C. **Osteoporosis** – a condition that results from a lack of calcium in the bones.
   1. The bones become weak and can break easily.
   2. Weight bearing exercise and a diet high in calcium help to prevent this disease.
   3. Most commonly found in older females.

D. **Sodium** (Salt): Some people have a natural sensitivity to sodium, which elevates blood pressure. (Keep sodium intake under 2400 mg)

6. **WATER** – human body is about two thirds water (6 to 8 cups of water a day)
   A. Regulator – vital to every body function (digestion, excretory, circulatory)
      1. **Dehydration** causes malfunction of all systems – death
         a. Decrease urine – increase of toxins
         b. Decrease sweating – increase body temperature
         c. Decrease blood volume – increase of fatigue – decrease oxygen and nutrients

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**CANCER AND FOOD**

Most of us are concerned, curious and sometimes confused over reports associating nutrition with cancer. This relationship is a complex issue and easy to misunderstand. What should you and your family eat? What foods should you avoid? The best recipe for you is a simple one: everything in moderation. If you eat a well-balanced diet, there is usually no need to use vitamin or mineral supplements.

Extensive research is under way to evaluate and clarify the role diet plays in the development of cancer. So far no direct cause-effect relationship has been proved. Though we do know that some things you eat may increase or decrease your risks for certain types of cancer. Based on evidence at hand, you might lessen your chances of getting cancer by following these simple guidelines.

1. **Avoid obesity**

Sensible eating habits and regular exercise will help you avoid excessive weight gain. Your physician can work with you to determine your best body weight since it depends on your medical condition and body build. Find an appropriate diet to maintain this weight. If you are 40 percent overweight, your risk increases for colon, breast and uterine cancers.

2. **Cut down on total fat intake**

A diet high in fat may be a factor in the development of certain cancers like breast, colon and prostate. If you avoid fatty foods, you will be able to control your body weight more easily.

3. **Eat more high fiber foods**

Regular consumption of cereals, fresh fruits and vegetables is recommended. Studies suggest that diets high in fiber may help to reduce the risk of colon cancer. And even if not, high fiber-containing foods are a wholesome substitute for foods high in fat.

4. **Include foods rich in vitamins A and C in your daily diet**

Choose dark green and deep yellow fresh vegetables and fruits as sources of vitamin A, such