



assist you with the promotion of cancer screening and prevention in your workplace.







Dear Workplace:

York Region Community and Health Services Department, Early Detection of Cancer Services, is pleased to inform you that we have developed a cancer screening educational package to be used by your Occupational Health Nurse or Workplace Wellness Coordinator. We hope you find this package useful as you plan for Cancer Awareness Months (March, April and October) and promote early detection throughout the year.

The purpose of this package is to increase awareness of breast, cervical and colon cancer prevention and to encourage early and regular screening of these cancers based on provincial screening guidelines.

Your package includes:

- · Background information
- Suggested workplace activities
- · Cancer screening guidelines Fact sheet
- Newsletter items
- Contest instructions and quizzes
- Paycheque insert
- · Sample email messages
- · Promotional poster
- · Resource information

The suggested activities are meant to be used as a starting point to assist you with the promotion of cancer screening and prevention in your workplace. We have included resources and strategies for you to use with your employees and we welcome your feedback and suggestions on our workplace toolkit. We would also love to hear about initiatives your workplace has already implemented.

We would like to thank your workplace for helping us to increase awareness of the importance of cancer screening and prevention in York Region.



Contents:

- 1. Background information
- 2. Suggested workplace activities
- 3. Fact sheet: When do I need to be screened for cancer?
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 - · Cancer prevention quiz
 - · Breast health quiz
 - · Cervical health quiz
 - · Colon health quiz
- 5. Phone messages for clients on-hold / in queue
- 6. Newsletter items
- 7. Paycheques insert / email attachments
- 8. Websites and resource information

Background-Why promote cancer screening?

Cancer facts: About 40 per cent of Ontarians will develop cancer in their lifetime.

It is estimated that one in nine women will develop breast cancer during their lifetime. Most of these women will be over 50 and will have had no risk factors. Although the incidence of breast cancer has increased, the number of deaths has declined in recent years due to early detection and treatment. However, a significant number of women who are eligible for screening through mammograms are not taking advantage of this.

Each week in Ontario, approximately 10 women are diagnosed with cervical cancer and approximately three women die from the disease. A Pap test can find cell changes in the cervix early, before they ever become cancerous. Regular screening through annual Pap tests can prevent almost all cases of invasive cervical cancer. However, 15 per cent of Canadian women have never been screened and 30 per cent have not been screened in the last three years.

Colon cancer is one of the most common cancers. It occurs almost equally in both men and women. Screening tests for colon cancer such as Fecal Occult Blood Testing (FOBT) exist but are not well known. Only 30 per cent of Ontarians aged 50-74 have had this test. Furthermore, colon cancer is 90 per cent curable when detected early.

Benefits of cancer screening

Everyone should be aware of cancer screening programs available to them. Cancer screening can detect the disease before symptoms are present. Screening tests such as mammograms, Pap tests, FOBTs, and colonoscopies can identify a growth or cancer in its early stages. Starting treatment early can increase your treatment options, make treatment easier and more effective, and in turn, increase the chance of survival as well as a cure.

Prevention

There are many factors we can control to reduce our risk of developing cancer. Making healthy lifestyle choices including: eating a healthy diet, being physically active, living smoke free, maintaining a healthy weight, limiting alcohol use and reducing exposure to ultraviolet rays are just some of the things we can control. Being aware of these health benefits and putting them into practice is how we can begin to take charge of our health.



Suggested workplace activities:

Here are some suggestions on how to use this package. The following are a variety of health promotion strategies that can be used to promote breast, cervical and colon health in your workplace. Consider promoting cancer screening, education and awareness during March (Colon Cancer Awareness Month), April (Cancer Awareness Month) and October (Breast Cancer Awareness Month and Cervical Cancer Awareness Week). Review your options and select the activities that are most suitable for your workplace. To be most effective, try combining several of these suggested workplace activities.

