

England Chinese Cancer Awareness Series
英格蘭華人認識癌症系列



Eating Well

飲食得宜



全國華人保健中心
CHINESE NATIONAL
HEALTHY LIVING CENTRE

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This is a shortened translation of Macmillan Cancer Support's booklet 'Eating Well After Cancer Treatment', MAC12516.

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Introduction

According to the World Health Organisation, at least one-third of all cancer cases can be avoided by living a healthy lifestyle. There are no proven ways to prevent cancer, but you can decrease your risk of getting it. The recommended lifestyle includes stop smoking, doing regular exercises, and eating a balanced healthy diet. Therefore we chose to translate these three booklets to give you more information on what is a healthy lifestyle.

For more information on the full list of ways to reducing cancer risk, please read our other translated booklet - “Are you worried about ... cancer?”

This booklet is a translated version of Macmillan Cancer Support’s “Eating Well after Cancer Treatment”, but a healthy diet is important whether or not you have had cancer.

The relationship between diet and cancer

Experts think that up to 1 in 4 cancers in developed countries may be linked to diet. There’s a lot of research being done at the moment into what types of food may affect our risk of developing cancer. But, despite this, we still don’t understand exactly how diet influences the risk of cancer.

There are many reasons for this uncertainty – mainly to do with the complex nature of cancer itself and of our diets. Eating habits vary greatly from person to person. Our diets are made up of many types of foods, which in turn are made up of thousands of different substances.

Some of these substances may increase our risk of cancer but others may protect us. And the influence on what we eat, and our risk of cancer, is likely to take many years or even decades to have an effect. So trying to find out how diet affects cancer risk is complicated.

引言

根據世界衛生組織的數據顯示，至少有三分之一的癌症，是可以通過健康的生活模式來避免。目前沒有確實有效的方法可以防止癌症，但透過提倡健康生活模式，則可以降低患癌症的機會，例如戒煙、定期運動、均衡的健康飲食。所以我們選擇翻譯這三本小冊子，為了提供更多健康生活模式的資訊。

如欲獲取更多降低患癌症機會的資料，可以參考閱讀我們另一本翻譯小冊子－《你是否憂慮…癌症？》。

這本小冊子是麥美倫癌症支援出版的《康復後的健康飲食》小冊子的翻譯本，然而，不管是你否患過癌症，健康的飲食對所有人同樣重要。

癌症與飲食的關係

專家們認為，在發展中國家高達四份之一的癌症跟飲食有關。至於哪些食物可能會影響我們患癌症的機會，目前已有很多研究。但儘管如此，我們仍不了解飲食是如何影響患癌的風險。

形成這些不確定的原因有很多 - 主要是由於癌症本身，和我們飲食的複雜性有關。加上每個人的飲食習慣大不相同，而且飲食本身是由很多種類型的食物組成，這些食物又是由成千上萬的不同的物質所構成。

有些物質可能會增加癌症的風險，然而另一些則可能提供對我們的保護。因此我們的飲食會對患上癌症產生怎樣的影響，很可能需要很多年，甚至幾十年之後才會產生作用。所以嘗試找出飲食如何影響患癌風險是異常複雜的。

For now, we do know about the types of food that can help to keep us healthy. And we know that a balanced diet helps us to maintain a healthy body weight, which can help to reduce the risk of some cancers.

Can diet reduce the risk of cancer coming back?

People often ask if what they eat can reduce their risk of the cancer coming back. At the moment this is the subject of a lot of research. There is some early evidence from studies in breast and bowel cancer that diet may make a difference to the chances of cancer coming back.

But there isn't enough clear information to make precise recommendations about what a person with a particular type of cancer should eat. In general, cancer experts recommend following a healthy balanced diet.

For most people the greatest benefit to their health is likely to come from a combination of factors, including diet, weight control and regular physical activity, rather than from making any one particular change to their diet.

Your healthcare team (this includes your GP, doctors and nurses) are the best people to advise you what, if any lifestyle measures you can take that may help to reduce your risk of cancer coming back.

Why a healthy diet is important

Eating a balanced diet is one of the best choices you can make for overall health. Many people find that making this positive choice helps to give them back a sense of control. It can also help you feel that you're doing the best for your health.

Eating well and keeping to a healthy weight will help you to regain your strength, have more energy and have an increased sense of wellbeing. It can also help to reduce the risk of new cancers, heart disease, stroke and diabetes.

