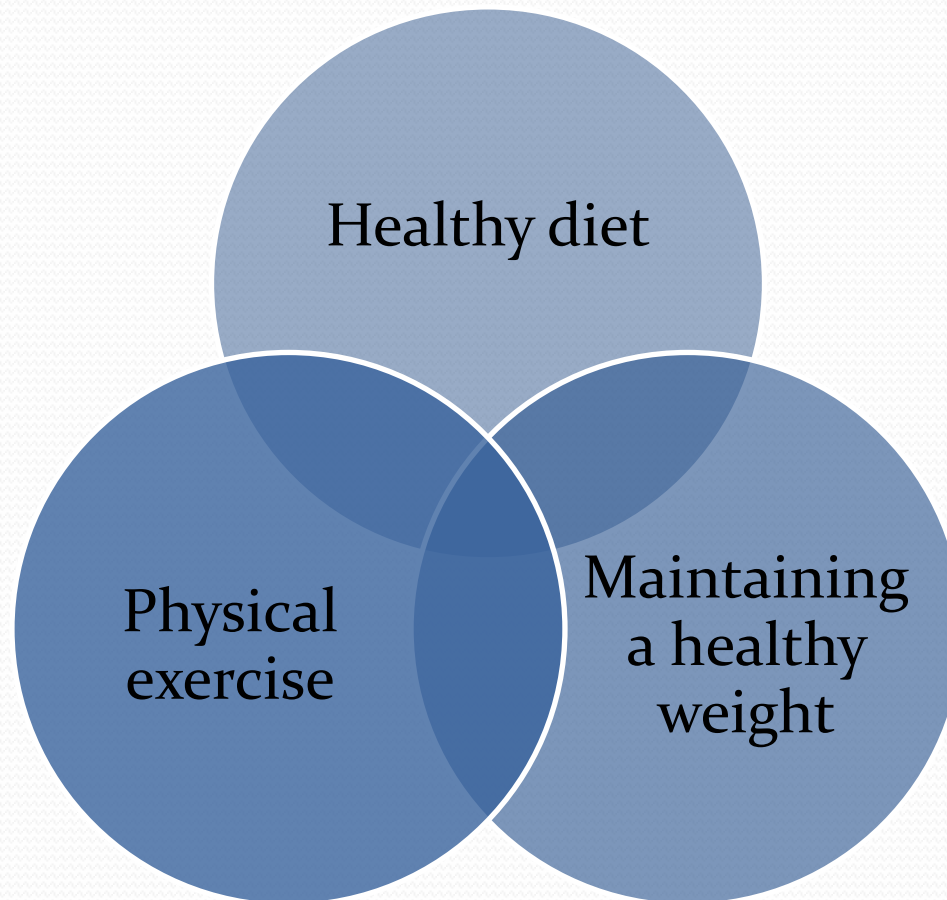


Recent information

The American Cancer Association has introduced what they call

‘The Prevention Triangle’

The prevention triangle



Statistics in Zimbabwe

- Lets look at each component of the triangle in the Zimbabwean context



Nutritional status of Zimbabweans

- ZDHS 2010/2011 : Weight

• Women

- 7% are too thin
- 31% of women are overweight or obese.
- Overweight and obesity is higher in urban areas than in rural areas (41% and 26%, respectively) and increases with age and wealth.
- Women in Harare are most likely to be overweight or obese (43%).

Nutritional status of Zimbabweans

- Men

- 15 % men aged 15-49 are too thin
- 9% of men are overweight or obese.
- Overweight and obesity is higher in urban areas than in rural areas (15% and 6%, respectively) and increases with age and wealth.
- Men in Harare are most likely to be overweight or obese (16%).