Item	Activity	
poster	Promote breast, cervical and colon cancer screening. Display poster in a visible, high traffic area such as the lunchroom, locker rooms or restrooms.	
quizzes	Raise awareness by challenging your workplace to a fun and informative quiz contest. Quizzes can be distributed manually and electronically, instructions are provided.	
workplace newsletter articles	Insert a short article in your workplace newsletter (see items provided in this toolkit).	
email messages	Send these fun and informative email messages which have been developed for your distribution.	
phone messages	These pre-written messages can be recorded onto your company's answering service for clients on hold or in queue.	
paycheque insert	Attach this insert to employee's paycheques or other outgoing mail. The insert has been created to promote awareness of cancer prevention and screening.	
printed resources	Order pamphlets, fact sheets and screening cards for distribution in your workplace (please refer to resource information section). Consider setting up a display area/information booth or bulletin board where health information messages are easily accessible to employees.	



When do I need to be screened for cancer?

Breast, cervical and colon cancer can be detected early or prevented by following these general cancer screening guidelines from the Canadian Cancer Society and Cancer Care Ontario.

You should discuss your personalized screening needs with your health care provider.

AT AGE	SCREENING TESTS			
Ontario Breast Cancer Screening Guidelines				
Women	All ages • Know how your breasts normally look and feel. If you notice any changes, see your health care provider			
	30-69 at high risk ·	If you have a family or medical history that puts you at high risk for breast cancer, speak with your health care provider about a referral for specialized screening services offered through the Ontario Breast Screening Program (OBSP)		
	-	Know how your breasts normally look and feel. If you notice any changes, see your health care provider Mammogram at least every two years, women over the age of 50 may refer themselves to an OBSP site		
0	ntario Cervical (Cancer Screening Guidelines		
Women	21- 70 years • If you have ever been sexually active you should be screened through Pap testing starting at age 21 • Pap tests should be done every three years			
Onta	Ontario Colon Cancer Screening Recommendations			
Men and Women	50-74 years of averag	 You should be screened using an easy at home test Fecal Occult Blood Test (FOBT) at least every two years 		
	Any age at increased	I risk Those at increased risk (with a parent, sibling or child who have had colon cancer) should have a colonoscopy at age 50 or 10 years earlier than the relative's age at diagnosis, whichever occurs first. Discuss this further with your health care provider		



Cancer quiz for workplaces: Contest instructions

You will need: one grand prize (for the winner), one incentive draw prize, four quizzes (included), pre-written emails (also provided), and a way to recruit participants. The quiz contest has been divided into six separate days; however, you can complete it in as many or as few days as you see fit for your workplace. Simply insert the appropriate dates into the emails and feel free to modify any of these suggestions to suit your workplace. Good luck and have fun!

Day 1

Early detection of cancer saves lives: Cancer prevention quiz

Text: You are invited to complete a series of quizzes that will be emailed to you over the next few days. We hope they will help you increase your awareness about the importance of cancer prevention and screening. Please complete and submit your answer for today's quiz by (insert date). All submissions will be entered in a prize draw.

Attachment: Cancer prevention guiz and answers

Day 2

Early detection of cancer saves lives: Breast health quiz

Text: Please complete and submit your answer for the quiz by (insert date).

Attachment: Breast health quiz and answers

Day 3

Early detection of cancer saves lives: Cervical health quiz

Text: Please complete and submit your answer for the quiz by (insert date).

Attachment: Cervical health quiz and answers

Day 4

Early detection of cancer saves lives: Colon health quiz

Text: Please complete and submit your answer for the quiz by (insert date).

Attachment: Colon health guiz and answers

Day 5

Cancer resources

Text: Thank you for submitting your responses to the four cancer awareness quizzes. For additional information on cancer prevention and screening, please call *Health Connection* at 1-800-361-5653 or the Canadian Cancer Society, Cancer Information Services at 1-888-939-3333.

The winner will be announced on (insert date). STAY TUNED!!!

Day 6

The winner....

Text: Thank you for participating in the Cancer prevention quiz contest.

