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Wellness Matters

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Your Healthy Body

Fight Cancer with Food

October is [Breast Cancer Awareness Month](#). Breast cancer is the second leading cause of cancer-related deaths among women in the United States. Add body-strengthening foods to your diet to support cancer prevention and a healthier lifestyle.

Beans contain phytochemicals, which have been shown to prevent or slow genetic cell damage. Their high fiber content has been connected with a lower risk of digestive cancers.

Berries contain ellagic acid (common in strawberries and raspberries) and anthocyanins (common in blueberries). Ellagic acid helps prevent skin, bladder, lung, and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

Cruciferous vegetables such as broccoli, cauliflower, cabbage, and kale are rich in a variety of compounds linked to slowing cancer growth and development, especially stomach, colorectal, prostate, and bladder cancer.

Dark, leafy green vegetables including romaine lettuce, Swiss chard, chickory, and mustard greens, contain carotenoids, a form of antioxidant that removes cancer-promoting free radicals from the body. These veggies are also rich in folate, which has been shown to reduce the risk of lung and breast cancer.

Flaxseed, eaten in the form of oil and meal, is believed to reduce the risk of breast, skin, and lung cancer because of the presence of phytoestrogens.

Garlic, Onions, Scallions, Leeks, and Chives contain compounds that are believed to slow tumor growth, especially in skin, colon, and lung cancer.

Red grapes contain resveratrol, thought to prevent cell damage.

Green tea is rich in flavonoids, which slow or prevent the

development of prostate, liver, colon, and breast cancer cells.

Soy contains isoflavones that protect against bladder, lung, cervix, and stomach cancer. Soy also provides compounds that are similar to the body's natural hormones, which may

guard against breast and prostate cancer development.

Tomatoes are rich in lycopene, which has been shown to fight prostate cancer, especially when consumed as tomato sauce, paste, or juice. Lycopene may also protect against breast, lung, stomach, and pancreatic cancer.

Whole grains contain fiber, phytoestrogen compounds, and antioxidants, beneficial in decreasing the risk of developing most types of cancer.



Fitness First: Walking

Now that cooler weather is here, it's easier to exercise outdoors. Walking is a great way to maintain a healthy weight or to shed those extra pounds — it's free, and you can do it almost anytime, anywhere!

The First Step: Good Shoes

Walking shoes are designed to give you the flexibility, support, and proper push-off needed for walking. Everyone's feet are different, but look for shoes that are light, flexible, and immediately feel comfortable. Walking shoes should not require a "breaking in" period.

Setting the Pace

Experts advise beginners to start with a 15- or 30-minute walk daily, adding five or 10 minutes to the walking session time per week. More specifically:

- To maintain health, walk 30 minutes a day most days of the week at a "talking" pace, which means you are able to carry on a conversation comfortably while walking.
- If walking for weight loss, walk 45 to 60 minutes a day at a medium to fast pace. In addition, do not skip more than two days per week.
- For aerobic and cardiovascular fitness, walk 20 minutes at a very fast pace (you should be breathing hard), three to four days a week.

Before and after walking, gentle stretching can help keep your muscles from being sore.

Going the Distance

Once you get started, stay motivated! Find a walking buddy, join a walking club, or register for a walking event. You will not notice immediate physical changes, but by adding walking and a healthy diet to your daily routine, it won't be long before you look and feel better.

Note: Before beginning a walking program, discuss your exercise plans with your doctor, particularly if you have ongoing health issues.

Healthy & Delicious

Fat and calories can easily creep into our daily diets. Use this chart as reference for selecting healthier food options when eating out or preparing meals.

Choose...	Instead of...
Water; coffee; tea or 100% fruit or vegetable juice	Soda or fruit-flavored drinks
Fresh fruit; dried fruit and unsweetened juices	Sweetened canned fruits and juices
Bagels that are 3½ in. or smaller	Regular bagels
Light margarine; fat-free cream cheese; jam or jelly	Butter; full fat cream cheese or peanut butter
Whole grain waffles and French toast	Waffles and French toast made with white bread
Salad with fat-free dressing on the side	Full fat dressing on the salad
Pasta salad made with low-fat dressing	Pasta salad made with mayonnaise or cream dressing
Lean meats; fish and tofu (3 grams of fat per ounce)	High-fat and fried meats; bacon; poultry with skin; cold cut and oil-packed fish
Steamed vegetables	Vegetables in cream sauces or butter
Fresh vegetables served with fat-free dressing; salsa or tofu dip	Tempura or deep fried vegetables
Broiled or poached seafood; shrimp; salmon; scallops; oysters or clams	Deep fried seafood with high-fat sauces
Cubes of low-fat cheese that are ¾-inch squares or smaller	Slices of cheese
Dips made of salsa; fat-free cottage cheese; hummus or low-fat salad dressing	Dips made from regular mayonnaise; sour cream; cream cheese or cheese sauce
Low-fat or skim milk	Whole or 2% milk
Low-fat yogurt or cottage cheese	Regular yogurt or cottage cheese