



Your Connection to Healthy Weight



Helpful, Healthy Information from
The Center for Bariatrics and Healthy Weight

September, 2023

Cancer Prevention

The International Agency for Research on Cancer projects a concerning 3.12 million new cancer cases in the U.S. by 2040. But, there's hope in the form of prevention. Research clearly shows that your lifestyle choices play a significant role in your risk of getting cancer. Surprisingly, around 18% of all cancer diagnoses in the U.S. can be attributed to factors such as diet, high body mass index (BMI), physical inactivity, and alcohol consumption.

In addition to quitting smoking and protecting yourself from harmful UV rays, adopting a healthy diet and maintaining regular physical activity are noted among the most effective steps to decrease your cancer risk throughout your life.

These choices go beyond mere aesthetics; it's a proactive approach to safeguarding your long-term health and reducing the impact of this devastating disease, both personally and on a societal scale.

Cancer and Lifestyle GUIDELINES TO LIVE BY

1. Prioritize fruits and vegetables. Aim to fill half your plate with colorful, varied fruits and veggies.
2. Minimize highly processed, low-nutrient foods, like those with added sugars and Hydrogenated oils. And emphasize whole grains, vegetables, fruits, nuts, seeds, and proteins.
3. Opt for plant-based proteins like beans and lentils, because high-red, processed, deep-fried, and charred meats are linked to increased cancer risk.
4. Limit alcohol intake. Evidence suggests that alcohol may raise the risk of breast, colorectal, and other cancers. If you drink, consume no more than one drink per day for women and two drinks per day for men.

Follow these guidelines — they could significantly lower your risk of cancer and promote a healthier lifestyle.

[Reduce Cancer Risk by Eating Right \(eatright.org\)](https://eatright.org)

Upcoming Events

FREE WEIGHT LOSS SEMINAR

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the surgical options that may be right for you.

View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

Monday, October 9

11 AM – 2 PM

Magnolia Café

Eat Right Atlanta Farmers Market

Stop by and purchase affordable bushels of locally grown produce.

Recipe of the Month

Tuscan Bean & Tomatoes Salad

Ingredients

- 2 14-ounce cans unsalted cannellini beans
- 1 large red bell pepper, seeded and diced
- 2 ripe medium tomatoes (or 4 roma tomatoes), diced
- 1 cup fresh arugula, julienned
- ½ cup red onion, chopped
- ¼ cup fresh Italian parsley, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon lemon pepper, optional
- ½ cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon red wine vinegar
- Salt and freshly-ground pepper, to taste

Directions

Before you begin: Wash your hands.

1. Combine all ingredients, and toss gently in a large bowl.
2. Refrigerate for one hour before serving to let flavors blend, or eat immediately.

Cooking Notes

- Substitute regular canned beans; drain and rinse canned beans to significantly reduce sodium content.
- Food safety concerns? This is a great make-and-carry salad for warm weather picnics!

Makes 8 servings as a side salad or 4 servings as a main dish

Calories: 180; Calories from fat: 90; Total fat: 10g; Saturated fat: 1.5g; Trans fat: 0g; Cholesterol: 0mg; Sodium: 40mg; Total carbohydrate: 18g; Dietary fiber: 5g; Sugars: 4g; Protein: 6g



[Tuscan Bean Salad with Tomatoes and Arugula Recipe \(eatright.org\)](https://eatright.org)



Southern Regional Medical Center