

Remember



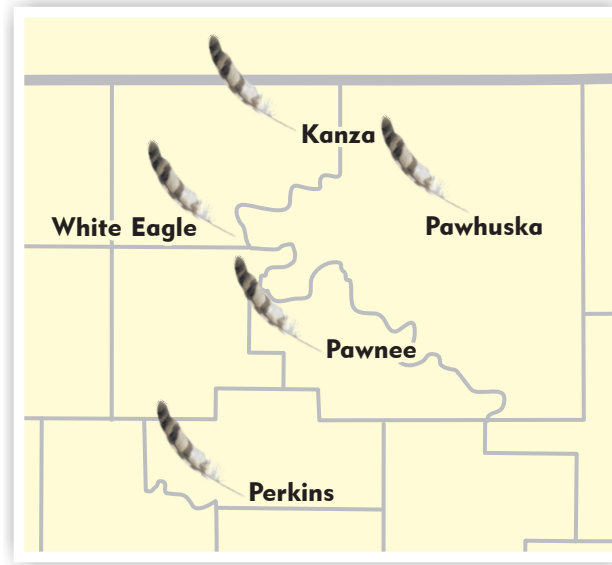
If there is cancer in your family, it is even more important to change your habits.

The **Kaw Women's Health Program** does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability. Ask if you are eligible for our program. Examinations are performed by a female Nurse Practitioner/CDC Screener.



Kaw Women's Health Program
3151 East River Road
P.O. Box 474
Newkirk, OK 74647
Office 580-362-1039
Fax 580-362-1467

Inside text by
American Cancer Society • Humboldt-Del Norte Unit
2942 F Street • Eureka, CA 95501
707-442-1436



Contact your clinic to schedule an appointment with Kaw Nation Women's Health Program

Kanza 580-362-1039

White Eagle 580-765-2501

Pawnee 918-762-2517

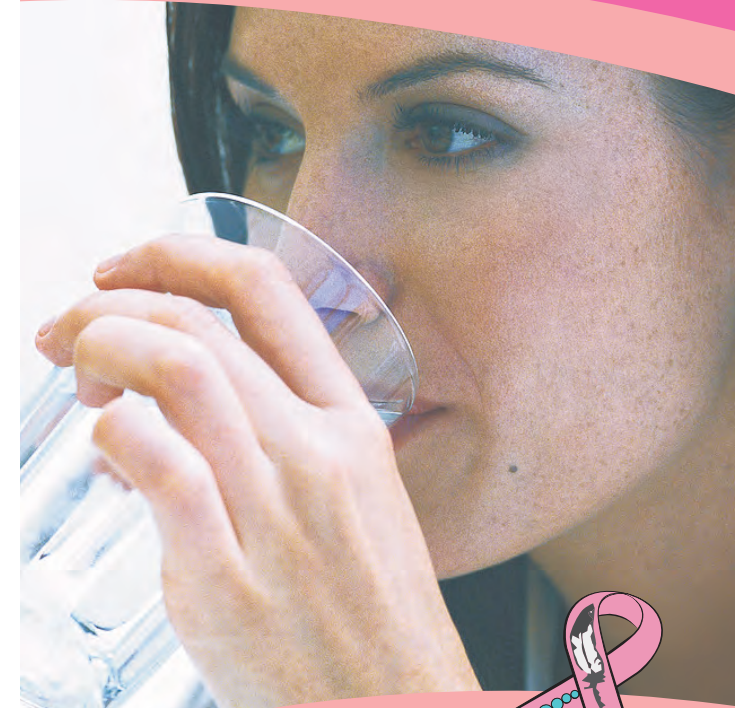
Pawhuska 918-287-4491

Perkins 405-547-2473



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Division of Cancer Prevention and Control
4470 Buford Highway NE
Atlanta, GA 30341-3717

KAW NATION WOMEN'S HEALTH PROGRAM



10 steps to a healthier life

**Changing your diet
Changing your habits
Your hand-y food guide**

Take control of your life

Today, scientists think most cancers may be related to lifestyle and environment — what you eat and drink, if you smoke, and where you work and play. The good news is you can help reduce your risk of getting cancer. There are changes you can make. There are high-risk habits you can break.



Change your diet

Eat more cabbage family vegetables.

Cabbage family vegetables include broccoli, cabbage, cauliflower, Brussels sprouts and kale.

Eat more high-fiber foods. Fiber is found in whole grains, brown rice, wheat and bran cereals, whole grain bread, dry beans, fruits and vegetables.

Choose foods with vitamin A (beta-carotene). Choose dark green and yellow vegetables and fruits like carrots, broccoli, squash, peaches and apricots.

Choose foods high in vitamin C. Eat lots of fresh fruits and vegetables like oranges, grapefruit, tomatoes, peppers and broccoli.

Add weight control. Being overweight puts you at risk for cancer. Exercise and a lower-calorie intake will prevent excessive weight gain. Walking is the easiest and best exercise.

Change your habits

Trim fat from your diet. A high-fat diet increases your risk of cancer. Cut fat by eating lean meat, fish and skinned poultry. Use non-fat or low-fat dairy products.

Subtract salt-cured, smoked, nitrite-cured foods. Choose less bacon, ham, hot dogs and lunch meat.

Do not use tobacco. Smoking is the biggest cancer risk of all. Pregnant women who smoke harm their babies. Chewing tobaccos are harmful too. Pick a quit day and call the American Cancer Society for help.

Go easy on alcohol. Alcohol increases the risk of liver cancer. Smoking combined with drinking greatly increases cancer risk.

Respect the sun's rays. Too much sun causes skin cancer. Wear protective clothing — long sleeves and a hat — and use sunscreen, especially when out in midday hours.

How big is that much?

Your hand-y guide to food serving sizes

First, make a fist. A fist is about one cup. A half-cup of cooked cereal, pasta or rice is one serving. For raw leafy greens, such as lettuce, a serving is one cup. (Because of variations in hand size, be sure to compare the size of your fist with an actual measuring cup.)



Look at your thumb. A thumb-size chunk of cheese — from the tip of your thumb to the second joint — equals about 1 ounce.



Now, look at the tip of your thumb. Your thumb tip — to the first joint — equals a teaspoon. Three thumb tip sizes equal a tablespoon.

Next stop, your index finger. The tip of your index finger is about half a teaspoon.



Take a long look at the palm of your hand. The palm of your hand equals about 3 ounces of cooked meat — both across the palm and the thickness.



How about a handful? A handful equals 1 or 2 ounces of snack food. One handful equals 1 ounce of nuts or small candies. Two handfuls are needed to equal 1 ounce of chips or pretzels.

On your plate, use the "three-fourths rule."

Fill three-fourths of your plate with carbohydrates that are not refined. This includes fruits, vegetables and whole wheat breads, pasta and rice. Fill only one-fourth of the plate with lean meats.