Congratulations!!! The winner is.....



Test Your CANCER PREVENTION Knowledge

This is an opportunity for you to find out how much you know about the prevention of cancer and to learn about the steps to take for cancer prevention. Please place a " $\sqrt{}$ " in the appropriate box (true or false).

	True	False
1. Smoking kills more Canadians each year, more than alcohol, traffic accidents, AIDS, illicit drugs and murder combined.		
2. Having a healthy diet and maintaining a healthy body weight can lower your risk of developing cancer.		
3. Regular physical activity does not reduce your risk for cancer.		
4. Direct exposure to the sun is most harmful between 11 a.m. and 4 p.m.		
5. I don't need to participate in cancer screening programs because I have a healthy lifestyle.		
6. You must be examined by a health care professional in order to detect the early warning signs of cancer.		
7. You must follow safety instructions when handling hazardous materials at work and at home.		
8. There is no link between alcohol and cancer		
9. There are only three cancer screening programs that provide recommendations in Ontario		

Adapted from: Seven Steps to Health. Canadian Cancer Society

Early detection is your best protection!



ANSWERS (Test Your Cancer Prevention Knowledge)

1. True

Smoking is a risk factor for both heart disease and cancer. Smoking causes about 30% of all deaths in Canada. Smoking increases the risk of developing cancers of the lungs, mouth, throat, larynx, cervix, pancreas, esophogus, colon, rectum, kidney and bladder. If you are a smoker, quit. If you are a non-smoker, stay away from second-hand smoke. Non-smokers exposed to second hand smoke are also at higher risk of getting cancers.

2. True

Up to 35% of all cancers can be prevented by being active, eating well and maintaining a healthy body weight. To lower your risk of cancer, follow Canada's Food Guide; emphasize fruits, vegetables and whole grain products. Increase fibre, cut down on fat, limit salt, alcohol and processed foods.

3. False

Regular physical activity is important to our health. Studies show exercise reduces the risk of developing colon cancer and possibly breast cancer. Regular physical activity means exercising at least two and a half hours per week. Focus on activities you enjoy that increase your heart rate, broken into sessions of 10 minutes or more.

4. True

One blistering sunburn in childhood can double a child's risk of developing skin cancer up to 20-40 years later. The sun's rays are most intense between 11 a.m. and 4 p.m. Even on days that are not bright and sunny, up to 80% of ultra violet (UV) rays will pass through haze, light cloud and fog. Remember to SLIP on clothing to cover your arms and legs, SLAP on a wide-brimmed hat and SLOP on sunscreen with an SPF or 30 or higher.

5 False

Cancer can develop in people with healthy lifestyles. Early detection can save lives. The best way to detect cancer in its earliest stage is to participate in regular screening tests. Discuss with your health care provider what screening tests are appropriate for you.

6. False

You know your body better than anyone else. Your health is your responsibility. Be aware of your body and report any changes to your health care provider as soon as possible. Detecting and treating cancer early could save your life.

7. True

Health Canada and Environment Canada have guidelines for handling cancer-causing substances. These guidelines are printed on the packaging and posted in workplaces. By following these guidelines at home or at work, you can protect yourself against the risk posed by these materials. At home and at work, take care to follow safety instructions when using and disposing of household pesticides or any other chemicals.

8. False

Alcohol consumption is a leading risk factor for several types of cancer. The most recent and comprehensive research available has established alcohol as an influential risk factor for cancers of the mouth, pharynx, larynx, esophagus, colon (in men) and breast. The evidence also supports alcoholic drinks as probable causes of liver cancer, as well as colon cancer in women.

9. True

Ontario offers screening programs for three types of cancer: breast, cervical and colon



Test Your Knowledge on BREAST HEALTH

This is an opportunity for you to find out how much you know about breast cancer and to learn more about how to prevent it. Please respond to the following statements by placing a " $\sqrt{}$ " in the appropriate box (true or false).