目前，我們知道哪些食物有助我們保持健康，也知道均衡的飲食會幫助我們保持健康的體重，從而減少患上某類型癌症的機會。

飲食可以降低癌症復發的風險嗎？

人們通常會問，是否飲食可以降低癌症復發的風險，這也是目前很多研究的課題。有一些研究獲得的初步證據顯示，飲食可以影響乳癌和大腸癌的復發。

但針對某種癌症應該吃什麼食物，還沒有足夠清楚的資料提出準確的建議。總體來說，癌症專家均建議遵循健康均衡的飲食模式。

對大部份人而言，對健康最有利的因素，可能來是來自多個因素的結合，包括飲食、控制體重和定期的體能活動，而並非只是對某種特定的飲食作出改變。

如有任何可以助你降低癌症復發機會的生活模式你需要實行的話，你的醫護小組（包括家庭醫生、專科醫生和護士），是向你提供建議的最佳人選。

為何健康飲食那麼重要

均衡飲食是其中一個能全面提升健康的最佳選擇，很多人發現這個積極的改變，能有助他們重拾一種控制感，同時能有助他們感到，所做的是對健康最好的。

健康飲食及保持健康體重，有助你重獲體能，更有精力，增強健全發展感。同時有助降低患上新的癌症、心臟病、中風和糖尿病的機會。

After cancer treatment, some people have a higher risk of developing other health problems such as diabetes, heart disease or osteoporosis (bone thinning).

If you've been told that you may be at increased risk of any of these conditions, it's especially important to follow a healthy diet to help to prevent them.

A healthy eating guide

Before making changes to your diet, it can help to talk to your GP. For most people a healthy balanced diet includes:

- lots of fruit and vegetables
- plenty of starchy foods such as rice, bread, pasta and potatoes
- wholegrains rather than refined processed grains
- some protein-rich foods such as meat, fish, eggs and pulses (beans and lentils)
- just a small amount of foods high in fat, salt and sugar.

Fruit and vegetables

Fruit and vegetables are a good source of many vitamins and minerals, and a great source of fibre. They should make up about a third of the food we eat each day. But most of us don't eat enough of them.

Research suggests that people who eat diets high in fruit and vegetables may have a lower risk for some types of cancer (cancers of the mouth, gullet and bowel), and may also have a lower risk of heart disease.

You should aim to eat at least five portions of fruit and vegetables a day.

癌症治療之後，有些人有更高機會引發其他健康問題，例如糖尿病、心臟病或骨質疏鬆症(骨頭變薄)。

如果你被告知可能有較高機會患上這些疾病，遵行健康的飲食至為重要，因為可以有助預防這些疾病的發生。

健康飲食指引

在你改變飲食習慣之前，可以跟家庭醫生商量。對於大多數的人而言，健康均衡的飲食包括：

- 大量的水果和蔬菜
- 大量澱粉類食物，例如米飯、麵包、意大利粉和薯仔(馬鈴薯)
- 全穀類而不是加工過的精細穀物
- 一些含豐富蛋白質的食物，例如肉類、魚類、蛋類和豆類(大豆和扁豆)
- 僅少量高脂肪、高鹽和高糖的食物

水果和蔬菜

水果和蔬菜是豐富的維他命和礦物質來源，也含有豐富的纖維。我們每天所進食的食物，必須有三分之一的份量屬於這類食品，但我們大部份人都達不到這個要求。

研究指出，進食大量水果蔬菜的人，患上某些種類癌症的機會(如口腔癌、食道癌和腸癌)較低，同時患心臟病的風險也較低。

你應該以每日進食五份水果和蔬菜為目標。

A portion is:

- 3 heaped tablespoons of vegetables
- a dessert bowl of salad
- 1 average-sized fruit, like an apple, pear or banana
- 2 smaller fruits, like apricots or plums
- a slice of larger fruits, such as melons or mangoes
- a handful of small fruits, like cherries or berries
- a glass of fruit juice (150ml). Fruit juices can only count as one portion a day however much you drink.

Different coloured fruits and vegetables contain different nutrients. Eating a variety of fruit and vegetables of different colours will help to make sure you are getting a wide range of valuable nutrients.

Starchy foods and fibre

Starchy foods such as bread, chapati, cereals, rice, pasta, yams and potatoes are a really important part of a healthy diet. They are a good source of energy and a major source of fibre, iron and B vitamins in our diet. Starchy foods should make up about a third of the food we eat.

Foods rich in fibre are a very healthy choice but most people don't eat enough. Try to include a variety of fibre-rich foods in your diet such as wholegrain bread, brown rice, oats, beans, peas, lentils, grains, seeds, fruit and vegetables.

High-fibre foods are more bulky. They help make us feel full, so we are less likely to eat too much. Fibre helps to keep bowels healthy and prevent constipation. And soluble fibre, found in foods such as oats, beans and lentils, may help to reduce the amount of cholesterol in the blood. Eating a diet with plenty of high-fibre foods can also help reduce the risk of bowel cancer.

