



# NEWSLETTER

August 2, 2018

## After The Storm!

Upon My research on the great wide web I came across an article by Matthew Ballow, MD. called “A Healthier Diet For Cancer Survivors.” Although I didn’t agree with everything he said there was a paragraph that stood out to me. It said, *“Emerging evidence shows that avoiding weight gain after a cancer diagnosis can reduce the risk of recurrence, as well as prevent a number of other chronic diseases. Your goal should be to achieve and/or maintain a Body Mass Index (BMI) of between 19 and 25. With moderate exercise and a healthy diet, that's not difficult for most people to achieve. It's a commitment cancer survivors need to make in the best interest of their long-term health.”*

So here are some healthy tips that may keep you on the right track:

### **Eat more plant foods.**

Fill your plate with at least

2/3 plant foods. Make vegetables, fruits, whole grains, legumes (lentils, dried beans and peas) the focus of your meal. If you are a meat eater think of meat as a garnish rather than the centrepiece. Eat a variety of vegetables and fruits every day. Try different coloured fruits and vegetables. Include vegetables like broccoli, cauliflower, cabbage and brussels sprouts often. Eat whole grain foods and/or legumes with every meal. Whole grain foods include: whole wheat or dark rye bread, brown or wild rice, oatmeal, whole wheat pasta, barley and whole grain crackers. Have vegetarian meals often. Try recipes that include legumes — lentils and dried beans and peas.

### **Eat a lower fat diet.**

Choose lower fat foods like skim and 1% dairy products. Choose healthier fats, such as canola or olive oil. Limit all added fats, such as oils, salad dressings and margarine to 15-30 mL (3-6 tsp) per day. Use low fat cooking methods. Bake, steam or braise foods instead of frying. Limit high fat snack foods like chips, donuts, chocolate bars and other convenience foods like fast foods.

### **Limit sugary foods and beverages with added sugar.**

Limit soft drinks, juice, flavoured drinks like fruit punches, iced tea, sports and energy drinks, milkshakes, and sweetened fruit juice.

Save sugary foods like chocolate, cakes, cookies and pastries for special occasions and have small portions.

### **Eat less red meat and avoid processed meats.**

If you are a meat eater, have red meat (beef, lamb) less often and take smaller portions. Avoid processed meats such as sausages, bacon, ham and hotdogs. Eat at least 2 servings of fish each week instead of meat. One serving of fish is 75 g (2 ½ oz). Choose fish such as char, herring, mackerel, salmon and trout.

### **Limit alcohol.**

If you drink alcohol, limit to 2 drinks per day for men and one drink per day for women. One drink is equal to one of the following choices: 350 mL (12 oz) bottle of beer or 150 mL (5 oz) of table wine or 45 mL (1 ½ oz) of liquor (e.g., vodka, whisky, rum or gin).

**Limit salty foods and enjoy your food without adding salt.**

**Achieve and maintain a healthy body weight.**

If you are overweight, it is more likely that your cancer may come back or that you may develop new cancers or other chronic diseases.

This is just the tip of the iceberg. For more information you should always ask your Doctor.

## An Artist For Change!!!!



**Genesys Dayz** is the artist for change!

Everytime you support her music a portion of it goes to help cancer warriors pay for unpaid treatment bills and other expenses.

Her new song “**I Need Love**” the epic remake of the classic “**I Need Love**” from LL Cool J is a fan favorite on

[www.download4acause.com](http://www.download4acause.com)

Whenever you download that song from the website 100% of the proceeds go to the cause.

She is a dynamic multi talented singer/songwriter who also uses her talent to help out at several other Non-profits as well.

To learn more about this artist please visit her website [www.genesysdayz.weebly.com](http://www.genesysdayz.weebly.com)

## Up And Coming Events!

- July 27-August 24 - we will be having a **Clothing Drive**. If you have any clothes that you would like to donate please email us at [alphaworldent2@gmail.com](mailto:alphaworldent2@gmail.com) or you can call 443-367-1002 to schedule a pick up time.
- 8/25/2018- The **Breath Life Cipher** 219 East 25th Street, Baltimore, Md. 21218. Doors open

at 7pm. (Open Mic).  
Price- Any monetary Donation to get in.

## Help Our Cause

We have several ways that you can support our organization. You can go to our website [www.download4acause.com](http://www.download4acause.com) and download a song or just press the donate button and make a donation.

We have also partnered with Amazon Smile. If you love to shop amazon just go to Amazon through this link [https://www.amazon.com/gp/f.html?C=CWZK0AZZZD4W&K=3NTHNK3RYW794&M=urn:rtn:msg:20180520231112467b5bfb8b4e455ba6ff300265e0p0na&R=3AERR9AQAG4YB&T=C&U=https%3A%2F%2Fsmile.amazon.com%2Fch%2F27-4355976%3Fref\\_%3Dpe\\_1723670\\_203812010&H=STAPMAPZONLFMZFWDB5ZQOUX3CA&ref=pe\\_1723670\\_203812010](https://www.amazon.com/gp/f.html?C=CWZK0AZZZD4W&K=3NTHNK3RYW794&M=urn:rtn:msg:20180520231112467b5bfb8b4e455ba6ff300265e0p0na&R=3AERR9AQAG4YB&T=C&U=https%3A%2F%2Fsmile.amazon.com%2Fch%2F27-4355976%3Fref_%3Dpe_1723670_203812010&H=STAPMAPZONLFMZFWDB5ZQOUX3CA&ref=pe_1723670_203812010) and 5% of what you buy will go towards helping cancer warriors. You were going to buy it anyway so why not make a difference while you shop.