Nutritional status of Zimbabweans

- Eating habits and diets

- Less fibre
- More fat
- More sugary foods
- Small population consumes 5 fruit and vegetables
- Breastfeed children less
- Consume more alcohol
- Unhealthy cooking habits

Nutritional status of Zimbabweans

Lifestyle and exercise

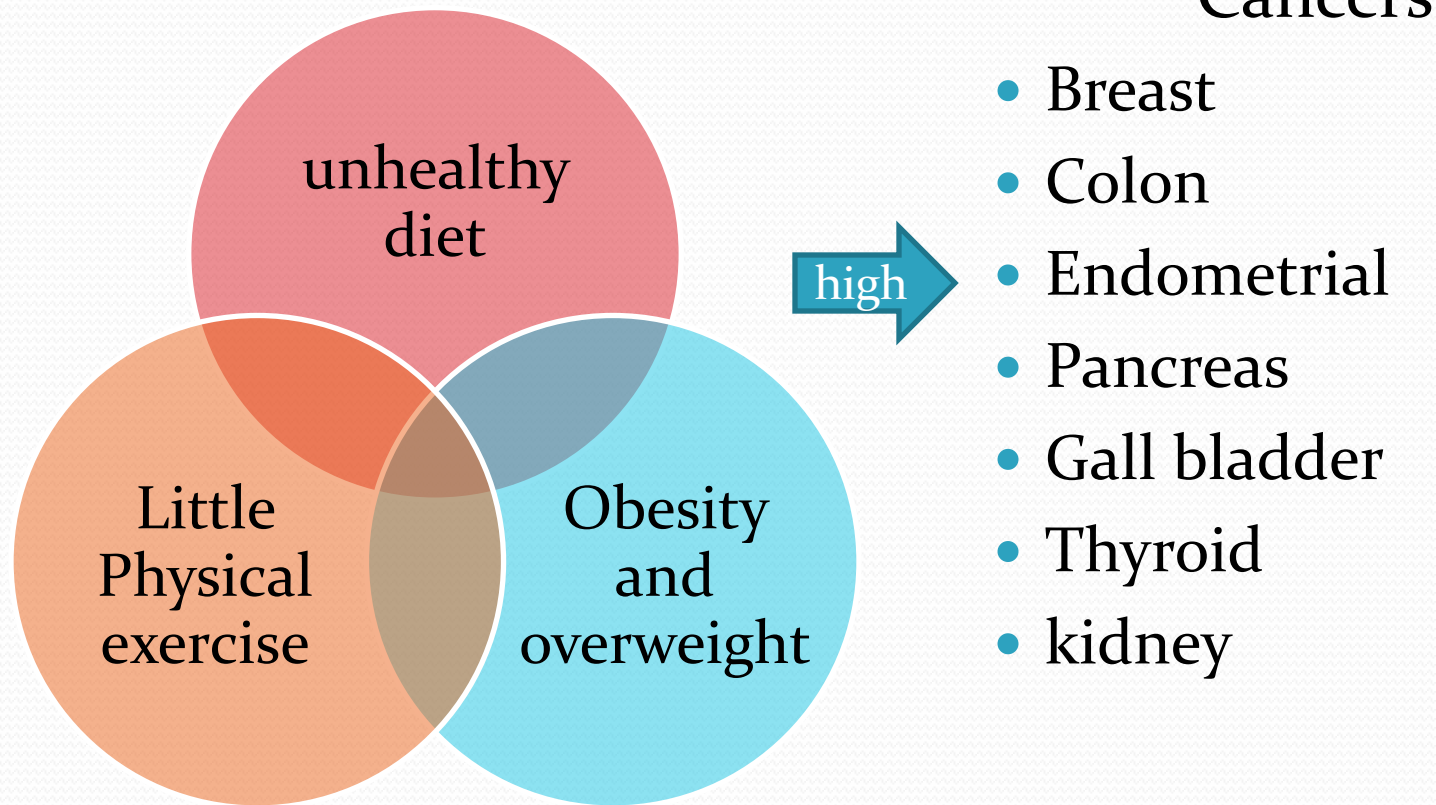
- More cars
- More sedentary (less walking, exercise)
- More smokers



Nutritional status of Zimbabweans

- So where are we as Zimbabweans when it comes to risk of getting cancer ?
- Are we following the 'prevention triangle' recommended by ACA?

