

## Saudi Diabetes and Endocrine Association warns the Society on the Common Lifestyle and Nutrition Risk Factors of Diabetes and Cancer

February 4<sup>th</sup> is the World Cancer Day & November 14<sup>th</sup> is the World Diabetes Day. Almost 9 months & 10 days are between these two major health worldwide events. But we can do a lot to reduce the risk factors for these two serious diseases. -

	<ul style="list-style-type: none"> <li>- Lose weight, if obese &amp; maintain your body weight within the healthy range.</li> <li>- Practice exercise regularly.</li> </ul>
	<ul style="list-style-type: none"> <li>- Avoid smoking (active and passive).</li> <li>- Avoid alcoholic drinks.</li> </ul>
	<ul style="list-style-type: none"> <li>- Increase your intake of fruits and vegetables to provide your body with antioxidants. Include fruits &amp; vegetables in your daily meals, in the particular the ones with green color, red color, orange color, yellow color (such as tomato, green pepper, spinach, broccoli, orange, carrot, cantaloupe, berries).</li> </ul>
	<ul style="list-style-type: none"> <li>- Use healthy oils &amp; avoid using trans fats (hydrogenated oils) such as ghee, shortening (found in pastries, biscuits, crackers, chips, fried foods).</li> </ul>
	<ul style="list-style-type: none"> <li>- Eat healthy foods and use skimmed milk &amp; its products on your daily meal.</li> </ul>
	<ul style="list-style-type: none"> <li>- Use lean cuts meat or skinless poultry and eat fish/tuna 2 times a week minimum. Avoid consuming processed meats &amp; hot dogs or sausages and smoked meats.</li> </ul>
	<ul style="list-style-type: none"> <li>- Increase your intake of foods rich in fiber (found in whole grains &amp; cereals, oat, fruits, vegetables, dry legumes such as lentils, peas, beans).</li> </ul>
	<ul style="list-style-type: none"> <li>- Reduce high caloric foods and replace deep fat frying with baking or steaming. Replace rich desserts with fresh fruits.</li> </ul>