
Guidelines for Cancer Prevention

Choose a variety of plant foods.

- Select whole grain breads, cereals, pastas, brown rice and legumes.
- Eat at least five, half-cup servings of fruits and vegetables each day.
- Choose 100% juice if you drink vegetable or fruit juices.

Choose fish, poultry or beans instead of red meat (beef, pork, and lamb).

- Limit intake of processed meat such as bacon, sausage, lunch meats, and hot dogs.

Maintain a healthy weight.

- If you are overweight, seek help for weight loss by contacting your dietitian or doctor at your health care facility. Being overweight can increase risk of certain types of cancer.

Be physically active.

- Exercise for at least 30 minutes every day.

Avoid sugary drinks & energy dense foods.

- Avoid processed foods high in added sugar, high in fat, or low in fiber.
- 3.5 ounces of chocolate has 520 calories whereas, 3.5 ounces of an apple has 52 calories.

Avoid drinking alcohol.

- If you do drink alcohol, limit it to one or two servings a day.
- One serving = 12 ounce beer, 5 ounce wine, or 1.5 ounce liquor.

Limit consumption of salty foods.

- Eat less than 2400 mg sodium/day. Read nutrition facts labels for the sodium content.

Check with your health care provider before using over the counter supplements.

- Some supplements may interact with your current prescription medications and cause adverse reactions.

Avoid tobacco use in any form.

- If you do smoke, ask about getting enrolled in a smoking cessation program.

