TTU Faculty Fitness Challenge 2015

Nutrition for Disease Prevention

Just like wearing armor in battle, you can arm your ‘insides’ with cancer fighting chemicals, and diabetes or heart disease reducing fiber through the foods you eat. Eating a diet rich in antioxidants and fiber will help prevent or repair damaged cells and support healthy growth.

Obesity, Physical Inactivity, Smoking, Tobacco Use, Excessive Drinking, Extreme Sun Exposure and Radiation Exposure increase cell damage and cancer risks. Obesity, Physical Inactivity, High Blood Pressure, High Cholesterol (Cholesterol Levels that are not normal) increase the risk of diabetes. These are factors we can amend or avoid.

Load up on these special types of SUPER veggies called cruciferous vegetables. You don’t have to call them by this bizarre name, just know that they are loaded in fiber and rich in antioxidants and nutrients, vitamins C, E, and K; folate; and minerals too.

Fight back with these Greens:
- Arugula, Bok Choy
- Broccoli, Brussel Sprouts, Cabbage
- Cauliflower, Collard Greens
- Horseradish, Kale, Radishes, Rutabaga, Turnips, Wasabi, Watercress

Foods high in red pigments carry a cancer-fighting chemical, which may reduce skin and prostate cancers. The body can use this chemical called Lycopene to help repair damage in the body and support cells. One way to get the most lycopene from red foods is to choose products that have been heated, allowing the release of lycopene to be used in the body more efficiently. After serious sunburn, try loading up on lycopene-containing foods to reduce your risk of skin cancers.

Go with Reds:
- Marinara sauce
- Carrots, Red Cabbage, Sweet Red Peppers, Tomatoes
- Papaya, Strawberries, Watermelon

Other foods supported by research, which may help aid in the fight against cancer are beans, berries, garlic, green tea, onions, turmeric, and walnuts.

Fight with Fiber:
Eating a diet high in fiber can also support a healthy body and reduce risks of some cancers, diabetes, stroke, and heart issues. Aim for 30 veggies, and whole grains. If you are a heavy exerciser you will need more fiber and more antioxidants. Heavy exercising can produce more free radicals that damage cells, so load up on the fibrous foods when working out hard. Also, drink more water to keep the plumbing going.

Pick Whole Grains:
Benefits of eating whole grains: Stroke risk reduced 30-36%, Type 2 diabetes risk reduced 21-30% and heart disease risk reduced 25-28%
- Look for 100% Whole Wheat and Whole Grain on the nutrition label
- Brown Rice, Pasta, Tortillas, Bread, Cereals, Crackers, Grains

Be a “Qualitarian” which means to choose quality foods that are in a more natural (non-altered) state.
- Limit processed foods when possible.
- Look for lower sugar options.
- Sugar feeds cancer cells.
- Add berries and green leafy veggies to salads, smoothies, and snacks
- Choose lean and low-fat proteins: chicken, baked fish, tofu, beans and low fat dairy.

Campus Tips: Veggie-filled chicken tacos or rice bowl with lots of pico at Sam’s Place SUB; fish tacos from StrEat; Zi’s Fiery Stir Fry with shrimp and veggies; a cup of tomato basil or minestrone soups at our dining locations.

“To eat is a necessity, but to eat intelligently is an art”—Unknown