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RUTGERS

New Jersey Agricultural
Experiment Station

Deskercise!

- Let's Do the Twist: Sit erect in a stationary chair with both feet flat on the floor. Look straight ahead. Slowly tilt your torso to the right as you reach behind yourself with your right hand. Grasp the top right corner of your chair with your right hand. Complete the stretch by moving your left hand as close as possible to your right hand. Stretch as far as you can and hold for 10 seconds. Repeat 4-6 times, twisting left and right, aiming to turn the body a little farther each time.

- For more deskercise, visit: <http://uclivingwell.ucop.edu/deskercise>

Consult your physician before beginning an exercise program.

Healthy on the Job! Workplace Wellness Newsletter

Family & Community Sciences
Rutgers Cooperative Extension

Volume 1, Issue 10

Focus: Cancer
Prevention

Eating a Healthy Diet and Cancer Prevention

According to the American Cancer Society's Guidelines on Diet and Cancer Prevention, "30 to 40 percent of cancers are directly linked to dietary choices." Clearly, one of the most important steps one can take in cancer prevention is to become proactive about daily food decisions. The ACS recommends a predominantly plant-based diet rich in vegetables, fruits and grains for cancer prevention. Eat five or more servings of fruits and vegetables every day, and try to eat foods from other plant sources like breads, cereals, rice, pasta, grain products, and beans several times each day, but make sure those grains are

whole and not refined! The Society also recommends "limiting consumption of meats, especially high-fat meats," because animal sources are a major contributor of the high amounts of saturated fat and cholesterol in the American diet. Sure, meats are a good source of protein, but consumption of meat, especially red meat, has been linked to colon and prostate cancers, so it may be a wise idea to limit meat in-



take. Adhering to these recommendations from the American Cancer Society will undoubtedly contribute to good health. Remember, "Although no diet can guarantee full protection against disease, the Society believes that the recommendations...offer the best nutrition information currently available to help Americans reduce their risk of cancer."

For more information, visit <http://www.cancer.org>

Did you Know...?

Consuming alcohol and smoking cigarettes both cause cancers of the oral cavity, esophagus, and larynx. ACS recommends limiting alcohol intake if you drink.

Get Active in Dodging Cancer!



The American Institute for Cancer Research recommends eating right, staying active, and watching your weight to reduce your cancer risk. 30 minutes of daily physical activity in any form—from leisurely

walking to dancing, bicycling, or running a marathon, will significantly reduce your risk for cancer and will offer you countless other health benefits! For more recommendations, see <http://www.aicr.org>.

For answers to cancer-related questions,
call the AICR hotline at
1-800-843-8114

Recipe of the Week



Mandarin Stir-fry Beef

Makes 4 servings

Total time: 30 minutes

8 oz beef sirloin or top round steak, cut into bite size pieces

Juice of 1-2 tangerines (1/4 cup)

2 tablespoons Hoisin sauce

1 tablespoon lite soy sauce

2 cloves garlic, minced

1/2 low-sodium chicken or beef broth

1-1/2 cup broccoli flowerets

1/3 cup sliced green onion

4 cups cabbage

1 can (8 oz) sliced water chestnuts, drained

2 tangerines, peeled, segmented

Hot cooked brown rice

Remove excess fat from steak strips, place in shallow non-metal dish. In small bowl stir together tangerine juice, Hoisin sauce, soy sauce & garlic. Pour mixture over meat, cover & chill for 30 minutes to several hours. Drain meat, reserving marinade. On wok or large skillet over high heat, place 3 tablespoons broth. Stir fry broccoli 3 minutes. Remove from wok. Add more broth if needed; stir fry onion & cabbage 2 minutes. Remove from wok. Add more broth if needed; stir fry water chestnuts and tangerines for 1 minute. Add meat and cooked vegetables back into wok, along with reserved marinade. Toss well, cover & heat 1 minutes. Serve with cooked brown rice.

Nutrition information: Per serving: 370 calories; 6 g fat; 35 mg cholesterol;

55 g carbohydrates; 24 g protein; 7 g fiber; 280 mg sodium.

For more healthy recipes, visit Fruits and Veggies More matter at <http://www.fruitsandveggiesmatter.gov>

10 recommendations for cancer prevention from The American Institute for Cancer Research

1. Be as lean as possible without becoming underweight.
 2. Be physically active for at least 30 minutes every day.
 3. Avoid sugary drinks and energy-dense (processed) foods.
 4. Eat more of a variety of vegetables, fruits, whole grains, and legumes such as beans.
 5. Limit consumption of red meats and avoid processed meats.
 6. If consumed at all, limit alcohol intake.
 7. Limit consumption of salty and processed foods.
 8. Don't use supplements to protect against cancer.
 9. It is best for mothers to breast-feed exclusively for six months and then add other liquids.
 10. After treatment, cancer survivors should follow the recommendations for cancer prevention.
- And you should never use tobacco!

Top web Sites!

Www. Cancer.org The American Cancer Society has information and resources.

Www.getmovinggethealthynj.rutgers.edu/cancer.html The Get Moving Get Healthy NJ initiative works to provide information to NJ residents about cancer prevention. Look for information on *Things You Can Do Now*.

Www.cancer.gov National Cancer Institute full of info about all types of cancer.

**"Cancer is a word, not a sentence."
—John Diamond,
British journalist**

Featured Foods: Broccoli & Other Cruciferous Veggies

The health benefits of broccoli are undeniable! According to CNN's article "Broccoli beats most other veggies in health benefits," Peter Jaret states that one medium spear of broccoli has more vitamin C than an orange, as much calcium as a glass of milk, three times more fiber than a slice of wheat bran

bread, and more vitamin A than other typical produce. Perhaps one of its greatest attributes is that it contains isothiocyanates, chemicals shown to stimulate the body's production of natural cancer fighters! Don't worry if you don't like broccoli—all cruciferous veggies contain these chemicals, including

cabbage, kale, cauliflower, Brussels sprouts, and bok choy. And it's easy to add these foods to your meals! Cauliflower is a great addition to pasta and chopped red cabbage is delicious in salads and chili. For more ideas, see www.aicr.org for a list of foods associated with reducing the risk of cancer.

With all of these options, cancer prevention never tasted so good!