Current Zimbabwean status



Its never too late

Lets start today :

1. Eating healthy
2. Exercising more
3. maintaining a healthy weight



1. Healthy eating

- Eat 3 standard meals(Breakfast, lunch and supper)DO NOT SKIP MEALS
- Healthy snacks
- Plenty of clean safe water



Healthy eating

❖ Starches

- Whole grains (whole wheat bread, oats, rapoko, unrefined mealie meal, sorghum, oats, brown rice, whole wheat pasta)



Healthy eating

❖ Protein

- Lean meat, lean chicken, fish, beans, peas, lentils



Healthy eating

❖ Fats and oils

- Should be consumed sparingly
- Avocado, canola or olive oil, flaxseed oil

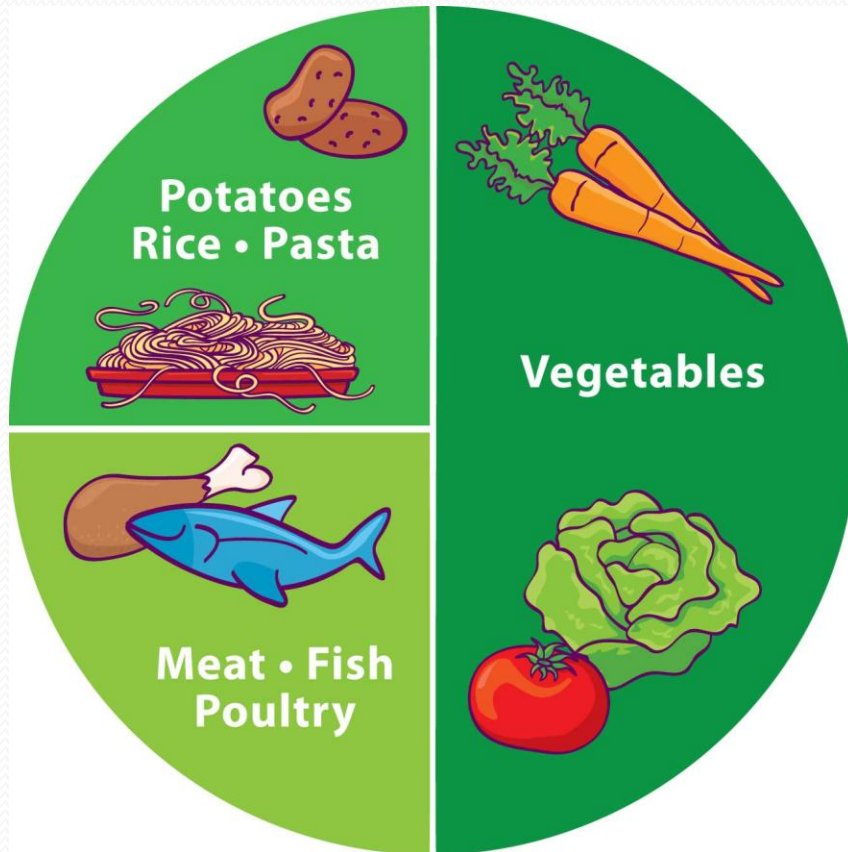


Healthy eating

- Fruits and vegetables
- Consume a total of 5 fruits and vegetables everyday



Healthy eating



- $\frac{1}{4}$ of the plate starch
- $\frac{1}{4}$ of the plate protein
- $\frac{1}{2}$ of the plate vegetables

Healthy eating

- Healthy snacks
- Yoghurt
- Peanuts
- Fresh or dried Fruits
- Popcorn
- High fibre biscuits
- Maputi
- Avocado



Healthy eating

Cooking habits:

Researchers recommend;

- ✓ braising
- ✓ steaming
- ✓ poaching
- ✓ stewing



Are additives part of eating healthy?

