

The importance of **Healthy Eating** in Disease Prevention



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Prevent Cancer by Eating

Vegetables and Fruits

Low Fruit Diet

7.3% of all cancers

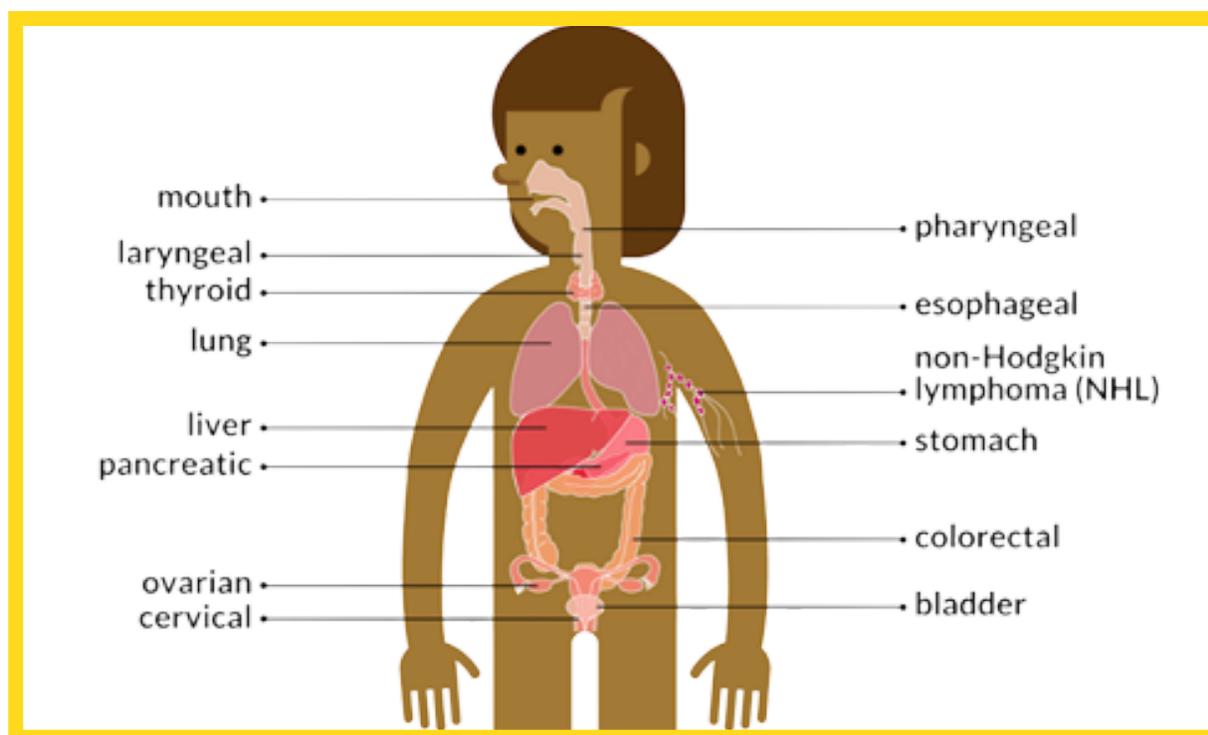
Most associated with:
lung cancer
breast cancer (female)
colorectal cancer
bladder cancer
pancreas cancer
esophagus cancer
stomach cancer

Low Vegetable Diet

4.7% of all cancers

Most associated with:
lung cancer
head and neck cancer
colorectal cancer
bladder cancer
pancreas cancer
esophagus cancer
liver cancer
ovarian cancer

Eating lots of fruits and vegetables may help prevent these cancers



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Prevent disease by limiting

Sodium, Sugar, and Fat

Sodium



- Most of the sodium found in processed foods
- Too much sodium lead to high blood pressure, a risk factor for:
 - Stroke
 - Heart disease

Top Sources of Sodium In Our Diet

- Cheese
- Breakfast cereals
- Salty snacks (nuts, chips, popcorn, and pretzels)
- Baked goods (bread, muffins, cookies, crackers)
- Processed meats (burgers, sausages, deli meats, canned meat, and chicken wings)
- Ready-made dishes (pizza, lasagna, refrigerated or frozen entrées and appetizers)
- Sauces and condiments (dips, gravy, ketchup, soy sauce, BBQ sauce, teriyaki sauce, Worcestershire sauce)

Sugar



Having foods and drinks with added sugars is linked to the risk of:

- Obesity
- Type 2 diabetes

Sugary Foods include:

- Syrups, honey and jams
- Chocolate and candies
- Ice cream and frozen desserts
- Bakery products like muffins and cakes
- Iced tea, Fruit juice, Soft drinks, Sports drinks, Energy drinks
- Alcoholic beverages
- Fruit-flavoured drinks and punches
- Sweetened plant-based beverages
- Flavoured waters with added sugars
- Sweetened milks like chocolate milk
- Sweetened speciality drinks (tea, coffee, hot chocolate)



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Saturated Fat



Foods and drinks with saturated fats are linked to the risk of:

- **Obesity**
- **Heart diseases**

Foods with saturated fat...

- **Fatty meats**
- **High-fat dairy products**
- **Highly processed foods**
- **Some tropical oils**

Remember...

Healthy Eating is a family affair!



For tips on how to Eat well with your family, visit the Canadian Cancer Society's website [here!](#)



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