

CANCER

How Diet Can Help

Some cancers can be cured & correct nutrition helps to prevent many forms of cancer. Diet is linked to one-third of all cancers.

Cancers are caused by *free-radical* damage to the genetic material in cells. Each cell in the body has a specific role. This can be hindered by agents such as; radiation, viral infection and chemicals such as nitrates found in smoked & processed meats, charred barbecued foods, and a high-fat low-fibre diet. Damaged cells become cancerous spreading & destroying other cells resulting in abnormal growth.

The *immune system* does react trying to keep cancer cells in check, however if the immune system is impaired by a poor diet this allows cancer to develop.

A diet high in vitamins and minerals provides *antioxidants* which zap out damaging free-radicals making them inactive and this reduces the possibility of cancer cell growth.

Protective nutrients include Vitamins A, C, E & minerals such as selenium which forms antioxidant enzymes, zinc, copper, manganese & iron. Fibre, beta carotene & bioflavonoids also provide protection against free radical damage.

STRICTLY AVOID

- Processed & barbecued meats, smoked or salt preserved foods.
- Fats of butter, cream, coconut and fried foods.
- Sugar and foods containing added sugars.
- Foods with chemical colourings, flavourings, additives.
- Alcohol, smoking, unprotected sun exposure.

DIETARY SUGGESTIONS

Include a selection of these types of foods daily:

Vitamin A; carrots, watercress, cantaloupe, apricots, tomato, liver, egg yolk, fish & fish oils.

Vitamin C; broccoli, green pepper, strawberries, cabbage, onions, blackcurrants, parsley.

Vitamin E; oil such as sunflower seed, safflower seed, olive, canola, soya bean, polyunsaturated margarine brands of *Nuttlex, Naytura Soya, Meadow Lea Sundew.*
Beta carotene; green leafy vegetables, yellow/orange coloured vegetables & fruits.

Bioflavonoids; red grapes & red grape juice, citrus fruit pith, green peppers, buckwheat.

Selenium; free range eggs, liver, kidney, sweetbreads, tripe, brains, seafood. Selenium hair shampoo.

Fibre; wholegrain cereals of wheat, rice, barley, oats, soya; wholegrain breads & pastas; fruits & vegetables.

Indoles; brussel sprouts, broccoli, cabbage, cauliflower.

Phytoestrogens; soya beans, soya flour, soya milk, tofu, legumes.

Yoghurt; *Jalna* brand containing A/B cultures found in curd yoghurt & drinking yoghurt.

Fresh vegetable, fruit juices and papaya leaf concentrate; made at home or bought from health food outlets. These contain maximum vitamins, minerals & enzymes.

Fish; types such as snapper, orange ruff, sardines, herring, salmon, blue grenadier, ocean perch, gemfish, kingfish, oysters, crab.

Garlic & onions; neutralise cancer-causing chemicals.

The Freedom Foods Cookbook provides an interesting variety of dishes for cancer sufferers. Visit Freedom Foods website for further information.

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PRODUCTS

- ◆ Low Salt (less than 120 mg/100g)
- ♥ Less than 3% fat, no saturated fat
- Low GI

Fruit Cookies – 97% Fat Free

- ♥ Apricot Temptation (GI – 47)
- ♥ Spicy Apple Sensation (GI – 47)
- ♥ Blueberry Bliss (GI – 47)
- ♥ Zest Ginger (GI – 47)
- ♥ Sticky Date (GI – 47)

All Fruit Cookies contain 72mg of sodium per 25g serve and 290mg of sodium per 100g

Slices/Bars - Gluten Free, Wheat Free

- ◆ Omega Bar (GI – 21)
- ♥ Strawberry Slice Multipack - **Medium GI (58)**
- Choc Chip Slice Multipack
- Nutritional Snack Bars:
 - ◆■ Yoghurt Coated Almond & Apricot (GI – 52)
 - ◆■ Almond & Apricot (GI – 54)
 - ◆■ Simply Nuts (GI – 39)
 - ◆ Macadamia & Pineapple **Medium GI (56)**

Snacks

- Gluten Free, Wheat Free
- ♥◆ Baked Corn Chips - Plain
- Fried Corn Chips ◆ Plain
 - ◆ Cheese

Confectionery - Gluten Free, Wheat Free

- Fruit strips enriched with a vitamin & mineral blend
- ♥◆ Apricot & Apple (GI – 29)
- ♥◆ Peach & Pear (GI – 29)
- ♥◆ Plum & Apple (GI – 29)

Fruit Spreads

- Gluten Free, Wheat Free
- ♥◆ Apricot (GI – 29)
- ♥◆ Raspberry (GI – 26)
- ♥◆ Strawberry (GI – 29)
- ♥◆ Marmalade (GI – 27)

Spreads

- ♥ Vege Spread
- Soy Butter

Breakfast Cereals

- ♥◆ Hi-Lite Cereal with Wholegrains - enriched with vitamin C, iron & folate (GI – 54)
- ♥◆ Rice Flakes with Psyllium, gluten free
- ♥◆ Rice Puffs with Psyllium, gluten free
- ♥◆ Corn Flakes with Psyllium, gluten free
- ♥ Ultra Rice with Psyllium, gluten free (184mg sodium per 100g/92mg sodium per 50g serve)
- ◆ Muesli - Gluten Free, Wheat Free (GI – 50)
- ◆ Muesli - Yeast Free, Wheat Free (GI – 44)
- ◆ Quick Oats Porridge, Wheat Free (GI – 50)

Breakfast Bars

- ♥◆ Hi-Lite Breakfast Bar (GI – 53)
- ◆ Super Berry Breakfast Bar, only 4% fat – **Medium GI (57)**
- ◆ Muesli Breakfast Bar – gluten free (GI – 50)

Pastas - Gluten Free, Wheat Free

- Enriched with a vitamin & mineral blend with added fibre.
- ♥♥ Enriched Spaghetti (GI – 51)
- ♥♥ Enriched Rice Pasta (GI – 51)

Sauces

- Gluten Free, Wheat Free
- ♥◆ Tomato Pasta Sauce

Beverages - Gluten Free, Wheat Free

- Organic Grape Juices
- ♥◆ Black Muscatel
- ♥◆ Shiraz
- ♥◆ White Muscatel

Bakery

- Gluten Free, Wheat Free
- ♥◆ All-Purpose Flour
- ♥ Pancake Mix – **Medium GI (61)**
- ♥■ Corn Fritter Mix (GI – 34)

Cookbook (RRP \$24.95)

NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- **Wraps**
- **Frozen Foods** - Pizzas (Supreme, Hawaiian)
 - Shepherd's Pie
 - Crumbed Fish Fillets
 - Crumbed Chicken Fillets
 - Apple Crumble
 - Sticky Date Pudding
 - Donuts

Low Allergenic Personal Care Products

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll-on
- Fragrant free aluminium free roll-on deodorant
- Fragrant free body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of the carbohydrate according to their effect on glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 – 69

High GI ≥ 70

The Freedom Foods Cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800 646 231 for further information.