

# Top 10 Foods for Nutrition and Health



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# South Asian Census Data

Census 2000 noted that there were 1.9 million South Asians in the US and that they had experienced a 106% increase since the last census count.

2007: 143,619 (51% increase)

# South Asian Census Data

Counties					
	Asian Indian	Bangladeshi	Pakistani	Sri Lankan	Total
Brazoria	796		158		954
Ft Bend	13079		2495		15574
Galveston	1102		140		1242
Harris	36203	699	8183	350	45435
Total	51180	699	10976	350	63205
% of Total	81%	1%	17%	<1%	



# CANCER

- Frightening diagnosis
- Good news: there are some things you can do to decrease your chances of developing cancer
- Bad news: there are no guarantees
- Conclusion: only about 25% of cancers have a traceable cause; about 67% may be related to lifestyle factors, such as tobacco use, obesity and diet



# Top 5 Diseases for AAPIs

## All AAPIs

### All Ages

1. Cancer
2. Cardiovascular Disease
- 3 Cerebrovascular Disease
4. Diabetes Type 2
5. Accidents

## AAPI Men

### 45+ Years

1. Cancer
2. CV Disease
3. Cerebrovascular Disease
4. Diabetes Type 2
5. Accidents/Chronic lower respiratory

## AAPI Women

### 25+ Years

1. Breast CA
2. CV Disease
3. Cerebrovascular Disease
4. Diabetes Type 2
5. Accidents/Chronic lower respiratory

Source: National Vital Statistics Report, 2004



# Cancer Incidence

Among South Asians in California, compared to non-Hispanic whites

- More cancers of the stomach, liver and bile duct, gall bladder, cervix and multiple myelomas
- Also significantly increasing time trends in colon and breast cancer incidence

Source: Jain, RV, Mills, PK, Parikh-Patel, A. Cancer incidence in the south Asian population of California, 1988-2000. *Journal of Carcinogenesis*. 2005, 4:21. Available at: <http://www.carcinogenesis.com/content/4/1/21>, accessed on 9/7/2006.



# CANCER

**Incident Cancer Cases in Texas Residents among Asian Indians, Pakistanis vs Non-Hispanic Whites, 1995-2006**

## **South Asians**

- 1. Breast**
- 2. Prostate**
- 3. Colon & Rectum**

## **Non-Hispanic Whites**

- 1. Lung**
- 2. Breast**
- 3. Colon & rectum**

**Source: Texas Department of State Health Services,  
Cancer Epidemiology & Surveillance Branch, Texas Cancer Registry  
Data received July 20, 2009**



# Nutrition and Cancer

- **5-a-day program: 5 servings of fruits and vegetables a day**
- **High fiber diet: Fiber is found in foods plants, no fiber in animal foods**
- **In general, the more colorful the food, the higher the nutrient content**
- **Soy foods, like tofu, soy milk have isoflavones which have anti-cancer properties**



# **Top 10 Foods for Nutrition and Health**



# #10

## Alpha-linolenic acid (foods with)

- Canola oil
- Soybean oil
- Tuna, salmon, sardines
- Flaxseed oil
- “Omega -3 fatty acids”



# #9

## Carrots or related vitamin A foods

- Yams
- Sweet potatoes
- Squash
- Pumpkin
- Apricots
- Antioxidants ↓ “free radicals”



# #8

## Ginger

- **Ancient Chinese remedy for fighting germs and as an antioxidant.**
- **Chinese say it cleanses the colon, reduces spasms, cramps, stimulates circulation**
- **Contains choline, folic acid, pantothenic acid**



# #7

## Garlic

- **Detoxifies the body and protects against infection, enhances the immune system**
- **Active ingredient: allicin**
- **Garlic supplements, natural cloves, or garlic powder**
- **Not garlic salt (has too much sodium)**



# #6

## **Insoluble Fiber**

- **“Bulk,” “Roughage”**
- **Includes foods such as: wheat bran, bran flakes, brown rice, whole wheat bread, vegetable and fruit skins and peels**
- **Good for preventing constipation and diverticulosis**



# #5

## Soluble Fiber

- **Foods such as: oats, black eyed peas, soybeans, other beans and peas**
- **Lowers cholesterol**
- **Slows down the rise in blood glucose**
- **Total fiber intake should be 25-30 grams per day. Most Americans only get in about 10-11 gm/day**



# #4

## **Cabbage and related vegetables**

- **Foods such as: broccoli, cauliflower, kale, Brussels sprouts, bok choy, Nappa, guy lon, mustard greens, collard greens**
- **Contain indoles=strong anticancer agents**



# #3

## Green Tea

- **Has catechins=strong anticancer agents**
- **Japanese and Chinese have consumed large amounts of green tea**



# #2

## Citrus Foods

- **Vitamin C is a powerful antioxidant.**
- **Includes oranges, lemons, limes, grapefruits, tangerines, mandarin oranges**
- **Also tomatoes, strawberries, parsley, kiwi contain vitamin C**



# #1

## **Soy Foods: “the cow of the Orient”**

- **Isoflavones, phytochemicals: fight cancer**
- **Genistein: inhibits tumor growth**
- **Isoflavones: may prevent breast cancer, reduce symptoms of menopause**
- **May counteract bone loss**
- **Helps to lower cholesterol**
- **Easier on the kidneys**
- **Might lower blood pressure**



# For Cancer Prevention

- Stop smoking
- Maintain a reasonable weight
- Limit smoked or salt cured foods
- Eat plenty of fruits, vegetables, whole grains
- Limit fatty foods and eat low fat diet
- Keep alcohol consumption to a minimum

Thank you!

