

MINUTE NUTRITION NEWS

March 2014

8 Tips to Care for Your Colon

Did you know that colorectal cancer (cancers found in our large intestine) is the third most common cancer type in Canada? On average, 423 Canadians are diagnosed with this cancer each week and about 175 weekly deaths occur because of this disease. This month is Colon Cancer Awareness Month, so take action today to lower your risk of getting colon cancer.

1. Limit red meat to less than 500 grams per week. This includes beef, pork, duck, lamb and goat. To stay under this limit means you can have about six servings of red meat throughout the week (one Canada's Food Guide serving is 75g or 2.5 oz of cooked meat – a portion about the size of a deck of cards). Alternative protein sources you can choose are chicken, fish, beans, lentils and eggs.

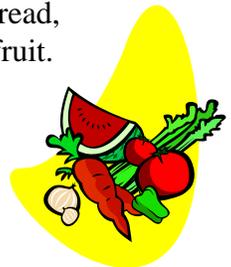
2. Avoid processed meats as much as possible. Processed meats are meats that have been smoked, cured, salted or preserved with added chemical preservatives. Examples include ham, salami, bologna, sausage, hot dogs, bacon and luncheon meat.



3. Avoid or limit alcohol. Alcohol can increase the risk of many types of cancers including colorectal cancer. If you currently drink alcohol, limit the amount to as little as possible. You should not be drinking more than two drinks per day for men and one drink per day for women.

4. Watch your waistline. Maintain a healthy waistline by following Eating Well with Canada's Food Guide. Watch your portion sizes and limit the amount of sugary and high-fat foods and drinks you have. Physical activity can also decrease colon cancer risk so stay as active as you can in your everyday life.

5. Boost your fibre intake. One type of fibre called insoluble fibre may specifically help protect against colon cancer. You can find this fibre in whole grains such as whole grain bread, brown rice, whole wheat pasta, high fibre cereals, wheat bran, and skins of vegetables and fruit.



6. Flavour with garlic. Garlic may have a protective effect against colorectal cancer. Use it in your cooking by adding chopped garlic to soups, casseroles, stir-fries, roasted meats and vegetables. Add it raw to marinades and salad dressings. You can also blend it into dips and sauces.

7. Drink your milk. Milk and calcium may be linked to a lower risk of developing colon cancer. Drink at least 2 cups of low-fat milk everyday. If you do not drink milk, speak with your health provider about getting calcium from other sources.



8. Choose your cooking method wisely. Cooking foods at high temperatures directly over an open flame or hot metal surface may create chemicals that cause cancer. This includes barbecuing, grilling and pan-frying. Try other cooking methods such as steaming, boiling, and roasting.

RECIPE OF THE MONTH

March 2014

Creamy Tomato Rice Soup



This recipe contains whole grains, milk and garlic – all ingredients to a healthy colon. The best part? It only takes 30 minutes to prepare from scratch to finish.

Makes 4 servings

Ingredients:

1 tbsp	margarine
3 cloves	garlic, minced
1	onion, chopped
¼ tsp	salt
¼ tsp	pepper
1 can	no salt added diced tomatoes with juice
1 cup	reduced sodium vegetable or chicken broth
2 tbsp	all-purpose flour
2 cups	milk
1 cup	cooked brown rice
½ tsp	sugar

Nutrition Facts (values are approximate) Per serving

Amount	% Daily Value
Calories 207	
Fat 6 g	9 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 10 mg	3 %
Sodium 391 mg	16 %
Carbohydrate 31 g	10 %
Fibre 4 g	16 %
Sugar 13 g	
Protein 8 g	
Vitamin C 39 %	Calcium 17 %
	Iron 9 %

**Recipe analyzed with www.eatracker.ca

Directions:

1. In a large pot, melt margarine over medium heat. Add garlic, onion, salt and pepper. Cook, while stirring, for 5 minutes or until onions turn soft.
2. Add tomatoes and broth, then cover and bring to a boil over high heat. Reduce heat to medium-low and boil gently, covered, for 10 minutes or until tomatoes are very soft. Remove from heat.
3. Transfer soup to a blender or food processor and puree until smooth. Return to pot.
4. Whisk flour into milk and gradually pour into pot while whisking constantly.
5. Stir in rice. Cook over medium heat while stirring for about 5 min or until slightly thickened and steaming. Add sugar.
6. Serve into bowls and enjoy!

Recipe adapted from [http://www.dairygoodness.ca/recipes/creamy-tomato-rice-soup/\(p\)/preview](http://www.dairygoodness.ca/recipes/creamy-tomato-rice-soup/(p)/preview)

Got questions?

Meet the clinic's Registered Dietitian on March 26th, 2014
from 10:30 am – 12 pm during the recipe demonstration!