

Zdrava prehrana radi smanjenja opasnosti od raka



Da bi se smanjila opasnost od određenih vrsta raka, Vijeće za rak (Cancer Council) preporučuje zdravu tjelesnu težinu, redovite vježbe i zdravu prehranu. Ovdje su sadržane informacije o vrstama hrane koju bismo trebali uključiti ili ograničiti u našoj prehrani kako bismo pomogli smanjenju opasnosti od raka.

Povrće i voće

Uzimanjem velikih količina povrća i voća može se smanjiti opasnost od raka jednjaka, stomaka, crijeva i pluća.

Preporuke

Jedite puno povrća, mahunarki i voća. Odrasle osobe bi trebale jesti najmanje pet porcija povrća i dvije porcije voća svaki dan. Trudnicama i dojiljama se preporučuje još više takvih porcija, a djeci se preporučuje malo manja količina. Jedite razne vrste povrća i voća. Nije važno je li voće i povrće svježe, konzervirano, smrznuto ili osušeno - sve je dobro.

Što je porcija?

1 porcija povrća =

- ½ šalice kuhanog povrća
- 1 šalica salate
- ½ šalice mahunarki (kao što su leća i slanutak)
- 1 krumpir srednje veličine

1 porcija voća =

- 2 komada manjeg voća (npr. marelice, šljive i kivi)
- 1 šalica voćne salate ili konzerviranog voća
- 1 komad voća srednje veličine (kao što je jabuka ili naranča)

Kruh i pahuljice

Iako su vršena brojna ispitivanja kako bi se utvrdilo da hrana koja sadrži velike količine vlakana smanjuje opasnost od dobivanja raka crijeva, čini se da to nije toliko povezano kako se ranije mislilo.

Preporuka

U interesu zdravlja, Cancer Council preporučuje da treba jesti puno kruha i pahuljica, po mogućnosti onoga koji sadrži cijelo zrnevlje, u sklopu općenito zdrave prehrane.

Žene bi trebale jesti najmanje četiri porcije kruha i pahuljica dnevno, a muškarci bi trebali jesti najmanje pet.

Što je porcija?

- 2 kriške kruha
- 1 šalica kuhane riže, tjestenine ili nudla
- 1 šalica pahuljica koje se jedu za doručak
- ½ šalice muslija

Meso

Ispitivanja pokazuju da crveno meso, a osobito prerađeno meso, može povećati opasnost od raka debelog crijeva.

Preporuka

Cancer Council zna da je crveno meso u Australiji potrebno u prehrani radi željeza, cinka, vitamina B12 i proteina. Međutim, zbog moguće veze s nastankom raka debelog crijeva, ne preporučuje se jesti više od tri do četiri porcije kuhanog ili pečenog crvenog mesa tjedno. Ostalim danima probajte jesti ribu, piletinu i druge alternative. Ograničite količinu prerađenog mesa, kao što su kobasice, hrenovke, slanina i šunka.

Što je porcija?

- 65-100 grama kuhanog ili pečenog mesa ili piletine (na primjer, 1/2 šalice mljevenog mesa ili 2 male krmenadle ili 2 kriške pečenog mesa)
- 80-120 grama ribe
- 2 mala jaja
- ½ šalice kuhanih mahunarki (kao što su slanutak, leća, grah)

► Croatian

Healthy eating to reduce cancer risk

Informacije o raku možete dobiti uz pomoć tumača.

Nazovite 131 450 i tražite davam nazovu Cancer Helplinena 13 11 20

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Masnoća

Prema dokazima koje posjedujemo, količina unesene masnoće nema nikakve izravne veze s nastankom raka. Međutim, hrana koja sadrži velike količine masnoće može izazvati gojaznost, što predstavlja faktor rizika za nekoliko vrsta raka.

Preporuka

U svrhu zdrave prehrane, ograničite količinu zasićenih masnoća i svedite ukupnu masnoću na umjerene količine.

Zasićene masnoće se uglavnom nalaze u mesu i mliječnim proizvodima, ali su prisutne i u kolačima, keksu, snack proizvodima i 'take-away' hrani. "Dobra masnoća" (polinezasićena i mononezasićena) može se naći u margarinu, orašastim plodovima, avokadu i sjemenkama.

Sol

Veća opasnost od raka na stomaku povezuje se s hranom koja sadrži velike količine soli u zemljama gdje je soljenje hrane čest način konzerviranja hrane.

U zemljama gdje se obično koristi rashlađivanje, rak na stomaku nije tako česta pojava.

Preporuka

Odaberite hranu koja sadrži male količine soli.

Kada pripremate hranu, začinite je začinskim biljem, sokom od limuna i začинима umjesto soli. Pokušajte smanjiti zasoljene snack grickalice, 'take-away' hranu, prerađeno meso, sir i maslac.

Alkohol

Nema nikakvih dokaza da alkoholna pića na bilo koji način štite od raka. Alkohol je, u biti, važan faktor rizika za neke vrste raka, osobito za rak usta, ždrijela, grkljana, jednjaka, jetre i dojki.