一份的標準是：

- 三滿湯匙的蔬菜
- 一個甜點碗的沙拉（約相當於一飯碗大小）
- 一個平均大小的水果，例如蘋果、梨或香蕉
- 兩個較小的水果，如杏或李子
- 一片大水果，如甜瓜或芒果
- 一把小水果，如櫻桃或莓果
- 一杯果汁（150毫升）。但無論你每日喝多少果汁，都只算一份。

不同顏色的水果和蔬菜，含有不同的營養。進食多種不同顏色的水果蔬菜，將有助你獲取廣泛有價值的營養成份。

澱粉類和纖維

澱粉類食物是健康飲食中非常重要的一部份，例如麵包、印度薄煎餅、穀類、米飯、意大利粉、山藥（淮山）和薯仔（馬鈴薯）。這些都是飲食中熱量、主要的纖維、鐵質和維他命B的主要來源。澱粉類食物應該約佔我們飲食中的三分之一。

含豐富纖維的食物是非常健康的選擇，但大部份人都攝取不足。所以應該嘗試在飲食中加入多種含豐富纖維的食物，例如全麥麵包、糙米、燕麥、豆類、豌豆、扁豆、穀類、種子類、水果和蔬菜。

高纖維的食物較大份，容易令我們感覺到飽足，這樣我們就不會吃得太多。纖維幫助保持腸道健康並防止便秘。在燕麥、豆類和扁豆類食物中的可溶性纖維，還能幫助降低血液中的膽固醇。進食豐富的高纖維食物可以幫助減少患腸癌的機會。

Meat

If you eat red meat and processed meat several times a week, try to cut down. Try to eat more fish, chicken, turkey, beans or lentils instead.

Several studies suggest that eating lots of red and processed meat can increase the risk of developing bowel cancer and prostate cancer.

Red meat is beef, pork, lamb and veal. Processed meats include sausages, bacon, salami and tinned meats.

The greatest increase in risk seems to be for people eating two or more portions of red or processed meat (about 160g) a day. People who eat less than two portions per week (about 140g) seem to have the lowest risk.

Eating meat that is cooked at high temperatures, used in frying and barbecuing, may also increase the risk of some cancers. This may be because when meat is burnt or charred it produces chemicals which can damage normal cells.

No link has been found between eating poultry meat such as turkey and chicken and the risk of developing cancer.

Fat

Having some fat in our diet helps us to absorb vitamins A, D, E and K, and provides us with essential fatty acids that we can't make ourselves. But most people in the UK eat too much fat.

Foods that are high in fat are also high in energy (calories), so eating lots of fat can make you more likely to put on weight.

There are different types of fat:

Saturated fat can raise the level of cholesterol in the blood and

肉類

如果你每周都會吃幾餐紅肉和加工過的肉類，嘗試盡量減少，相反改吃多些魚類、雞肉、火雞、豆類或扁豆類。

多項研究表明，吃大量的紅肉和加工過的肉類會增加患腸癌和前列腺癌的機會。

紅肉包括牛肉、豬肉、羊肉和小牛肉。加工過的肉類包括香腸、鹹肉(熏肉)、意大利臘腸和罐頭肉類。

每日進食超過兩份紅肉或加工肉類(約160克)的人，患癌機會率最高，而每星期進食少於兩份(140克)紅肉或加工肉類的人，患癌機會率最低。

食用高溫烹調的肉類，油炸和燒烤，也可能會增加某些癌症的風險，因為肉類被燒焦時，會產生一種化學物質，會破壞人體正常細胞。

目前仍沒有證據發現食用家禽類，例如火雞肉和雞肉，和誘發癌症機會之間有關係。

脂肪

食物中適量的脂肪可以幫助我們吸收維他命A, D, E和K, 同時提供我們身體所需，卻不能生成的脂肪酸。但大部份的英國人卻進食了過量的脂肪。

高脂肪的食物同時也含高熱量(卡路里)，所以進食太多的脂肪會令你的體重增加。

脂肪有很多不同的種類：

飽和脂肪會增加血液中膽固醇的水平，從而增加患心臟病

increase the risk of heart disease. Western foods that are high in saturated fat include cheese, butter, ghee, burgers, sausages, samosas, biscuits, pastries, cakes and chocolate. Chinese foods include fatty meats like belly pork, roast duck (with skin) and suckling pig. Offal and coconut oil also contain saturated fats.

Unsaturated fat helps to reduce blood cholesterol levels. Omega 3 fatty acids, a type of unsaturated fat found in oily fish (mackerel, salmon, trout and sardines), may help to prevent heart disease.