	True	False
Breast cancer is the most frequently diagnosed type of cancer for women.		
2. One in nine women will develop breast cancer in her lifetime.		
3. Only women with a family history of breast cancer develop the disease.		
4. "When I was young, I worried about breast cancer and always checked my breasts. Now that I'm older, I don't have to worry about it".		
5. A woman with a breast lump has breast cancer.		
6. Breastfeeding your baby can help reduce your risk of developing breast cancer.		
7. The incidence of breast cancer has increased, but the number of deaths has declined in the last few years.		
8. A mammogram can detect a lump where no lump can be felt.		
9. "My mammogram was negative, so I don't need to ever have another one."		
10. There is a high risk of getting breast cancer from the radiation produced by a mammogram.		

Adapted from: Canadian Cancer Society and the Ontario Breast Screening Program

ANSWERS (Test Your Knowledge on Breast Health)

1. True

Breast cancer is the most frequently diagnosed type of cancer for women, followed by lung and colon cancer. Lung cancer remains the leading cause of cancer death, breast and colon cancer respectively, are the next leading cause of cancer death in Ontario women.

2. True

One in 9 women is expected to develop breast cancer during their lifetime and one in 29 will die of it.

3. False

Although women with a family history of breast cancer are at a slightly increased risk, most women diagnosed with breast cancer have no family history of the disease.

4. False

A woman's risk for developing breast cancer increases with age. 80 percent of breast cancers are found in women over 50 years old. Women of all ages should be familiar with their own breasts and recognize any changes.

5. False

Know how your breasts normally look and feel so that you are aware of any new or unusual changes. A woman's breasts may feel different at different times of her menstrual cycle. Breast tissue may also change with age. If you notice any changes, see your health care provider. Most changes are not cancerous but you should have them checked right away.

6. True

The longer women breastfeed and the more children they have breastfed; the less likely they are to develop breast cancer. Pregnancy and breastfeeding contributes to the reduction of a women's total number of lifetime menstrual cycles, which reduces their overall risk.

7. True

This may be due to an increase in awareness, early detection and better screening equipment. The decline in the number of deaths is likely due to the benefits of breast screening programs and improved treatment.

8. True

A mammogram is a low dose X-ray of the breast. The X-ray can find changes in the breast, even when the changes are too small for you or your health care provider to feel or see. If breast cancer is found at an early stage there is a high rate of successful treatment.

9. False

Women should have a mammogram regularly. In Ontario, it is recommended that women of average risk age 50 to 74 have a screening mammogram, generally every two years.

10. False

There is not a high risk of getting breast cancer from a mammogram. Mammograms use a very low and safe amount of radiation. The benefits of finding breast cancer early far outweigh the small amount of radiation for the mammogram.



Test Your Knowledge on CERVICAL HEALTH

This is an opportunity for you to find out how much you know about cancer of the cervix and to learn more about how to prevent it. Please respond to the following statements by placing a " $\sqrt{}$ " in the appropriate box (true or false).

	True	False
1. Cancer of the cervix is preventable.		
One risk factor for cervical cancer is becoming sexually active at a young age.		
3. The main cause of cervical cancer is a virus.		
4. The risk for cervical cancer increases if a woman has had several sexual partners.		
5. A Pap test checks for other types of cancer such as uterine and ovarian.		
6. There is no specific age when most women should start having Pap tests.		
7. There is a vaccine that can help protect against cervical cancer.		
8. Smoking and exposure to second hand smoke can be a risk factor for cervical cancer.		
9. Women don't need a Pap test after menopause.		
10. An abnormal result on your Pap test means you have cancer of the cervix.		

Adapted from: Ontario Cervical Screening Program

ANSWERS (Test Your Knowledge on Cervical Health)

1. True

The Pap test can find abnormal cells in the cervix before they become cancerous. Early treatment will prevent cervical cancer from developing.

2. True

Cervical cells in young females are immature and more likely to become abnormal. By becoming sexually active at a young age, you are increasing the amount of time these cells could be exposed to HPV (Human Papilloma Virus).