Preporuka

Cancer Council preporučuje, u svrhu smanjenja opasnosti od raka, da se ograniči ili izbjegava konzumiranje alkohola.

Osobama koje piju alkohol, preporučene količine iznose:

- za muškarce - najviše dva standardna pića dnevno
- za žene - najviše jedno standardno piće dnevno.

Što je standardno piće?

- 285 ml običnog jakog piva
- 100 ml vina
- 30 ml žestokog pića

Za više informacija

Upute za prehranu Nacionalnog vijeća za zdravstvena i medicinska istraživanja (National Health and Medical Research Council) daju detaljne preporuke o zdravoj prehrani za sve Australce. Informacije se mogu naći na www.nhmrc.gov.au/publications/synopses/dietsyn.htm

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To reduce the risk of certain cancers, the Cancer Council recommends a healthy body weight, regular exercise and a healthy diet. The following provides information about the types of food that we should include or limit in our diets to help reduce the risk of cancer.

Vegetables and fruits

Eating plenty of vegetables and fruits is likely to reduce the risk of cancer of the mouth, oesophagus, stomach and bowel.

Recommendation

Eat plenty of vegetables, legumes and fruits. Adults should eat at least five serves of vegetables and two serves of fruit each day. The number of serves recommended for women who are pregnant or breastfeeding is higher, and the recommendations for children are slightly lower. Eat a variety of vegetables and fruit. It doesn't matter if the source is fresh, tinned, frozen or dried – it all counts.

What is a serve?

1 serve of vegetables =

- ½ cup of cooked vegetables
- 1 cup of salad
- ½ cup of legumes (such as lentils and chickpeas)

1 serve of fruit =

- 2 pieces of small-sized fruit (such as apricots, plums and kiwi-fruit)
- 1 cup of fruit salad or canned fruit pieces

A serve size is about the same as an adult's handful. So, adults should eat five handfuls of vegetables and two handfuls of fruit every day.

Breads and cereals

While there has been a lot of research into the link between a high fibre diet and a decrease in bowel cancer risk, the link does not appear to be as strong as once thought.

Recommendation

In the interest of good health, the Cancer Council recommends eating plenty of breads and cereals, preferably wholegrain, as part of an overall healthy diet.

Women should eat at least four serves of breads and cereals a day and men should eat at least five.

What is a serve?

- 2 slices of bread
- 1 cup of cooked rice, pasta or noodles
- 1 cup of breakfast cereal
- ½ cup of muesli

Meat

Research suggests that eating red meat and, in particular, processed meat, may increase the risk of bowel cancer.

Recommendation

The Cancer Council recognises that red meat is important for supplying iron, zinc, vitamin B12 and protein in the Australian diet. However, because of a possible link with bowel cancer, no more than three to four serves a week of cooked red meat is recommended. On other days try fish, chicken and other alternatives. Limit processed meats, such as sausages, frankfurts, bacon and ham.

What is a serve?

- 65–100 grams of cooked meat or chicken (for example, ½ cup of mince, or 2 small chops, or 2 slices roast meat)
- 80–120 grams of fish
- 2 small eggs
- ½ cup of cooked legumes (such as chickpeas, lentils, beans)

► *English*

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Fat

According to current evidence there is no direct link between fat intake and cancer. However, a high-fat diet may cause obesity, which is a risk factor for several cancers.

Recommendation

As part of an overall healthy diet, limit saturated fats and moderate total fat intake.

Saturated fats are found mostly in meat and dairy products, but are also found in cakes, biscuits, snack foods and take-away foods.

'Good fats' (polyunsaturated and mono-unsaturated) can be found in margarines, nuts, avocados and seeds.

Salt

An increased risk of stomach cancer has been linked with high-salt diets in countries where salting of foods is a common preserving method.

In countries where refrigeration is commonly used, stomach cancer is not as common.

Recommendation

Choose foods low in salt.

Flavour foods with herbs, lemon juice and spices instead of salt. Try to limit salty snacks, take-away foods, processed meats, cheese and butter.

Alcohol

There is no evidence that alcoholic drinks provide any protection against cancer. Alcohol is, in fact, an important risk factor for some cancers, particularly cancers of the mouth, pharynx, larynx, oesophagus and liver, and evidence is growing stronger that alcohol is a risk factor for breast cancer.

Recommendation

The Cancer Council recommends that, to reduce the risk of cancer, alcohol consumption should be limited or avoided.

For people who do drink alcohol, the recommended amounts are:

- for men – no more than two standard drinks a day
- for women – no more than one standard drink a day.

What is a standard drink?

- 285 ml of regular strength beer
- 100 ml of wine
- 30 ml of spirits

For more information

The National Health and Medical Research Council dietary guidelines provide detailed recommendations about healthy eating for all Australians. Information can be found at www.nhmrc.gov.au/publications/synopses/dietsyn.htm

► *English*

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