

Healthy Living Focus Combatting Cancer



Hello, and welcome to Healthy Living Focus. February 4th is World Cancer Day, a day aimed at raising awareness of cancer and reimagining a world where millions of lives are saved. This edition, we are going to look at why healthy living is beneficial, the link between lifestyle and cancer risk, share simple healthy tips, and a delicious recipe for you to try at home.



More than one third of cancer cases can be prevented.

Can a healthy lifestyle reduce the risk of cancer?

It is not a cast iron guarantee against cancer, but a healthy lifestyle will reduce the risk factors of developing certain cancers such as

- Breast
- Colon
- Kidney
- Prostate

Obesity is linked to 13 types of Cancers

Having a healthy and balanced diet can reduce the risk of cancer by helping you keep a healthy weight or lose weight.

Cancer Research UK recommend a diet high in:

- fruit and vegetables
- wholegrains (such as brown rice or wholegrain bread)
- healthy sources of protein like fresh chicken, fish or lentils and beans.

And low in:

- Processed and red meat
- high calorie foods
- sugary drinks
- alcohol



Reducing your risk for cancer may be easier than you think! Sometimes it requires little more than a few lifestyle changes to make all the difference in the world.

Simple Lifestyle Changes

- Practise sun safety- always wear sunscreen when outdoors in the summer.
- Limit alcohol intake- swap for sugar free fizzy drinks or alcohol free lager
- Take Vitamin D supplements
- Attend invitations to NHS screenings, and always visit the GP if you are concerned about a symptom of cancer or any other illness.

Smoking is the most significant cancer risk factor we can control.

One of the best ways to reduce risk is to quit smoking or never start. It's never too late to stop and your body will benefit even if you've smoked for 20, 30, or even 40 years!



**I CAN
MAKE HEALTHY
LIFESTYLE
CHOICES**



Exercise

Being physically active is known to reduce the risk associated with certain types of cancer.

Even activities as light as gardening a couple of times a week is known to significantly decrease the risk of lung cancer. More intense exercise, such as running, is believed to cut the risk of colon cancer by as much as 40% too.



Expert Advice

Contact Cancer Research UK on [0808 800 4040](tel:08088004040)
or
Visit www.cancerresearchuk.org for advice and support
for anyone affected by cancer.

Recipe of the week!

Sweet Chilli Stir Fry Chicken and Noodles

Ingredients

- Low-calorie cooking spray
- 3 skinless and boneless chicken breasts, cut into chunks
- 1 onion, thickly sliced
- 1 clove garlic, thinly sliced
- 1 red, 1 yellow and 1 orange pepper, deseeded and sliced into chunky strips
- 200g mangetout
- 225g water chestnuts, drained and sliced (optional, substitute for mushrooms if you like!)
- 250g dried medium egg noodles
- 1 level tbsp sesame seeds, toasted

For the sauce:

- 2tbsp soy sauce
- 2tbsp sweet chilli sauce
- A pinch of chilli flakes



Top Tip- swap or add in extra veg for extra nutrition and avoid waste!

How about trying this dish with rice instead of noodles?

Method

1. Spray a non-stick frying pan or wok with low-calorie cooking spray and place over a medium-high heat. Add the chicken and brown well on all sides, then tip onto a plate and set aside.
2. For the sauce, mix the ingredients in a small dish, stirring to combine, set aside.
3. Spray the pan with more low-calorie cooking spray, add the onion, garlic and a splash of water and stir-fry for 2 minutes. Stir in the peppers, cook for 1 minute, then add the mangetout and cook for another minute.
4. Stir in the chicken, the water chestnuts and the sauce. Allow to bubble, stirring all the time, until the sauce is sticky and coats everything, and the chicken is cooked through.
5. Cook the noodles according to the packet instructions and drain. Toss the sesame seeds through the noodles, then divide between 4 plates or bowls. Divide the chicken between the bowls and serve.

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