❖ What is an additive?

- anything that is added to food, during processing is considered an additive.



Are additives part of eating healthy?

- ❖ According to Food Standards Australia New Zealand (FSANZ), additives serve three purposes:
 - Improve the taste or appearance of a processed food
 - Improve the keeping quality or stability of a food
 - Preserve food when this is the most practical way of extending its storage life

Are additives part of eating healthy?

- Found in small amounts
- Examples of additives:
 - Salt
 - Sugar
 - Vinegar
 - vitamins (food additive 300 is vitamin C; 101 is Vitamin B₂ (riboflavin) and grapeskin extract has the number 163)
 - Monosodium glutamate
 - Sodium Benzoate and food colourings

Are additives part of eating healthy?

- Are they harmful?
- The American Cancer Association and the Cancer Council of western Australia have not not found evidence that suggests that additives lead to cancer.
- Infact the Cancer Council of Western Australia say that this is a propaganda by manufacturers to get people to buy their products. Especially when they mention huge names of preservatives.

Are additives part of eating healthy

- For example:
- Mono sodium glutamate: sodium component is the same as the one in salt. The glutamate is an amino acid. MSG is found in most foods we consume...
- Investigations done on MSG Food Standards Australia New Zealand (FSANZ), are conflicting.

Are additives part of eating healthy

❖ Sodium benzoate & colourings

- High levels of this additive have shown hyper activity and rashes in a small population of children. There is no cancer link

❖ Sodium Nitrate and Sodium Nitrite

- *Added to processed meats.* The International Agency for the Research of Cancer (IARC) has reviewed ingested nitrates and nitrites and classified them as 'probably 'carcinogenic to humans

Are additives part of eating healthy

❖ The truth about these additives is;

- most of them are found in most processed and fatty foods
- These lead to obesity which has been found to be a major cause of cancer...
- Could it be that the cancer is being caused by the obesity and not the additives????food for thought.....

Tartrazine

❖ Tartrazine:

- Studies done have shown no cancer risk
- However do cause hypersensitivity problems in children.
- Symptoms: heat-wave, general weakness, blurred vision, increased nasopharyngeal secretions, a feeling of suffocation, palpitations, pruritus (severe itching), angioedema (swelling or welts below the skin)

2. Physical activity

- At least 30 minutes of physical exercise everyday
- Use stairs instead of elevators
- Drop off or park car far from destination
- Join zumba/fitness class or any sport you enjoy



3. Maintaining a healthy weight

❖ How?

- Enjoy a healthy diet
- (consume more fresh foods, healthy food choices)
- Portion control
- Limit alcohol, it has a lot of calories
- Exercise
- Identify food consumption triggers



Regulations and policies on food in Zimbabwe

❖ Brief history;

- Food Standards Advisory Board (FSAB) is in general responsible for advising the Ministry responsible for Health on Policy issues, setting food standards and food legislation.
- FSAB derives its advisory mandate from the Food and Food Standards Act
- Made out of representatives from various ministries (MOH, Agriculture, International trade, SAZ etc)

Regulations and polices on food in Zimbabwe

❖ Monitoring and surveillance

- MOH is the overall regulatory agency Environmental Health Officers at Provincial, District and Ward levels
- carry out inspections and sampling activities responding to any food safety challenges and out-breaks.
- monitoring of food at retail outlets, abattoirs in their areas.

