

What You Need to Know to Prevent **Cancer**



The Big 5

1 *Eat a variety of healthful foods*, with an emphasis on plant sources. Aim for at least 2 cups of fruit daily and 2-3 cups of vegetables daily. Foods that seem to be most closely linked to cancer prevention include the brightly colored fruits and vegetables including: leafy greens, citrus, tomatoes, berries, melons, onions and garlic, and cabbage family vegetables. Choose whole grains instead of processed (refined) grains and sugars. Limit consumption of red meats, especially those that are processed and/or high in fat.

2 *Adopt a physically active lifestyle*. Engage in at least moderate activity for 30 minutes or more on at least 5 days of the week. For even better cancer prevention results, 45-60 minutes daily is preferable.

The Complete Guide – Nutrition and Physical Activity, nutrition and physical activity guidelines for cancer prevention by the American Cancer Society (ACS).
http://www.cancer.org/docroot/PED/content/PED_3_2X_Diet_and_Activity_Factors_That_Affect_Risks.asp?sitearea=PED

Did you know...

- ▶ 30% of all cancers are nutrition-related.
- ▶ People who regularly exercise have significantly lower cancer risk.
- ▶ Up to 14% of all cancers are due to being overweight.
- ▶ 30% of all cancer deaths are directly caused by cigarette smoking and could have been completely prevented.

3 *Maintain a healthful weight* throughout life by choosing lower calorie foods and balancing caloric intake with physical activity. Lose weight if you are overweight or obese. Losing even 10-15 pounds reduces risk.

4 *If you drink alcoholic beverages*, limit consumption. Alcohol increases the risk for breast cancer (even as few as 3 drinks per week), cancer of the mouth, throat cancer, and liver cancer. Avoid alcohol for your lowest risk against cancer. If you choose to drink, limit intake to no more than 1 drink per day for women or 2 for men.

Quit Smoking, an online guide to quitting by government agencies. Includes a toll-free phone number for help.
<http://www.smokefree.gov/quit-smoking/index.html>

5 *Don't smoke*. The good news is that if you stop smoking before age 50, your risk of dying in the next 15 years is cut in half. The sooner you stop and the longer you remain stopped, the lower your risk for smoking-related diseases.

American Cancer Society, 2009.

