



# Guidelines for Cancer Prevention



Choose a diet with a variety of plant-based foods:  
Select whole grain breads, cereals, and pastas.  
Eat beans, legumes, or soy based foods.



Consume plenty of fruits and vegetables:  
Eat at least 5 servings of fruits and vegetables each day.



Maintain a healthy weight. If you are overweight, seek weight loss help by contacting your doctor or dietitian at your health care facility.



Be physically active:  
Engage in at least 30 minutes of moderate to vigorous physical activity, on 5 or more days of the week.  
45 to 60 minutes of intentional physical activity is preferred.



Try to consume 6-8 glasses of water or calorie free beverages throughout the day to stay hydrated.



Avoid drinking alcohol. But if you do drink alcohol, limit it to one or two servings a day: one drink = 12 oz. beer, 4 oz. wine, or 1 oz. of liquor.



Select foods low in saturated fat and sodium:  
Cut back on fried foods.  
Include foods with omega 3 and unsaturated / “good” fats such as salmon, canola oil, olive oil, flaxseeds, and walnuts.  
Read food labels to choose foods with less than 140 mg sodium per serving.



Prepare and store food safely:  
Always wash hands with warm water and soap for 20 seconds before and after handling food.  
Hot food should be held at 140 °F or warmer.  
Cold food should be held at 40 °F or colder.



Avoid tobacco use in any form:  
If you do smoke, ask about getting enrolled in a smoking cessation program.