



5 A DAY WAY

ISSUE 1 - TUCSON UNIFIED SCHOOL DISTRICT

Fast and Easy 5 a Day

Watch at your worksite for brochures, tip cards, and posters featuring fast and easy 5 a Day information. Examples of fast and easy ways to eat five servings of fruits and vegetables each day are:

- Replace your morning coffee with cool and refreshing fruit juice.
- Dried fruit is great for a mid-morning or afternoon treat. When it's not too hot, store dried fruit in your glove compartment for a quick drive-time snack.
- Put a peach, apple or nectarine into your lunch bag. There's nothing to peel or cut to enjoy these! Plus, fruit is cheaper than chips and cookies!
- Try pre-cut fresh veggies that are ready for cooking or snacking.
- Add low-fat dressing to a bag of pre-washed salad for a lunch or dinner treat.
- Store fruit canned in fruit juice. In just seconds, you can open the can and enjoy.

Worksite Spotlight on Pam Palmo

Pam Palmo is the TUSD Food Services Director and the one who brings the 5 a Day program to Tucson Unified School District employees.

Pam has been with TUSD three years and has an extensive background in clinical dietetics practice, food service administration, and management. Her graduate degrees in administration of health related professions and human resources management and graduate work in public administration often contribute to other exciting professional experiences.

The 5 a Day program has been an excellent tool for communicating nutrition information to students and staff. TUSD focuses its activities towards succeeding in preparing students to the 21st Century Graduate Profile, this includes taking care of self physically and mentally. Nutrition and good health habits are the essential components of this personal quality.

Pam likes to spend personal time learning new things, designing jewelry and enjoying the adventure of visiting new places with her husband, family and friends.

Eat 5 servings of fruits and vegetables each day for good health!

ARIZONA
CANCER CENTER

a National Cancer Institute-
Designated Comprehensive Cancer Center
at The University of Arizona Health Sciences Center

EVERYTHING DOESN'T CAUSE CANCER

Cancer. You hear about it on the radio. You read headlines in the newspaper. You see it on television. And you don't know what to believe.

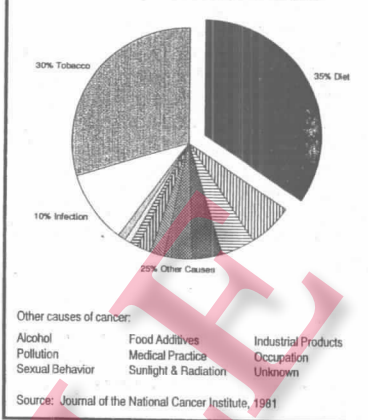
One day apples "keep the doctor away," and the next day they are coated with cancer-causing pesticides. One day drinking water is clean and clear, and the next day it's harmful to your health. One day whole milk makes you strong, and the next day it's too high in fat.

Pesticides, pollution, a high fat diet—it seems like everything causes cancer. What is the truth in all of this confusion? What really causes cancer?

It is true that many things cause cancer. Sunlight, family history, alcohol, and infection may increase your risk for cancer. Research indicates that two things are likely to cause most of the cancer deaths in the U.S.—diet and tobacco.

What we eat (or don't eat) is a major risk factor for cancer. Eating too much fat may lead to not only heart disease, but also some types of cancer. Not eating enough fiber and vitamin-rich fruits and vegetables may increase cancer risk as well. Studies show that unhealthy diets may cause up to 35 percent of all cancer deaths.

Causes of Cancer Deaths



In particular, a high fat diet may play a role in causing cancers of the breast, prostate and colon among others.

Smoking and chewing tobacco cause about 30 percent of all cancer deaths. Cigarette smoking causes 90 percent of all lung cancer. Lung cancer is the #1 cause of death from cancer for men and women. Over 157,000 people will likely die from lung cancer this year alone. And smoking is related to several other cancers, too.

Most cancer appears to be related to diet and/or tobacco — two things that we have in our control. Food additives, occupation, radiation, even pollution, each cause less than five percent of all cancer deaths.

The world around us isn't causing most of the cancer in the U.S. We are! So, worry less about everything causing cancer and worry more about what you can do to prevent it from happening to you and your family. Eating a low-fat, high-fiber diet, rich in fruits and vegetables, is one good place to start.

What is Cancer?

Cancer is a disease characterized by an abnormal growth of cells. Very simply, a cancer cell is a normal cell that changes and begins to grow out of control. The cell no longer remembers what it is supposed to do, such as be a skin cell.

This "crazy" cell begins to multiply over and over again without stopping. All the copies are the same kind of damaged cell, rather than the healthy normal ones.

The cancer cells may grow into nearby healthy tissue. This is known as "invading" the tissue around it. A cell from the original cancer may also break off and travel through the blood or lymph system to another part of the body and grow there. When this happens, it is said to have "metastasized" or spread to a new part of the body.

- Las dos mayores causas de muertes debido al cáncer pueden venir de:
 - La Comida. No solo lo que comemos, sino también lo que dejamos de comer.
 - Fumar.
- Mucha grasa en la comida puede causar:
 - Enfermedades del corazón.
 - Algunos tipos de cáncer.
- No comer alimentos con suficiente fibra y no comer suficientes frutas y verduras nos pone en riesgo de sufrir de cáncer del seno, de la próstata, del colon y otros mas.
- Los cigarrillos causan 90% del cáncer de los pulmones. El cancer de los pulmones es la causa principal de la muerte de hombres y mujeres.
- Para que dejarnos morir antes de tiempo si podemos evitarlo.
- Es hora de empezar a defendernos comiendo alimentos bajos en grasa y ricos en fibra y vitaminas, como las frutas y las verduras.
- ¡Para la buena vida con buena salud!