But there are also some potential health risks of eating too much oily fish because of contamination with chemicals such as dioxins. So the UK Food Standards Agency recommend that children and women who may become pregnant eat a maximum of two portions a week and men and women past childbearing age eat no more than four portions a week.

Other good sources of unsaturated fat include sunflower, olive and vegetable oils, nuts and seeds.

It's important to try to eat less fat and choose foods that contain unsaturated fats instead of saturated.

What you can do to eat less fat:

- Eat more fish and chicken (with the skin removed), rather than red meat.
- Choose lean cuts of meat and trim off all the fat you can.
- Eat less fried food – bake, grill, steam or poach food instead.
- Choose lower-fat dairy products when you can.
- When you're shopping, check the labels for fat and saturated fat and choose lower fat options.
- Put more vegetables and beans and a bit less meat in stews and curries.
- Try vegetarian recipes more often.

的危險。含高脂肪的西式食物，包括芝士(奶酪)、黃油、印度酥油、漢堡包、香腸、薩莫薩三角餅、餅乾、餡餅、蛋糕和巧克力。至於中式食物中，包括肥膩的肉類，例如五花腩肉、烤鴨(帶皮)、乳豬。內臟和椰油，同樣含很高的飽和脂肪。

不飽和脂肪可以有助降低血液中的膽固醇。**Omega 3**脂肪酸，一種在油性魚類(馬鮫魚、三文魚、鱒魚和沙丁魚)中所含的不飽和脂肪，有助防止心臟病。

但食用過多的油性魚類也存在一些隱憂，因其有可能被化學物質污染，例如二惡英。所以英國食品標準局建議，兒童和懷孕婦女，每周最多進食兩個份量，過了生育期的男女，每周不要超過四個份量(一份量約140克)。

其他不飽和脂肪的來源有葵花籽油、橄欖油、菜油、堅果和種子類。

嘗試進食少些脂肪，選擇含有不飽和脂肪的食物來代替含飽和脂肪的食物至為重要。

食用少些脂肪的建議：

- 進食更多魚類和雞肉(去皮)，代替紅肉。
- 選擇瘦肉並把肥的部份除去。
- 少吃油炸食物 - 用焗、烤、蒸或水煮的食物來代替。
- 可以的話，選擇低脂的奶類食品。
- 購物時，檢查商標上脂肪和飽和脂肪的成份，選擇低脂肪的產品。
- 燉肉或煮咖喱時，少放些肉，多放些蔬菜和豆類。
- 嘗試採用更多素食食譜。

- Cut out or reduce the number of fatty takeaways (such as burgers, curries and kebabs) that you eat.
- Avoid snacks which are high in fat, such as pastries, crisps and biscuits.

Cut down on salt

High salt diets can increase the risk of stomach cancer. Reducing your salt intake will help you to lower your blood pressure and your risk of heart disease and stroke. Most people in the UK eat much more salt than they need. The maximum recommended intake of salt for adults is 6g per day. That's about a teaspoonful.

When we think about how much salt we eat we usually think of how much we add to our food or cooking. But about 75% of the salt we eat comes in processed foods such as bread, bacon, snacks and convenience foods.

You can find out how much salt is in processed foods by checking the labels. If there's more than 1.5g salt per 100g (or 0.6g sodium), the food is high in salt. Low salt foods contain 0.3g salt or less per 100g (0.1g sodium).

When you're buying bread, cereal and ready meals, compare the amount of salt in different types and choose the lower ones.

- Try not to add salt to your food.
- Add herbs or black pepper to pasta dishes, vegetables and meat instead of salt.
- Marinate meat and fish before cooking to give them more flavour.

Alcohol

Alcohol has been linked with an increased risk of developing some

- 戒掉或減少肥膩的快餐(例如漢堡包、咖喱和烤肉串)。
- 避免高脂肪的零食，例如餡餅、薯片和餅乾。

減少鹽份

高鹽的飲食會增加患胃癌的機會。減少鹽份的攝取將有助你降低患高血壓、心臟病和中風的危險。英國大部份人所攝取的鹽份，都超過了他們身體所需。成人建議每天攝取的鹽份最多為6克，約一茶匙。

當想到究竟我們攝取了多少鹽份時，我們通常會想到加在食物中或烹調時所放的鹽。其實我們攝取的大約75%鹽份，都是從加工過食品而來，例如麵包、鹹肉、小食和方便食品。

我們可以從加工食品的標籤上，找到有關鹽份的含量，如果每100克食物中含有超過1.5克鹽份，這個食品就屬於高鹽份。低鹽份的食物，每100克中含鹽量只有0.3克或更低(0.1克鈉)。

當你購買麵包、麥片和即食食品時，比較不同種類產品的含鹽量，並選擇含鹽量最低的產品。

- 嘗試不要在你的食物中加鹽。
- 在烹調意大利粉、蔬菜和肉時，用香料或黑胡椒來代替鹽調味。
- 烹調肉類和魚類之前，先進行醃製以增加其味道。

酒類

酒類和增加患某類癌症的風險有關連。每天僅攝取一個單

types of cancer. As little as 1 unit a day can increase the risk of mouth, gullet (oesophagus), breast and bowel cancers.

