Diet, exercise, smoking, and other lifestyle choices you make all impact your overall health and your risk for cancer. To help you stay well, the American Cancer Society offers the Healthy Living Newsletter, a monthly email with useful information on eating right, staying active, and other steps you can take to help reduce your cancer risk.

### Tackling Food Deserts

Fruits and vegetables are key to a healthy diet. But fresh produce isn't available everywhere. A federal program is providing incentives to retailers in underserved neighborhoods.

### It's Never Too Late to Quit

Quitting is a good idea no matter how long you've been smoking. And the benefits kick in almost immediately.

### Family Play Time Pays Off

Get the kids out of the house on a beautiful day by going out there with them. Family outdoor play time is a fun way to spend time together and stay active.

### A Word about Grapefruit

Eating more fruit is almost always a good thing. But grapefruit can be harmful for people taking certain medications.
Red, Red Raspberries

Raspberries are made up of tiny little fruits packed together and loaded with fiber and vitamin C. Deck them out with our Mock Raspberry Crème Brûlée.
Eating a wide variety of fresh fruits and vegetables, whole grains, and other healthy food is the foundation of a healthy diet. But some areas in the US have few grocery stores, farmers’ markets, or other places to buy affordable fresh produce and other good-for-you foods. The US Department of Agriculture (USDA) calls these areas *food deserts*.

To tackle this problem, the USDA has launched the Healthy Food Financing Initiative in cooperation with the US Departments of Treasury and Health and Human Services. The program provides financing for developing and equipping grocery stores, small retailers, corner stores, and farmers markets selling healthy food in underserved areas. The financing tools include tax credits, grants, or low-cost loans and technical assistance. The USDA has created a map called the *Food Access Research Atlas* to locate food deserts in the US.

Some experts believe that when healthy, affordable food is available, people will eat a healthier diet. However, some studies have shown that even after healthier foods are more widely available in food deserts, many people continue to make unhealthy eating choices. But eating right is key for getting to and staying at a healthy weight, which is an important way to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes.

**The American Cancer Society recommends eating a diet that focuses on fruits and vegetables:**

- Eat at least 2 ½ cups of vegetables and fruits each day. Include lots of different kinds, and limit creamy sauces, dressings, and dips.
- Eat less processed meat such as bacon, sausage, luncheon meats, and hot dogs. Substitute fish, poultry, or beans for red meat (beef, pork, and lamb). Bake, broil, or poach meats rather than frying or charbroiling.
- Choose whole-grain breads, pasta, and cereals (such as barley and oats) instead of those made
from refined grains, and choose brown rice instead of white. Eat less of other refined carbohydrates and sugary foods such as pastries, candy, and sugar-sweetened breakfast cereals.

The entire American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention are available online at cancer.org.
It's Never Too Late to Quit

About half of all Americans who smoke and don't quit will die because of the habit. That's one of the reasons it's so important to quit, and the sooner the better. But quitting is rewarding for older people too. New studies show that even after age 80, people can live longer if they give up cigarettes.

And the benefits are almost immediate. Ex-smokers have fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and feel healthier than people who still smoke. Just 20 minutes after quitting, your heart and blood pressure drop. In just 12 hours, the carbon monoxide level in your blood drops to normal. In as little as 2 weeks, your circulation improves and your lung function increases.

Nearly everyone knows that smoking can cause lung cancer, but few people realize it is also linked to a higher risk for many other kinds of cancer, too. Quitting smoking also lowers the risk of heart attack, stroke, and chronic lung disease.

Quitting is important, but it isn't easy. You're more likely to succeed if you get help.

Read the American Cancer Society's Guide to Quitting Smoking or call us anytime at 1-800-227-2345.

Stay Healthy All Year Long

Receive lifestyle tips each month to stay well and help lower your cancer risk.

Sign up for the Healthy Living Newsletter now »
Family Play Time Pays Off

“Go play outside.” These words have been uttered to many a child lingering in the house on a beautiful day. The truth is that it's good advice not just for kids, but for parents, too. By heading outdoors as a family, you can not only enjoy a breezy afternoon of fun, but also fit in some physical activity that'll hardly feel like exercise.

Venture into the back yard to plant some flowers or start a vegetable garden. Or go out to a local park, and while you're there, engage in some simple, all-ages games that will keep everyone moving. Throw a ball or Frisbee around. Challenge your kids to a running race. Play a game of “Simon Says” that includes lots of active commands, such as hopping on one leg or doing jumping jacks. Or simply kick around a soccer ball and take turns being goalie. Even a brisk walk together can be a great way to get your heart rates up while you appreciate the warmer temperatures.

So go play outside. You'll have quality time with your loved ones and enjoy the health benefits of staying active.

Learn how [staying active can help reduce your risk of cancer](#).

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You can always contact us 24 hours a day, 7 days a week, at 1-800-227-2345 or at cancer.org/contactus.
Eating more fruit is almost always a good thing. But if you are taking certain medications, eating grapefruit or drinking grapefruit juice could actually be a health risk.

According to the US Food and Drug Administration (FDA), grapefruit can have negative interactions with many prescription and over-the-counter drugs, including certain anti-anxiety drugs, immunosuppressants, and antihistamines, as well as some common medicines for treating high blood pressure, high cholesterol, heart problems, and cancer.

Grapefruit can interfere with the enzymes that break down drugs in your digestive system, and can interfere with transporters in the intestine that help absorb drugs. This can cause your body to absorb either too much – or too little – of certain medicines.

Check with your doctor or pharmacist, and read the information that came with your medications to see if grapefruit might cause problems. If you need to avoid grapefruit, be sure to check the labels of any fruit juices you drink. You may also need to stay away from Seville oranges and tangelos, which can also cause the same interactions.

Search the Guide to Cancer Drugs on cancer.org to check whether avoiding grapefruit is recommended for the cancer medications you are taking.

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Red, Red Raspberries

While most of the raspberries we eat are red, they also can be black, purple, or gold. A raspberry is actually an aggregate fruit. Each one is made up of many tiny fruits clustered together.

Raspberries are packed with fiber and vitamin C. They can be made into jellies, jams, salsas, sauces, and smoothies, added to salads, muffins, and bread, and used for garnishes. They can also be eaten alone for a sweet, tart, refreshing snack anytime. They are fat- and cholesterol-free.

When buying raspberries, choose fruit that is dry and plump. Do not wash them until ready to eat. Store raspberries in the refrigerator and use them within 1 or 2 days.

Try this recipe from the American Cancer Society’s *The Great American Eat-Right Cookbook*.

**Mock Raspberry Crème Brûlée**

½ cup raspberries  
3 tablespoons nonfat vanilla yogurt, divided  
1 to 2 teaspoons light brown sugar

Position an oven rack 4 to 6 inches from the heat and preheat the broiler.

In a bowl, combine the berries and 2 tablespoons yogurt. Place in a 6-ounce ovenproof ramekin. Spread the remaining 1 tablespoon yogurt on top and sprinkle with enough brown sugar to coat the top in a thin, even layer.

Place the dish under the broiler and broil until the sugar melts, rotating the dish for even browning. The sugar can brown quickly, so pay attention to prevent burning.
Per Serving:
Calories, 55
Calories from fat, 0
Total fat, 0
Cholesterol, 0
Sodium, 25mg
Total carbohydrate, 13g
Dietary fiber, 2g
Sugars, 10g
Protein, 2g

Order this and other great books from the American Cancer Society bookstore.

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