3. True

Some types of HPV can cause cell changes in the cervix that may slowly lead to cancer if they are not found and treated. HPV is spread by sexual contact including sexual touching. Condoms may help decrease the risk but they will not fully protect you from exposure to HPV.

4. True

The more sexual partners you or your partners have had, the higher the risk of exposure to HPV and this increases your risk for cervical cancer

5. False

A Pap test is a screening test detecting early cell changes in the cervix. The Pap test does not test cells from the uterus, ovaries or other organs.

False

Women who have ever been sexually active should start having Pap tests at age 21.

7. True

Two vaccines -- Gardasil® and Ceravix® -- are available to prevent two of the cancer causing forms of HPV. Even if vaccinated, women still need regular Pap tests because the vaccine does not protect against all cancer-causing HPV strains.

8. True

Exposure to tobacco smoke can increase the chance that mild cell changes on the cervix will progress to cancer.

9. False

Women should continue to have regular Pap tests until the age of 70. Women over 70 should ask their doctor if they still need regular Pap tests.

10. False

The Pap test detects abnormal cells. Further testing is necessary to determine if there is a cancer present. Make sure you follow up on advice from your health care professional.



Test Your Knowledge on COLON HEALTH

This is an opportunity for you to find out how much you know about colon cancer and to learn more about how to prevent it. Please respond to the following statements by placing a " $\sqrt{}$ " in the appropriate box (true or false).

	True	False
1. Eating a diet high in fibre and low in fat helps reduce your risk of colon cancer.		
2. Reducing alcohol consumption can lower your risk of getting colon cancer.		
3. There is no cure for colon cancer.		
4. Regular physical activity, a healthy diet, and maintaining a healthy weight may reduce your risk of colon cancer.		
5. A family history of colon cancer does not put you at greater risk for the disease.		
6. Colon cancer affects men and women equally.		
7. Living smoke free can help reduce your risk of colon cancer.		
8. Your risk of getting colon cancer decreases with age.		
9. There is a simple at home test you can do to screen for colon cancer.		
10. Polyps are always cancerous growths.		

Adapted from: Canadian Cancer Society and Cancer Care Ontario



ANSWERS (Test Your Knowledge on Colon Health)

1. True

A diet high in fibre from vegetables, fruits, whole grains and legumes (beans, lentils and nuts) and low in fat has been shown to reduce the risk of colon cancer.

2. True

Research shows a definite link between alcohol intake and some cancers, including colon cancer. Avoid or limit your alcohol consumption. Keep it to no more than 1 drink a day for women and 2 drinks a day for men. Less is better.

3. False

Colon cancer responds best to treatment when it is found and treated as early as possible, before the disease has spread outside of the colon. Over 90% of colon cancers can be prevented or successfully treated if detected early.

4. True

Up to 35% of all cancers can be prevented by being active, eating well and maintaining a healthy body weight. Lots of fruits and vegetables (7-10 servings a day), lots of fibre and little fat and sugar will help you maintain a healthy body weight. Engage in at least 2 1/2 hours of physical activity per week.

5. False

If you have a family member (parent, child, sibling) who has had colon cancer, you are at greater risk of getting it yourself. Discuss your family history with your health care provider to see if you need to be screened earlier or more often.

6. True

Colon cancer affects men and women nearly equally.

7. True

Smoking and exposure to second-hand smoke have both been linked to colon cancer.

8. False

As age increases, your risk of colon cancer also increases. More than 90% cent of the time it occurs in people over age 50.

9 True

The Fecal Occult Blood Test (FOBT) is a simple, self-administered test that can be done in the privacy of your own home. It can detect small amounts of blood in your stool. A positive FOBT does not mean that you have cancer, but further screening tests will need to be done. People of average risk should be screened with the FOBT every two years starting at age 50.

10. False

Polyps are small growths on the lining of the intestine. Most polyps are NOT cancerous but some may become cancerous over time. By removing polyps early, colon cancer can be prevented.



