Source: Used with Permission. American Institute for Cancer Research, Nutrition Wise, 17 Oct 03
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Being Overweight increases your risk for certain diseases

Several years ago, the American Institute for Cancer Research's landmark report on diet and cancer cited maintenance of a healthy weight as one way to lower our risk of cancer, especially cancers of the breast, uterus and kidney. More recent research has estimated that in the U.S., overweight and obesity could account for 14 percent of all cancer deaths among men and 20 percent among women. Cancers of the colon, gallbladder, ovaries and other organs have been added to the list of those linked to weight. There are several reasons for the link between overweight and cancer. Excess body fat influences levels of several hormones that may promote development of cancer cells. Too many calories consumed are also associated with greater growth and reproduction of cancer cells. Of course, it's difficult to separate the effects of being overweight from the lifestyle that makes someone overweight. Lack of exercise, excess fat consumption and a diet low in fruits and vegetables have all been independently identified as cancer risks.

Being overweight also increases one's risk for developing Type 2 Diabetes as well we having a sibling with diabetes and lack of exercise. Women who have delivered a baby that weighed more than nine pounds at birth, or who had diabetes while they were pregnant, are also more likely to develop the disease later in life. The good news is that modest weight loss (five to ten percent of starting weight), along with thirty minutes of walking at least five days a week, can slash that risk. Some research suggests that a diet low in fat (especially saturated fat) and high in fiber can offer further protection.

For more information on staying lean, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

Shape Your Future… Your Weigh!™