

Kab mob cancer yog tus mob uas txov neeg txoj sia thib ib hauv lav Minnesota thiab thoob plaws teb chaws Mekas. Ntau qhov kev tshawb fawb kawm paub qhia tias noj zaub kom txhob muaj roj ntawm tej txiv ntoo thiab zaub thiab kom txhob muaj tej rog xws li saturated fats thiab cholesterol kuj yuav pab txo txoj kev phom sij txais tau kab cancer los ntawm tej hom kab cancer, tus kab mob uas muai ntau yam rau nws tshwm sim.



Cov kev kawm tshawb fawb no xav qhia kom neeg noj li tsib puas txiv ntoo thiab zaub ntawm ib hnuv twg kuj yuav txo kev phom sij uas txais tau tus kab mob cancer dua li cov neeg uas noj li ib mus rau ob pluag ntawm ib hnuv. Ntxiv mus thiab, ntaus tus kws kho kab mob cancer ntseeg tias noj txiv ntoo thiab zaub kom ntau ntxiv kuj yuav txo qhov kev tib neeg tau tag sim neej los ntawm raug tus kab mob cancer txov txoj sia ntawm ib xyoos twg nyob hauv teb chaws Mekas.

Daim ntawv qhia brochure no tsuas yog qhia koj txog cov txiv ntoo thiab zaub uas kuj yuav muaj txiaj ntsim rau koj txoj sia.



Masonic Cancer Center
UNIVERSITY OF MINNESOTA

Comprehensive Cancer Center designated by the National Cancer Institute



Qhov chaw Masonic Cancer Center yog ib qho chaw uas muaj kev rau tes tshawb fawb uas ntsuam xyuas dabtsi ua rau tus neeg muaj mob cancer, kev tiv thaiv, nrhiav tus kab mob, thiab kho tus kab mob cancer; muab tej kev kawm uas paub no los mus pab kom cov neeg muaj tus kab mob cancer thiab cov uas tus mob twb zoo lawm pab kom lawv lub neej kom nyob tau zoo; thiab muab tej kev kawm paub no los pub rau lwm tus neeg tshawb fawb scientists, cov tub kawm ntawv, cov kws, thiab cov neeg zej zog siv. Tsim lub chaw no thaum 1991, lub chaw kho mob cancer no raug xaiv tsa los yog ib lub chaw uas yog National Cancer Institute uas saib xyuas tag nrho cov kab mob cancer hauv teb chaws Mekas thaum xyoo 1997, yog ib lub ntawm 41 lub chaw nyob rau teb chaws Mekas thiab lub ob nyob hauv lub lav Minnesota ua tau raug tsa.

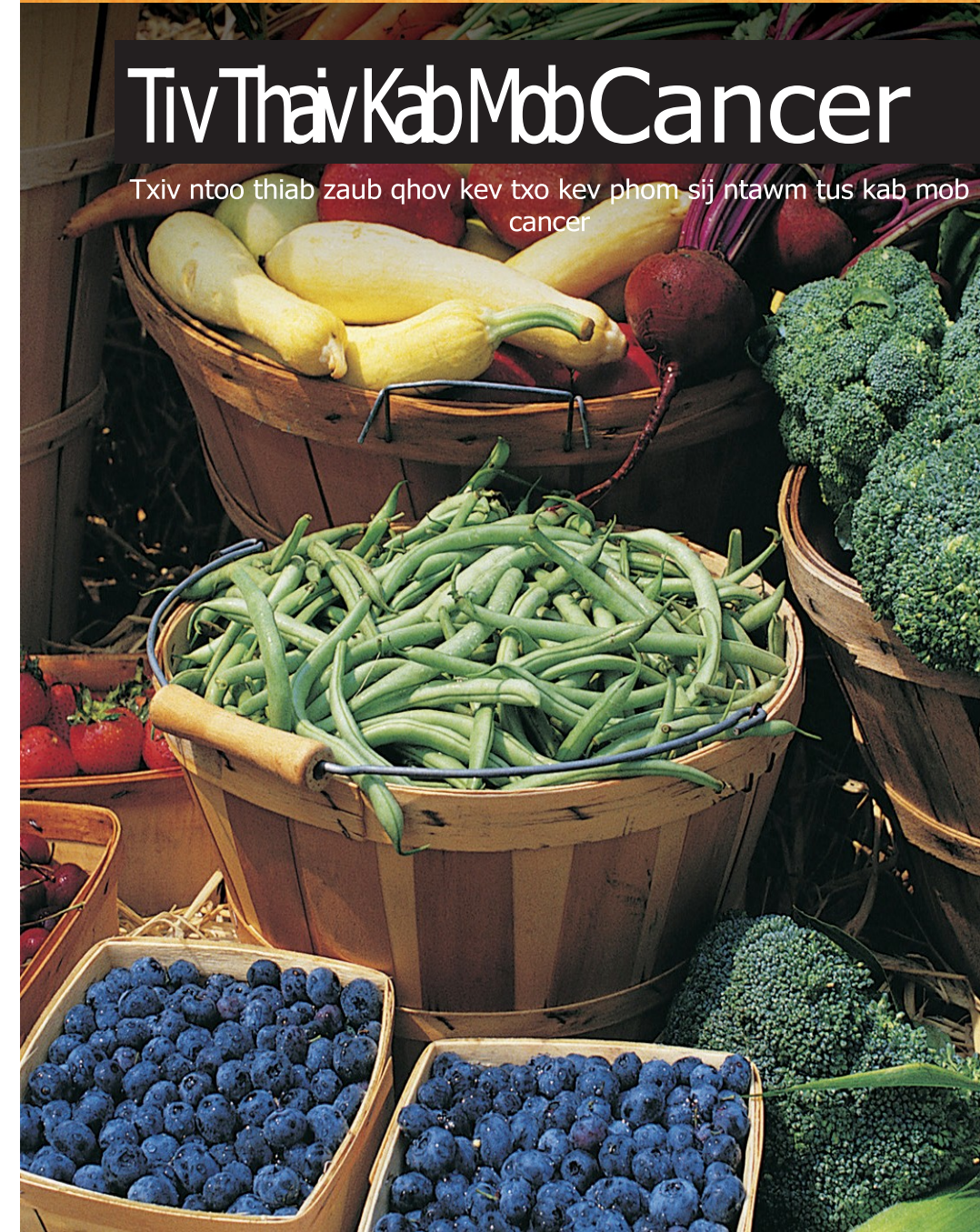
Ntxiv rau qhov uas lub chaw no ua tau zoo, lub chaw Masonic Cancer Center, University of Minnesota yog thawj lub tsev kawm ntawv qib siab hauv teb chaws Mekas no los mus tshawb fawb txog neeg caj ces, kev noj kev haus, kev ua lub neej (lifestyle), keep kwm ntawm tsev neeg, thiab lwm yam uas muaj feem xyuam ua rau tau txais tus kab mob cancer.

