



NUTRITION & YOUR HEALTH

Get the Facts!

HEALTHY EATING PATTERNS ARE ASSOCIATED WITH POSITIVE HEALTH OUTCOMES¹:

- Extensive research shows healthy eating patterns and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.
 - Rates of chronic diseases have increased and many are tied to poor diet and lack of exercise.
 - About half of all American adults (about 117 million people) have one or more preventable, diet-related chronic diseases, including cardiovascular disease, type 2 diabetes and obesity.
- Research from the American Institute for Cancer Research (AICR) found that obesity increases the risk for at least seven types of cancer: colorectal, postmenopausal breast, kidney, pancreatic, endometrial, gallbladder and adenocarcinoma. The AICR recommends eating mostly foods of plant origin to maintain better health.
- Of the nearly 7 million American adults aged 65 and older, half spend at least one night in the hospital per year and more than 60 percent of adults over age 65 have two or more chronic conditions.
- The overall prevalence of malnutrition in an acute hospital setting has been widely documented to be between 20-50 percent.²
- One in two Americans adults (50+) admitted to the hospital are malnourished, which can reduce strength and energy and make recovery longer and more difficult.

NUTRITION AND CANCER³

- Having cancer and being treated for it can change the way you eat and how your body processes nutrients. Good nutrition is critical to maintaining a healthy weight, strength, energy, overall quality of life and also helps lower the risk of infection.
- Some tumors make chemicals that change the way the body uses certain nutrients. The body's use of protein, carbohydrates and fat may be affected, especially by tumors of the stomach or intestines, and the body may not be able to absorb all nutrients from food.
- Many side effects of cancer and treatment, like loss of appetite, mouth sores, dry mouth, trouble swallowing, loss of taste buds, nausea and vomiting, diarrhea or constipation, pain, depression and anxiety can affect eating.
- Eating too little protein and calories is a very common problem for cancer patients. Roughly 65-70 percent of cancer patients suffer from malnutrition⁴, which can cause cancer patients to feel weak, tired and unable to fight infections or get through cancer treatment. Malnutrition may worsen if cancer grows or spreads. Having enough protein and calories is important for healing, fighting infection and having enough energy.
- Prolonged malnutrition often times causes cancer patients to have to suspend and even cease treatments.



¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3084475/>

³ <https://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>

⁴ <http://www.cancercenter.com/community/nutritional-support/tab/preventing-malnutrition/>



NUTRITION & YOUR HEALTH *Get the Facts!*



THE COSTS OF A POOR DIET⁵

- Aside from impacting a person's quality of life or mortality, malnourished patients often have higher rates of infections and pressure ulcers, which require greater nursing care, more medications and leaves the patient less independent due to muscle loss and longer hospital stays.
- All of these issues increase hospital costs associated with treating the patient because of malnutrition in addition to the reason they are in the hospital in the first place.
- Research shows malnourished patients remained in the hospital six days longer than those not at nutritional risk. This increased costs by \$1,633 per patient per hospital stay.
- These numbers, en masse, generate billions of dollars in avoidable healthcare costs in the U.S. related to poor diet.

IT IS CRITICAL TO LIMIT ADDED SUGARS TO A STRICT MINIMUM:



- When sugars are added to foods and beverages, they **ONLY** add taste and empty calories; they don't contribute any nutrients.
- Naturally occurring sugars, such as those in fruit or milk, are not added sugars. These types of sugars are beneficial because they provide micronutrients, fiber, and microorganisms that aid in digestion.
- Added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose and turbinado sugar and more. There are 61 different names for sugar on food labels⁶.
- The American Heart Association⁷ recommends **no more than:**
 - 3-6 tsp (12-25g) for children
 - 6 tsp (25g) for women
 - 9 tsp (38g) for men
- The 2015-2020 Dietary Guidelines for Americans recommend that people **consume less than 10 percent** of calories per day from added sugars⁸.

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3084475/>

⁶ <http://www.sugarscience.org/hidden-in-plain-sight/#.WDO9v6lrKqC>

⁷ Johnson, Rachel, et al. AHA Scientific Statement: Dietary Sugars Intake and Cardiovascular Health A Scientific Statement From the American Heart Association. Circulation. 2009;120:1011-1020; originally published online August 24, 2009; doi: 10.1161/CIRCULATIONAHA.109.192627

⁸ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>