

Dr. Khuziama Mama, कर्करोग तज्ञ यांनी दिनांक १४/०१/२०२२ रोजी ऑनलाईन पध्दतीने कर्करोग आजारावर मार्गदर्शन केले होते. तसेच कर्करोग आजारावर नियंत्रण मिळवण्यासाठी दैनंदिन पोषक आहार व जीवनशैली कशी असावी याबाबत Dr. Khuziama Mama, कर्करोग तज्ञ यांनी खालीलप्रमाणे नमूद केले आहे.

Achieve and maintain a **healthy weight** throughout life: Be as lean as possible throughout life **without being underweight**. Avoid excess weight gain at all ages. For those who **are overweight or obese**, **losing** even a small amount of weight has health **benefits**. **Engage in regular physical activity** and limit consumption of **high-calorie foods and beverages** as key strategies for maintaining a healthy weight.

Adopt a **physically active lifestyle**: **Adults should engage in at least 150 min of moderate-intensity physical activity or 75 min of vigorous-intensity activity each week, or equivalent combination, preferably spread throughout the week**. Children and adolescents **should engage in at least 1 h of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity at least three times per week**. Limit **sedentary activity** such as sitting, lying down, watching television, or other **forms of screen-based entertainment**. Doing some physical activity above usual activity can have health benefits.

Consume a **healthy diet, with an emphasis on plant sources**: Choose foods and beverages in amounts that **help maintain a healthy weight**. Limit consumption of processed meats and **red meat**. Eat at least 2.5 cups of vegetables and fruits each day. **Choose whole grains** instead of refined grain products.

If you drink alcoholic **beverages, limit consumption**.

Our expanded recommendations also include a call for community action: Public, private, and community organizations **should work collaboratively** at national, state, and local levels to implement policy and environmental changes that: Increase access to affordable, healthy foods in communities, worksites,

and schools and decrease access to marketing of foods and beverages of low nutritional value, particularly to youth. Provide safe, enjoyable, and accessible environments for physical activity in schools and worksites and for transportation and recreation in communities.

These guidelines have been evaluated in relation to cancer risk reduction and suggest that a substantial reduction in cancer risk, as well as cardiovascular disease and all-cause mortality, is **demonstrated** in individuals with higher guideline adherence scores

1. Benefits of reasonable amounts of fats and oils.
2. Adequate protein intake and recommended substitutions for vegetarians
3. Recommendations regarding **vitamins**.
4. Specifically proscription of **snacking**.
5. Recommendation of say two **main meals say eight hours** apart to contain long spells of raised blood insulin **levels with metabolic consequences**.
6. Avoiding of gastritis by eschewing **food fried in bad oil**. To feel good.
7. Sugar in tea/ Coffee.
8. Avoid soft drinks for the refined **sugar rush**.

Health or behavioral outcome sought

Behavioral strategy

Weight loss

Cut all portions in half

Use a salad plated to serve food

Restrict fast-food restaurants to **once/week**

Record intake

Substitute calcium chews for dessert

Avoid calories from alcohol

Consider 10–12-h daily fasts (**7 pm to 7 am**) to reduce caloric intake

Overall

Increased fruit and vegetable **intake**

Select new fruit or vegetable **from the produce** department each week

Issue a 5-a-day cookbook and try **three new recipes** each week

Keep a fruit bowl readily **available at work and home**

Select at least five different **colors of produce at the market** each week

Visit the farmers' market **weekly—bring a friend**

Add fresh fruit to cereal

Have a fruit smoothie for **breakfast**

Put blended vegetables into your **pasta sauce**

Make salads a meal

Increased fiber intake

Select and eat cereal with at least **6 g of fiber per serving**

Daily oatmeal with nuts and **seeds**

Purchase bread with at least **4 g fiber/slice**

Eat five to nine servings of vegetables and fruits daily

Add seeds to cereal, salads, etc.

Eat beans and legumes regularly

Snack on air-popped popcorn

Normal glucose-insulin levels

Avoid any food with greater than 8 g sugar/serving

Switch from soda to fresh lemonade or tea with no added sugar

Consume protein-carbohydrate-**combined** meals

Replace white bread with **whole grain**

Replace starchy vegetables with **green and leafy** vegetables

Daily physical activity

Wake up 30 min early and walk

Find a friend to walk with

Jump rope during television **commercials**

Garden

Ride a bike to work or on **errands**

Try a new sport

Train for a charity walk/run

Keep an active log-reward **yourself when goals are met**