Phone messages for clients' on-hold/in-queue

March

(20 seconds)

Colon cancer is the second leading cause of cancer deaths in Canada. The good news is that 90 per cent of cases could be prevented or successfully treated if detected early. Men and women should be screened for colon cancer starting at the age of 50 or earlier depending on personal risk factors. Talk with your doctor about your colon cancer screening needs, including having a Fecal Occult Blood Test (FOBT). This simple test could save your life!

April (20 seconds)

April is Cancer Awareness Month. Did you know you can lower your risk of developing cancer by adopting healthy lifestyle behaviours? Eat seven to 10 servings of vegetables and fruit and be physically active for at least two and a half hours per week. Limit alcohol intake and don't smoke. Last but not least, be informed and follow cancer screening guidelines. For more information about cancer prevention and screening, contact York Region Health Connection at 1-800-361-5653. Look after your health – you're worth it!

October

(25 seconds)

October is Breast Health Awareness Month. Are you a woman? Do you follow breast screening guidelines? Screening can find breast cancer early when treatment can have a better chance of success. All women should know how their breasts normally look and feel. Talk to your health care provider about any changes. Women age 50 and over should have a mammogram every two years. Some women are at increased risk due to their family or medical history and may need to be screened earlier. For more information and resources about breast health and mammography contact the Ontario Breast Screening Program at 1-800-668-9304.

October (to run during Cervical Cancer Awareness Week) (20 seconds)

This week is Cervical Health Awareness Week. The incidence of cervical cancer has decreased over the years thanks to the Pap test. All women who have ever been sexually active should have a Pap test every three years starting at age 21, until at least the age of 70. With regular Pap testing, up to 90 per cent of cervical cancer can be prevented. Don't let cervical screening fade into the background; make sure to ask for a Pap test as part of your regular health check up!



October is breast cancer awareness month.

Breast cancer facts:

- · Breast cancer is the most common type of cancer for women in Ontario
- At least 80 per cent of women diagnosed with breast cancer have no family history of breast cancer
- · One per cent of persons diagnosed with breast cancer are men

What can I do to reduce my risk?

Making healthy choices can improve your health and may reduce your risk of developing breast cancer.

- · Be a non-smoker and avoid second-hand smoke
- Eat seven to 10 servings of vegetables and fruit a day, choose high-fibre, lower-fat food
- Limit your alcohol consumption—having one or more alcoholic drinks a day is associated with a slight increase in breast cancer risk
- · Be physically active on a regular basis
- Follow breast health screening recommendations and discuss mammography with a health professional

Ontario Breast Cancer Screening Guidelines			
Women	All ages	 Know how your breasts normally look and feel. If you notice any changes, see your health care provider 	
	30-69 at high risk	 If you have a family or medical history that puts you at high risk for breast cancer, speak with your health care provider about a referral for specialized screening services offered through the Ontario Breast Screening Program (OBSP) 	
	50-74 years	 Know how your breasts normally look and feel. If you notice any changes, see your health care provider Mammogram at least every two years, women over the age of 50 may refer themselves to an OBSP site 	

Promoting CANCER SCREENING in the workplace Newsletter items:

March is colon cancer awareness month. Don't die of embarrassment.

Colon cancer facts:

- Colon cancer, often referred to as bowel cancer, includes cancer of the large intestine and rectum
- Colon cancer is the second deadliest form of cancer and yet it is curable 90 per cent of the time if detected in its early stages
- · Ontario has one of the highest rates of colon cancer in the world
- The risk of colon cancer increases dramatically after the age of 50 for both men and women

What can I do to reduce my risk?

Adopting a healthy lifestyle over the long term may lower your risk of developing colon cancer.

