

Healthier You

Colorectal Cancer, Kidney Cancer and Multiple Myeloma Awareness Months

National Nutrition Month

St. Patrick's Day | **March 17**



Eat this, not that, on St. Patrick's Day



With a few substitutions, you can sample some of Ireland's most authentic fare—and still stay on a nutritious eating plan.

Keep it green

EAT THIS Lean into the green theme and create meals with avocado, fresh herbs, cucumber and kale.



NOT THAT Avoid heavily processed foods with green food coloring. And steer clear of the green beer.

Ease up on the corned beef; load up on cabbage

EAT THIS Cabbage, which is loaded with fiber and other nutrients, is a cruciferous vegetable—greater consumption of this type of produce is linked to a lower risk of some cancers. Consider preparing the vegetables by steaming them for three to four minutes until crisp. Avoid overcooking them, since it would destroy the beneficial enzymes involved in the body's natural detoxification system.



NOT THAT Corned beef.

Or at least limit your portion to no more than the size of a deck of cards.

Navigating Healthy Choices in the Grocery Store

Proper nutrition helps the body maintain a healthy weight and prevent cancer.

Making a list in advance, paying attention to nutrition labels, and sticking to the perimeter of the grocery store are important first steps to making healthy grocery store run. Here's a section-by-section tip list for making your grocery shopping experience more effective and efficient, from fresh to frozen:

Produce section

- Choose fruits and vegetables that are in season because they're typically cheaper.
- Avoid fruits and vegetables that look wilted, dented or damaged. Air exposure over time may cause these foods to lose nutrients.
- Buy organic, if you can, but if organic produce is too expensive, make sure you wash your fruits and vegetables well with water and some vinegar.

Meat section

- Buy organic. Choose meats and poultry from grass-fed animals, and seafood caught in the wild.
- Order organic meats and cheeses at the deli, or request nitrate-free options.
- Avoid fatty cuts of red meat and increase your chicken and fish options.



Dairy case

- Buy organic, skim, almond or soy dairy products.
- Choose organic, low-fat yogurt, and, when possible, Greek yogurt because it typically contains more protein than other options.



Frozen section

- Look for organic meals.
- Select pre-chopped vegetables that are flash-frozen, so they don't lose nutrients as quickly as their fresh-produce counterparts.

Central aisles

- Avoid the soda and chip aisle.
- Buy whole-grain breads, not just whole-wheat options.
- Choose healthy oils like olive and canola oils instead of corn and vegetable oils.
- Try a variety of seasonings. Studies have found that spices like ginger and garlic have antioxidant, anti-inflammatory and immune-stimulating properties.
- Plan ahead for healthy recipes by stocking up on relevant staples, such as low-fat chicken soup, low-sodium broth, brown rice, raisins, tomato paste and whole-grain pasta.



For more information, visit urmedwatch.com

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