

News Release \* \* \* The Cancer Project \* \* \* Aug. 18, 2008

Media Contact: Edith Sodolo, 202-244-5038, ext. 339,  
[esodolo@cancerproject.org](mailto:esodolo@cancerproject.org)

WHAT: Cancer Prevention and Survival Cooking Course (four classes)

WHEN: Sept. 8 to Sept. 29 (Mondays), 6 to 8 p.m.

WHERE: Ida's Café, UCSF Medical Center, 2356 Sutter St., San Francisco

SPONSOR: The Cancer Project

COST: FREE (suggested \$10-\$20 donation per class)

REGISTRATION: Contact the Cancer Resource Center at 415-885-3693

Free Cancer Prevention and Survival Cooking Course Begins Sept. 8

Participants Will Learn How Proper Diet Can Help Them Prevent and Survive Cancer

SAN FRANCISCO – The Cancer Project, a national nonprofit dedicated to advancing cancer prevention through education and research, is offering a FREE, four-session cooking course designed to help San Francisco residents prevent and survive cancer through proper diet and nutrition.

"The single easiest and best thing most of us can do to prevent cancer or its recurrence is to eat right," says Jennifer Reilly, R.D., a senior nutritionist for The Cancer Project. "More than a third of all cancer deaths in this country are due to poor diet."

The Rx for better health? It's a low-fat vegetarian diet. Load up on fruits, vegetables, and whole grains, Reilly says; they're naturally low in fat, chock-full of fiber, and filled with cancer-fighting antioxidants and phytochemicals. Cut down on fatty foods and added fats and oils, particularly saturated fats, which have been linked to an increased risk of breast, colon, and prostate cancer. Likewise, look for healthy substitutes for dairy products such as milk, cheese, and yogurt, which have been implicated in the occurrence of breast and colorectal cancers.

The challenge, Reilly acknowledges, is not only to teach people which foods are good for them, but also to show them how to make the foods taste good. Each class centers on important cancer-nutrition topics as local cooking

instructor Kristin Doyle guides students through the preparation of tasty and easy-to-prepare recipes.

The class lineup is as follows:

Sept. 8, 6 to 8 p.m., Favoring Fiber

Sept. 15, 6 to 8 p.m., Discovering Dairy Alternatives

Sept. 22, 6 to 8 p.m., Replacing Meat

Sept. 29, 6 to 8 p.m., Antioxidants and Phytochemicals

For more information about Cancer Prevention and Survival Cooking Classes, visit [www.CancerProject.org](http://www.CancerProject.org) or call 202-244-5038.

The Cancer Project is a nonprofit collaborative effort of physicians, researchers, and nutritionists who have joined together to educate the public about the benefits of a healthy diet for cancer prevention and survival. Based in Washington, D.C., The Cancer Project is an independently incorporated affiliate of the Physicians Committee for Responsible Medicine.

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The Cancer Project  
5100 Wisconsin Ave., N.W., Ste. 400, Washington, DC 20016  
Phone: 202-244-5038 | E-mail: [info@cancerproject.org](mailto:info@cancerproject.org)

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#### RELATED LINKS

\* Cancer Project Web site

<http://www.cancerproject.org/>

\* Cancer Project: Video news release (Quicktime file)

[http://www.cancerproject.org/media/newsrelease/cp\\_vnr\\_qt.html](http://www.cancerproject.org/media/newsrelease/cp_vnr_qt.html)

\* Cancer Project: News You Need

<http://www.cancerproject.org/nyn/index.php>

\* Cancer Project: Protective Foods

[http://www.cancerproject.org/protective\\_foods/index.php](http://www.cancerproject.org/protective_foods/index.php)

\* Survivor's Handbook

<http://www.cancerproject.org/resources/handbook.php>

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Edith Sodolo

The Cancer Project

5100 Wisconsin Ave., N.W., Suite 400

Washington, D.C. 20016

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