Xav paub ntxiv, mus saib peb lub website: www.cancer.umn.edu, los yog hu peb: 1-888-226-2376 los yog 612-624-2620



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Tiv Thaiv Kab Mob Cancer

Txiv ntoo thiab zaub qhov kev txo kev phom sij ntawm tus kab mob cancer

qhov 5 a day Progam thiab pab tau li cas • qhov 5 a day Program rau muaj Noj Qab Nyob Zoo ua kom txhawb cov tib neeg kom ntxiv lawv tej kev noj txiv ntoo thiab zaub kom nce mus li 5 txog 9 puas ntawm ib hnuv twg. Noj tsib puas los yog ntau dua ntawm ntau xim txiv ntoo thiab zaub txhua txhua hnuv yuav pab koj txo qhov kev phom sij txais tau tus kab mob ntawm qee hom kab cancer thiab lwm hom kab mob, raws li lub chaw National Cancer Institute (NCI) thiab lub chaw Produce for Better Health Foundation tau hais.

Txiv ntoo thiab zaub muaj ib co nutrients hu ua phytochemicals. Tshawb fawb tau pom tias phytochemical kuj:

- Pab tiv thaiv roj ntsha
- Lub cev bab zom kom txo cov tshuaj
- Pab kom roj ntsha zoo
- Tiv thaiv kab mob los yog lwm cov kab mob
- Pab kom lub cev tiv thaiv tau kab mob

Ib pluag ntau li cas?

Cov khoom hauv qab no yeej hais tau yog ib puas:

- Ib nplais txiv tsis loj tsis me
- 3/4 khob (6 oz) 100% tseem kua txiv los yog kua zaub
- 1/2 khob txiv ntoo, zaub siav los yog hauv kos poom
- Ib khob nplooj zaub nyoos
- 1/2 khob taum mog kib los yog taum pauv
- 1/4 khob txiv ntoo qhuav

Noj txiv ntoo thiab zaub kom zoo kuj yuav txo kev phom sij txais tau tus kab mob cancer ntawm lub ntsws, qhov ncauj, raj pa ntawm qhov ntswg rau lub qa, txoj hlab pas, lub plab, txoj nyhuv loj thiab nyhuv qhov quav, lub mis, tus txhiav, qe menyuam, lub qab pob yeeb thiab lub zais zis. *Food, Nutrition and the Prevention of Cancer: A Global Perspective* tau rov qab muab saib dua phav phav qhov kev kawm paub uas tau tshawb fawb tiav los ntawm cov neeg tshawb fawb hauv ntiaj teb no thiab nrhiav tau tias tus kab mob cancer no yuav txo tau li ntawm 20% yog tias tib neeg noj txiv ntoo thiab zaub ntau dua li ntawm 5 puas ntawm ib hnuv twg. Txawm tias noj txiv ntoo thiab zaub kuj yuav pab tau koj, thov nco tias:

- Tsis muaj ib yam txiv ntoo los yog zaub uas yuav muaj peev xwm txo tau kev phom sij txais tau kab mob cancer. Tsuas yog, noj tsib puas los yog ntau hom txiv ntoo thiab zaub yuav pab kom kev phom sij tsawg dua.