The more alcohol someone drinks the greater the risk. But drinking small amounts of alcohol may help to reduce the risk of heart disease, at least in middle-aged people.

Current sensible drinking guidelines recommend that:

- men drink less than 3 units of alcohol per day, or 21 per week.
- women drink less than 2 units per day, or 14 per week.

One drink isn't the same as one unit of alcohol.

- Half a pint of standard strength (3-4%) beer, lager or cider contains 1 unit.
- Half a pint of stronger (5%) beer, lager or cider contains 1.5 units.
- A standard glass of wine (175ml), often called a small glass in pubs and bars, contains 2 units.
- A large glass of wine contains 3 units.
- A single measure (25ml) of spirits contains 1 unit.

Drinking large quantities of alcohol in one session (binge drinking) is thought to be worse for your health than drinking a small amount each day. It's also recommended that people have one or two non-drinking days each week.

Maintaining a healthy body weight

It's not a good idea to be either underweight or overweight. Eating too much can make you overweight, which can lead to ill health such as heart disease, high blood pressure or diabetes. Not eating as much

位的酒，就會增加患口腔癌、食道癌、乳癌和腸癌的機會。

飲酒越多，患癌風險越大。但在一些中年人士中，飲用少量的酒，可能會有助減少患心臟病的機會。

目前，理性的飲酒量指引建議為：

- 男性每日飲用少於3個單位的酒，或每周21個單位。
 - 女性每日飲用少於2個單位的酒，或每周14個單位。
- 一杯酒並不等於一個單位。
- 半品脫中等強度(3-4%)的啤酒、例如啤酒或蘋果啤酒，便相等於一個單位。
 - 半品脫強度(5%)啤酒、例如啤酒或蘋果啤酒，便含1.5個單位。
 - 一隻標準酒杯所盛載(175毫升)的酒，例如通常在酒吧和酒館內叫的一小杯紅酒，便含2個單位。
 - 一大杯紅酒含3個單位。
 - 一小杯(25毫升)的烈酒，含1個單位。

一次過飲下大量的酒(酗酒)，比每日飲用少量的酒對你的健康危害更大。所以建議大家每個星期，拿出一天或兩天來不飲酒。

保持健康體重

體重過輕或過重都不是最理想的狀態。過量飲食會令你超重，且會導致諸如心臟病、高血壓或糖尿等疾病。但進食

food as your body needs can also affect your health.

If you are underweight, or find it difficult to eat enough to maintain your weight, you can find helpful advice in Macmillan's booklets *Diet and cancer* and *Recipes from Macmillan Cancer Support*.

Many people in the UK are heavier than the recommended weight for their height. And unfortunately, certain kinds of treatment for cancer, such as hormonal therapies or steroids, can cause weight gain. Losing weight can be difficult but keeping a healthy body weight is one of the best ways to reduce your risk of cancer.

Being overweight increases the risk of many types of cancer including cancers of the bowel, kidney, womb, oesophagus (gullet) and breast cancer in women after the menopause.

There is also evidence that women who have breast cancer after their menopause may be able to reduce their risk of the cancer returning by maintaining a healthy body weight after treatment.

Try to keep your weight within the normal range for your height. Your GP can advise you on your ideal weight. If you're concerned about your weight, get in touch with your GP or a dietitian for advice and support.

Be patient with yourself. Losing weight is a gradual process. It's important to eat a balanced diet to make sure you get all the nutrients you need to keep your body healthy. It's reasonable to aim to lose about 1kg (2lbs) a week.

- Only eat as much food as you need.
- Eat a balanced diet with lots of fruit and vegetables and less fat and sugar.
- Be more physically active.

There's information and advice about increasing your physical activity in Macmillan's booklet *Exercise after cancer treatment*.