Regulations and policies on food in Zimbabwe

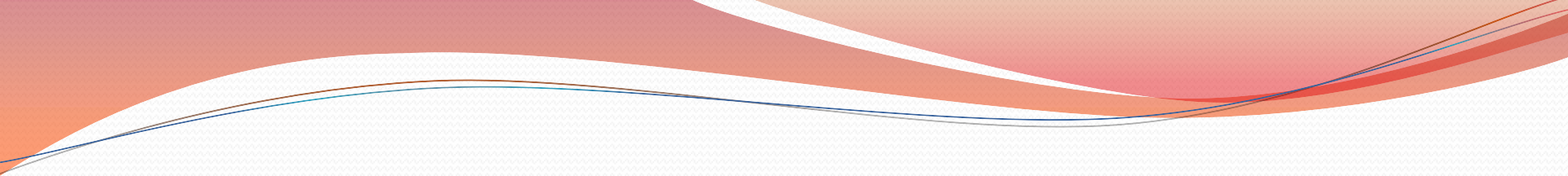
- The Ministry Responsible for Agriculture is charged with food safety from the farming processes to harvesting.
- Ministry of Industry and Trade deals with food exports/imports and food trade in general through their food and beverage section.
- Standards Association of Zimbabwe (SAZ, government analyst

Regulations and polices on food in Zimbabwe

- How effective are all these authorities when it comes to making food policies & monitoring them?
- A paper called : **THE FOOD REGULATORY SYSTEM IN ZIMBABWE**
- Prepared by: David B. Nhari, Chief Government Analyst

Regulations and polices on food in Zimbabwe

- Discussed how the Food Standards Advisory Board (FSAB) was not very effective because implementation and monitoring was scattered .
- This led to loop holes and overlaps.
- the FAO organized a meeting with all these ministries to improve the regulations, polices, and monitoring.
- Led to the **Food Control Bill** being established

- 
- We have been discussing prevention...lets now discuss dietary information with regards to individuals who have cancer

Nutritional difficulties: taste changes

❖ Foods that taste bitter

- Red meat
- Sour juices
- Coffee
- Tea
- Tomatoes
- chocolate

❖ Nutritional intervention

- ❖ Cook food in glass not metal containers
- ❖ Avoid serving food on metal or with metallic utensils, use plastics
- ❖ Consume dairy, eggs, milk, cheese
- ❖ Seasonings, herbs, spices
- ❖ Lemon juice, vinegar

Nutritional difficulties: mouth sores

❖ Avoid

- alcohol and acidic foods (tomato, lemon, grapefruit, orange)
- Spicy, rough, hot and highly salted foods

❖ Consume

- Soft /light diet
- Add sauce or soup and chopped foods finely
- Cold liquids e.g. milkshakes
- Ice pops or ice-cream
- Use a straw
- Anesthetics gels/sprays

Nutritional difficulties: Dry mouth

❖ Avoid

- Dry, hard foodstuffs
- Reduce intake of sugar, tea, coffee, fizzy drinks

❖ Consume

- Frequent sips of water, juice, ice chips
- Sucking on hard candy
- Sugar free chewing gum
- Solid foods should be moist, pureed
- Foods should not be too hot or cold

Nutritional difficulties: N&V

❖ Avoid

- ❖ Fatty , oily food
- ❖ Soupy food
- ❖ Eat food and drink at the same time
- ❖ Large meals

❖ Consume

- ❖ Small frequent meals
- ❖ Dry foods
- ❖ Consume food and drink separately
- ❖ Bland foods

Herbs and supplements

- Herbs to flavor foods are recommended
- Those that are on the market and do not have a sound scientific base, are not recommended
- Supplements:
- Dr. Landman from well woman clinic recently gave a lecture on the use of anti oxidant supplements during chemotherapy.

Herbs and supplements

- The Doctor discussed a study done by Watson and Crick, DNA researchers:
- antioxidant supplementation and excess intake of foods high in antioxidants in late stage late stage metastatic cancers during chemotherapy is NOT recommended as the antioxidants stop the chemo/radiation from doing it's job

In conclusion

- Lets focus on 'the prevention triangle ' as a nation
- Keep reading and researching on new information being released

PREVENTION IS BETTER THAN CURE