- A diet consistent with Canada's Food Guide to Healthy Eating, which includes seven to 10 servings of fruits and vegetables a day, is known to reduce the risk of colon cancer
- People who eat a diet that is low in saturated and animal fats have a lower risk of developing colon cancer
- Being active on a regular basis and keeping a healthy body weight also reduces your risk of colon cancer
- Smoking is associated with an increased risk of colon cancer. Don't start smoking, or if you currently smoke, get help to quit
- Avoid excess alcohol— heavy consumption of alcohol increases the risk of colon cancer
- Follow colon cancer screening recommendations and talk to your health care provider about colon cancer screening tests
 - All men and women over age 50 should have a Fecal Occult Blood Test (FOBT) at least every two years
 - Men and women who think they are at a higher than average risk, such as those with a family history of colon cancer, should talk to their health care provider about an individualized plan for screening



Cervical Cancer Awareness Week October to

Cervical cancer facts:

- Each week in Ontario, approximately 10 women are diagnosed with cervical cancer and approximately three women will die from the disease
- · Cancer of the cervix is 90 per cent preventable by having regular Pap tests, yet many women who have cancer of the cervix have never had a Pap test
- The most important risk factor for developing cervical cancer is thought to be infection of the cervix with Human Papilloma Virus (HPV)

What can I do to reduce my risk?

Making healthy choices can improve your health and may reduce your risk of developing cervical cancer.

- 1. Talk to a health professional about HPV. There are often no symptoms and most women don't know they have HPV. Persistent HPV infection causes cell changes on the cervix that may lead to cancer. These cell changes will be found on the Pap test and can be treated.
- 2. Protect yourself. As with other sexually transmitted infections (STI), the risk of HPV increases with every new sexual partner. Always use condoms to prevent other STI. Condoms do not likely prevent HPV transmission as the virus may be present on skin in the genital area that is not covered by a condom.
- 3. Be a non-smoker and avoid second-hand smoke. Smoking and second-hand smoke can cause mild cell changes on your cervix to progress to cancer.
- 4. Follow cervical cancer screening recommendations. Regular Pap tests save lives.

Ontario Cervical Cancer Screening Guidelines		
Women	21- 70 years	 If you have ever been sexually active you should be screened through Pap testing starting at age 21
		· Pap tests should be done every three years

Eat the Low Fat Way

Why should I think about the fat in my diet?

- Fats are a concentrated source of energy (calories); too much can lead to weight gain
- Eating too much fat can increase your risk for heart disease, stroke and some types of cancer (breast, colon, and prostate cancer)

Cutting back on the amount of fat you eat and choosing the right types of fat will contribute to a healthy diet.

Eat the low fat way...

Eating the low fat way means choosing healthy fats and lower fat options more often. To limit how much fat you eat, eat smaller amounts of high fat foods and eat them less often. Choose foods such as vegetables and fruits, lower fat milk products and lean meats.

Choose healthy fats instead of harmful fats...

Unsaturated fats are healthy fats. They are considered to be healthy because they seem to protect against diseases such as heart disease and cancer.

- Unsaturated fats are usually liquid at room temperature, these fats are found in nuts, seeds, non-hydrogenated soft margarines and vegetable oils like olive oil, canola oil, sunflower oil and salad dressings containing these oils
- A particularly helpful type of unsaturated fat is omega 3 fat; it is found in fish such as salmon, herring, mackerel and it can also be found in canola oil, flax seeds, flax oil, nuts, other seeds and soybeans

Saturated fats and trans fats (hydrogenated) are potentially harmful fats. They seem to increase the risk of cancer and heart disease.

- Saturated fats are usually solid at room temperature, these fats are found in animal sources of food such as meat, poultry, butter and cheese
- Trans fats are found in foods made with or cooked in hydrogenated fat; crackers, potato chips, baked goods and deep-fried fast foods all contain trans fats and many margarines also have trans fat

Adapted from: Eat Well, Be Active: What you can do. Canadian Cancer Society, 2007



Choose High Fibre Foods

Vegetables and fruit, whole grain foods and legumes (beans, peas and lentils) are low in fat, high in vitamins, minerals, antioxidants* and phytochemicals**. They are also high in fibre, which helps keep your digestive system healthy and regular. Along with seven to 10 servings of vegetables and fruit each day, choose a variety of other high fibre foods.