不夠身體所需，同樣會影響你的健康。

如果你不夠重，或者發現很難攝取足夠的食物來保持體重，你可以參考麥美倫的小冊子《飲食和癌症》(英文)，以及《麥美倫癌症支援食譜》(英文)，你將會發現當中有很多有用的建議。

很多英國人的體重，都超過他們身高應有的體重建議。不幸的是，某些癌症的治療會增加體重，例如荷爾蒙療法或類固醇治療。要減輕體重可能很困難，但保持健康的體重，是減少你患癌症機會的最佳方法。

超重會增加患上多種癌症的機會，包括腸癌、腎癌、子宮癌、食道癌和女性更年期之後的乳癌。

有證據顯示，在更年期後患乳癌的女性，在完成治療後如能保持健康的體重，可以減少復發的機會。

嘗試保持和身高在正常比例範圍內的體重。家庭醫生可以為你提供理想體重的建議。如果你很關注你的體重，可以向家庭醫生或營養師諮詢和求助。

對自己要有耐心，減輕體重是一個漸進的過程。均衡飲食可以確保你，得到身體健康所需要的營養。定下每周減輕大約1公斤(2磅)體重作為目標是合理的。

- 只進食足夠身體所需的份量。
- 採取均衡飲食，食用大量水果和蔬菜，少食脂肪和糖。
- 多作體力活動。

麥美倫癌症資源小冊子《癌症治療後的運動》(保健中心有翻譯版本)，提供了有關增加你體力活動的資料和建議。

Commonly-asked questions about diet and cancer

Should I take dietary supplements?

For most people, a balanced diet provides all the nutrients they need and taking large doses of vitamins, minerals and other dietary supplements isn't recommended. But people who find it difficult to eat a balanced diet may benefit from taking a multivitamin and mineral supplement containing up to 100% of their recommended daily allowance.

Supplements may be beneficial in some situations, such as for people who aren't able to absorb all the nutrients they need because of surgery for stomach cancer. People at increased risk of bone thinning (osteoporosis) may benefit from taking calcium and vitamin D supplements to help strengthen their bones.

Several studies have looked at whether using supplements can reduce the risk of certain cancers. But the results have been disappointing and in general the evidence is that taking supplements doesn't reduce the risk of cancer. There is even evidence that taking high doses of some supplements can increase the risk of cancer in some people.

One study found that people who smoke were more likely to develop lung cancer if they took supplements of beta-carotene (a substance the body uses to make vitamin A). And the results of other studies suggest that high doses of beta-carotene and vitamin A supplements may increase the risk of getting cancers of the gullet and stomach.

It's possible that some supplements interfere with how cancer treatments work and make them less effective. So, if you're currently having treatment for cancer it's important to get advice from your cancer specialist before taking any supplements. They can advise you about which, if any, you should take, and which doses might be appropriate for you. They can also tell you about any possible side effects and interactions with other medicines.

有關飲食與癌症的常見問題

我應該服用口服補充劑嗎？

對大部份人而言，均衡飲食已經提供了所有所需的營養，因此並不建議服用大量的維他命、礦物質和其他口服補充劑。但是對於很難保持均衡飲食的人來說，每日服用不超過建議份量的多種維他命和礦物質，或許會有幫助。

補充劑在某些情況下可能會有幫助，例如對那些因為做過胃癌手術，身體不能完全吸收所需營養的人。另外，有骨質疏鬆症的人，服用鈣片和維他命D，也可以幫助增強骨骼。

很多研究嘗試找出使用補充劑，能否有助減少患上某種癌症的機會，但結果大都令人失望。總體的證據顯示，服用補充劑並不會減少患癌的機會。相反有證據顯示，某些人因服用大量補充劑，反而會增加患癌的風險。

一項研究發現，吸煙者如果同時又服用β胡蘿蔔素（一種身體用來製造維他命A的元素）補充劑，會更容易患上肺癌。另一項研究則發現，服用大量的β胡蘿蔔素和維他命A，可能會增加患食道癌和胃癌的機會。

有些補充劑可能會干擾癌症的治療，令其療效降低。所以，如果你正在進行癌症治療，在服用任何補充劑之前，最好先向你的癌症專科人員查詢。如果有需要的話，他們會建議應該需要哪些補充劑，以及哪個劑量最適合你，同時也會向你解釋可能出現的副作用，以及與其他藥物的反應等。

What about ‘superfoods’?

There isn't any scientific evidence for any one particular food being a 'superfood'. The greatest benefit to your health is likely to come from eating a balanced diet that includes a wide and varied combination of foods.

There are many substances in fruits and vegetables that may potentially have anti-cancer properties but we don't yet know this for certain, and we don't understand which ones are most likely to help or how they work.

So instead of looking for a 'superfood' it's better to aim for a 'superdiet' as recommended in healthy eating guidelines. This will help you to make sure you're getting the widest possible variety of these substances. It will also make your diet more enjoyable and interesting and it will probably be cheaper.

Should I follow a dairy-free diet?