- Tsuas yog txiv ntoo thiab zaub xwb, tsis yog tshuaj ntsiav thiab tej yam supplement, uas yuav muaj phytochemicals.
- Khub niam txiv twg noj xyuam xim kom noj zoo nrog rau nyob tau kaj siab lug yuav ua rau lub cev tsis muaj mob. Ntxiv rau qhov tias noj txiv ntoo thiab zaub kom ntau ntau, tsis txhob haus luam yeeb, txhob pub koj tus kheej rog, ev xaws xais, paub cov uas ua rau muaj kev phom sij txais tau kab mob, thiab ua raws nraim kev cob qhia ntawm kev mus kuaj tus kab mob cancer ntxiv rau tej tswv yim tus kws kho mob tau taw qhia xav kom koj ua.

Txiv ntoo thiab zaub uas kuv yuav pab tau koj ua koj lub neej kom tsis muaj mob siv daim chart no ua qauv qhia rau koj xaiv qhov five-a-day puas txiv ntoo los yog zaub. Nco ntsoov xaiv txiv ntoo thiab zaub kom muaj ntau xim thiaj li pab tiv thaiv thiab txo kev phom sij tau ntau dua.

Pawg: Xiav/Tsam xem



Piv txiv

Txiv Ntoos: Txiv pos xiav, Txiv pos dub, txiv grapes, plums, thiab raisins
Zaub: asparagus tsam xem, zaub qhwv tsam xem, txiv lws ntev, thiab Belgian endive tsam xem

zoo rau lub cev li thasmabxaj

Phenolic acids, fiber, indoles, coumarins, and anthocyanins

Pawg: Ntsuab



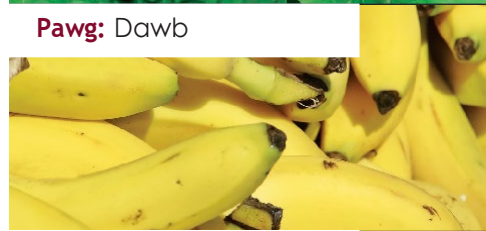
Piv txiv

Txiv Ntoos: apples ntsuab, grapes ntsuab, dib pag, kiwi fruit, maj naus, thiab txiv pears ntsuab
Zaub: Artichokes, arugula, asparagus, broccoli, brussels sprouts, taum ntsuab, zaub qhwv ntsuab, celery, dib, endive, nplooj zaub ntsuab, zaub qhwv, ntaum mos, spinach, zaub xam lav, thiab dib zucchini

zoo rau lub cev li thasmabxaj

Flavonoids, phenolic acids, Vitamin C, glucarates, indoles, and isothiocyanates

Pawg: Dawb



Piv txiv

Txiv Ntoos: Txiv tsawb, txiv nectarines dawb, thiab txiv duaj dawb
Zaub: zaub paj, qij, kohlrabi, nce, dos, qos (dawb sab hauv), thiab turnips

zoo rau lub cev li thasmabxaj

Fiber, flavonoids, phenolic acids, indoles, selenium, allicin, and isothiocyanates

Pawg: Daj/kab ntxwv



Piv txiv

Txiv Ntoos: apples daj, apricots, dib pag, txiv lws zoov, maj naus, txiv nkaus taw, nectarines, maj kiab, txiv duaj, txiv puv luj, thiab maj kiab me
Zaub: Taub xwb kuab, carrots, kua txob daj, qos daj, taub, taub xwb kuab txi caij ntuj sov thiab caij ntuj no, qos qab zib, pob kws qab zib, thiab txiv lws daj

zoo rau lub cev li thasmabxaj

Flavonoids, phenolic compounds, carotenoids, Vitamin C, and fiber

Pawg: Liab



Piv txiv

Txiv Ntoos: apples liab, txiv pos, cranberries, grapes liab, txiv lws zoov xim paj yeeb, raspberries, strawberries, thiab dib liab
Zaub: Beets, kua txob liab, radishes, dos liab, qos liab, rhubarb, thiab txiv lws

zoo rau lub cev li thasmabxaj

Flavonols, fiber, phenolic compounds, carotenoids, and anthocyanins

Xav paub ntxiv qhov qhia hauv daim ntawv brochure no yog qhov program 5-A-Day, www.5aday.gov. Yog koj muaj lus nug txog kab mob cancer, thov hu rau tus xov tooj cancer. Nws yog pab dawb xwb, muaj cov nurse ua hauj lwm kho kab mob cancer yuav pab qhia koj qhov koj xav paub thiab teb tau koj. Hu ntawm 612-624-2620 los yog hu dawb hauv luv lav Minnesota, Iowa, Wisconsin thiab the Dakotas ntawm 1-888-CANCER MN (1-888-226-2376), los yog e-mail peb ntawm ccinfo@umn.edu. Peb kuj xav caw kom mus saib peb lub website: www.cancer.umn.edu.