Eat six to eight servings of grain products each day

Choose foods with whole grains over foods made with refined white flour.

A serving of whole grains is:

- · 1 slice whole wheat or multigrain bread
- · ½ whole wheat or multigrain bagel or pita
- · ½ cup (125ml) cooked brown rice or whole wheat pasta
- · ½ cup (125ml) bran or whole wheat cereal
- 4 to 6 whole wheat crackers

Choose legumes (beans, peas and lentils) as an alternative to meat more often

Legumes are a high fibre, good source of protein. A serving of legumes is:

- · ½ cup (125ml) baked brown beans
- ½ cup (125 ml) cooked or canned beans (kidney, black, pinto, great northern, chick peas)
- · ½ cup (125 ml) cooked or canned lentils or split peas
- · ½ cup (125ml) bean salad
- · 1 cup (250 ml) bean or lentil soup

Adapted from: Eat Well, Be Active: What you can do. Canadian Cancer Society, 2007



^{*}Antioxidants are chemical substances in food. It is believed they destroy free radicals that are produced when our bodies use oxygen. Free radicals can damage cells, which can lead to cancer if they are not neutralized by antioxidants.

^{**}Phytochemicals are natural plant compounds that can help reduce the risk of cancer.

Reach for Vegetables and Fruit

Vegetables and fruits play a key role in a healthy diet. Vegetables and fruits are:

- · An excellent source of vitamins and minerals
- · High in fibre: Fibre helps keep your digestive system healthy
- Low in fat and calories: A diet that includes vegetables and fruits instead of higher fat, higher calorie foods can help you achieve and maintain a healthy weight

Choose seven to 10 servings of fruits and vegetables every day.

The most important thing you can do to improve your diet is to eat seven to 10 servings of vegetables and fruits each day. If fresh vegetables and fruits are not in season or cost too much, choose frozen, canned or dried. They are just as healthy. Vegetables and fruits help protect against cancer. They contain two special compounds: antioxidants* and phytochmicals**. The vitamins found in many vegetables and fruits act as antioxidants. Vitamin C, vitamin E, and beta-carotene (which changes to vitamin A in the body) are all antioxidants. All vegetables and fruits contain phytochemicals. The best way to benefit from the different phytochemicals is to eat a variety of vegetables and fruits each day. Dark green and orange vegetables and orange fruits are particularly rich in phytochemicals.

Try adding these colourful fruits and vegetables to your diet:

broccoli cantaloupe spinach oranges sweet potato berries squash tomato red pepper

It is best to choose foods high in vitamins, rather than take vitamin supplements. Experts say it may not be vitamins alone that specifically help protect against cancer; the health benefits may come from the form of these vitamins in food or their combination with other substances found in foods.

Adapted from: Eat Well, Be Active: What you can do. Canadian Cancer Society, 2007



^{*}Antioxidants are chemical substances in food. It is believed they destroy free radicals that are produced when our bodies use oxygen. Free radicals can damage cells, which can lead to cancer if they are not neutralized by antioxidants.

^{**}Phytochemicals are natural plant compounds that can help reduce the risk of cancer.

More information and resources

Websites:

Alberta Centre for Active Living www.centre4activeliving.ca

Canadian Breast Cancer Foundation www.cbcf.org

Canadian Cancer Society www.cancer.ca or call 1-888-939-3333

Canada's Physical Activity Guides www.phac-aspc.gc.ca/pau-uap/fitness/guides.html

Cancer Care Ontario www.cancercare.on.ca

Colon Cancer Check www.ColonCancerCheck.ca

Colorectal Cancer Association of Canada www.ccac-accc.ca

Dietitians of Canada www.dietitians.ca

EatRight Ontario www.eatrightontario.ca

Health Canada www.hc-sc.ca