Many research studies have looked for a link between diets that are high in dairy products and cancer (in particular breast and prostate cancer). But these studies haven't shown a clear link. Because of this, cancer experts don't recommend following a dairy-free diet to try to reduce the risk of cancer.

Dairy products are an important source of calcium, which is needed for strong bones and may help to reduce the risk of bowel cancer. So, if you decide to follow a dairy-free diet you'll need to make sure that you get enough calcium from other food sources such as tinned sardines and salmon (with the bones), dark green leafy vegetables (such as spinach) or fortified foods (such as some types of soya milk).

Does sugar feed cancer?

No. Sugar in your diet doesn't directly increase the risk of cancer or encourage it to grow. But sugar contains no useful nutrients (apart from energy) and we can get all the energy we need from healthier sources.

“超級食物”呢？

沒有任何科學證據顯示，某特定一種的食物是“超級食物”。對你健康最有益的，可能是包含多種多樣食物的均衡飲食。

水果和蔬菜中有很多物質都可能含有抗癌的特性，但我們目前仍不能確定，而且仍不了解那些物質最可能有幫助，這些物質是如何運作的。

所以，與其尋找一種“超級食物”，不如致力做到健康飲食指引中所建議的“超級飲食”。它能幫助你確保獲得最多種多樣的營養，也令你在進食中更覺享受和樂趣，並且更經濟實惠。

我應否遵行禁止乳製品的飲食嗎？

很多研究都嘗試了解含豐富乳製品飲食和癌症的關係(特別是乳癌和前列腺癌)，但目前還沒有發現明顯的關聯。所以癌症專家們不建議進行完全無乳製品的飲食，來嘗試減少患癌的機會。

乳製品是鈣質的重要來源。鈣質是我們增強骨骼之所需，也會幫助我們降低患腸癌的風險。所以如果你決定進行完全無乳製品的飲食，一定要確保從其他食物中攝取足夠的鈣質，例如罐頭沙丁魚和三文魚(帶骨頭的)、深綠色葉子的蔬菜(例如菠菜)，或強化食品(例如某些類型豆奶)。

糖份會助長癌症嗎？

不會。你飲食中的糖份不會直接增加患癌機會或助長癌症生長。但糖份不含有用的營養成份(除了熱量之外)，而我們又可以從其他更健康的來源獲取熱量，所以最好能夠限

So, it's best to limit the amount of sugar in your diet.

Do anti-cancer diets work?

There has been a lot of publicity about alternative diets for treating cancer over the past few years. Many dramatic claims for cures have been made. It's understandable that people may be attracted to diets that seem to offer the hope of a cure. However, there isn't good evidence that these diets can make a cancer shrink, increase a person's chance of survival or cure the disease.

Some people get satisfaction from following these special diets, but others find them quite boring and even unpleasant to eat and time-consuming to prepare. Some diets may lack important nutrients or be unbalanced in other ways and may even be harmful.

It can be confusing to be faced with conflicting advice about what to eat, but most doctors and specialist nurses recommend a well-balanced diet and one that you enjoy, as described in this booklet.

We hope this information has answered some of your questions and given you some ideas about how you can improve your health and follow a healthy diet.

If you're thinking of making changes to what you eat you can get more advice from your doctor, dietitian or specialist nurse. They can offer you information and advice tailored to your particular situation. You may also find some of the organisations on page 30 helpful.

制飲食中的糖份。

抗癌飲食有用嗎？

過去幾年，有很多關於用替代飲食治療癌症的宣傳，很多這些宣傳都誇張地說治好了很多人。這些宣傳給予人們痊癒的希望，所以人們被其吸引是可以理解的。但是，還沒有有力的證據證明，這些飲食能讓癌細胞縮小，增加癌症患者的存活率或痊癒率。

有些人對遵從這些特殊飲食感到滿意，但有些人卻覺得這些飲食枯燥乏味，甚至難以下嚥，還要花很多時間去準備。有一些飲食更可能缺少某些重要的營養成份，或某種程度上營養不均衡，甚至有害。

當面對意見不一的飲食建議時，你可能會感到疑惑，但大部份醫生和專科護士，都會建議你採取均衡的飲食，一種你喜歡的飲食，一如這本小冊子所介紹的。

我們希望這些資料能解答你部份的疑問，同時能提供給你一些如何改善健康及遵行健康飲食的建議。

如果你想就你的飲食作出改變，可以諮詢你的醫生、營養師或專科護士。他們可以提供適合你情況的資料和建議。你同時可以參考本冊子的30頁所刊載的組織，這些組織都會對你提供幫助。

How Macmillan can help you

Macmillan Cancer Support

89 Albert Embankment,
London SE1 7UQ

General Enquiries

020 7840 7840

Questions about living with cancer? Call free on 0808 808 00 00 (Mon-Fri, 9am-8pm) Alternatively, visit macmillan.org.uk

Non English speaker?

Interpreters available. (call 0808 808 00 00 and ask for a Cantonese/Mandarin interpreter)

Macmillan Cancer Support improves the lives of people affected by cancer. They are a source of support: providing practical, medical, emotional and financial help. They are a force for changes: listening to people affected by cancer and working together to improve cancer care locally and nationally.

They have a wide range of services and activities that might be of help and interest.

Clear, reliable information

They provide expert, up-to-date information about cancer – the different types, tests and treatments, and living with the condition.

They can help you by phone, email, via their website and publications, or in person. And our information is free to all – people with cancer, families and friends, as well as professionals.

Just call and speak to one of their cancer support specialists. Or visit one of their information and support centres – based in hospitals, libraries and mobile centres – and speak with someone face-to-face.

麥美倫可以怎樣幫助你

麥美倫癌症支援

89 Albert Embankment, London SE1 7UQ

一般查詢 020 7840 7840

有關患上癌症的問題？可以致電免費電話0808 808 00 00（逢星期一至五，9am-8pm）或者瀏覽網站 macmillan.org.uk

非英語人士？

將有傳譯員協助。（致電 0808 808 00 00，要求提供廣東話/普通話翻譯）

麥美倫癌症支援致力改善癌病患者的生活。他們提供一系列幫助：包括提供實際的、醫療的、情緒的和經濟等方面的幫助。他們同時是一股改變的力量：他們聆聽受癌症影響者的心聲，並一起致力提高地方以至全國層面的癌症護理服務。

麥美倫癌症支援的一系列的服務和活動，對你都會有幫和興趣。

清楚、可靠的資訊

他們為你提供專業和最新的癌症相關資訊 - 如癌症不同的種類、測試和治療方法，以及患者指南。

他們可以透過電話、電郵、網站、刊物、或面對面的方式來幫助你。而所有這些資訊，都是免費提供給所有人 - 包括癌症患者、患者家屬和朋友以及專業人士。

你只需致電給他們，和他們的癌症支援專業人士傾談。或者到訪他們設在醫院、圖書館和流動的資訊及支援中心 - 和他們的人員直接面談。

Other useful organisations 其他有用組織

British Dietetic Association (BDA)

5th Floor, Charles House, 148-9 Great Charles Street
Queensway
Birmingham B3 3HT
Tel 0121 200 8080
Fax 0121 200 8081
Email info@bda.uk.com
www.bda.uk.com

website includes an online directory to help you find a dietitian in your area.

British Nutrition Foundation

High Holborne House
52-54 High Holborn
London WC1V 6RQ
Tel 020 7404 6504
Email postbox@nutrition.org.uk
www.nutrition.org.uk
Website has information about healthy eating.

英國飲食協會

5th Floor, Charles House, 148-9 Great Charles Street
Queensway Birmingham B3 3HT
電話 0121 200 8080
傳真 0121 200 8081
電郵 info@bda.uk.com
www.bda.uk.com

網站內設有在綫目錄，可以助你查找到你當地營養師的資料(英文)。

英國營養基金會

High Holborne House, 52-54 High Holborn London, WC1V 6RQ
電話 020 7404 6504
電郵 postbox@nutrition.org.uk
www.nutrition.org.uk
網站內有健康飲食資訊(英文)。

The Chinese National Healthy Living Centre (CNHLC) was founded in 1987 to promote healthy living and facilitate access to health services for the Chinese community in the UK. The Centre aims to reduce the health inequalities experienced by the Chinese community. Language difficulties and cultural differences present major obstacles to many Chinese people accessing mainstream health and social care services. CNHLC works closely with both statutory and community organisations to deliver its mission.

全國華人保健中心成立於1987年，旨在推廣健康生活模式及協助英國華人社群更有效地採用英國的健康服務。由於語言上的困難加上文化上的差異，構成了華人享用主流醫療和社會福利服務的主要障礙，導致他們得不到應有的服務及被社會孤立。故本中心的宗旨是希望減少華人社群在享用健康服務方面的不平等。全國華人保健中心一直以來均與政府及社區組織緊密合作實踐中心的使命。

Chinese National Healthy Living Centre
全國華人保健中心

29 – 30 Soho Square
London
W1D 3QS

Tel 電話: 020 7534 6546 / 020 7287 0904

Fax 傳真: 020 7534 6545

Email 電郵: general@cnhlc.org.uk

Web 網站: www.cnhlc.org.uk

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全國華人保健中心
CHINESE NATIONAL
HEALTHY LIVING CENTRE

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