Guidelines for Cancer Prevention

Eat more plant-based foods.
- Choose fruits and vegetables, and other plant foods like whole grains, beans, nuts, and seeds.
- Eat at least five servings of fruits and vegetables a day.

Limit processed and high-fat meat.
- Eating large amounts of processed meats such as bacon, sausage, lunch meats, and hot dogs has been shown to increase the risk of some cancers.
- Choose eggs, dairy, fish, poultry, minimally-processed meat, and plant-based protein.

Maintain a healthy weight and be more active.
- If you have had any weight changes contact your doctor or dietitian. Being overweight can increase risk of certain types of cancer.
- Aim for at least 30 minutes of exercise every day, such as walking, biking, swimming, resistance training, yoga, etc.
- Activity will also support other processes that can help prevent cancer and improve overall health.

Choose more nutrient-dense foods.
- Get the most benefit out of the foods you eat by choosing foods with more nutrition. Limit processed and packaged foods high in added sugar, sodium, saturated fat, or *trans*-fat.
- There is no evidence that vitamin and mineral supplements reduce cancer risk.

Limit your intake of alcohol.
- Alcohol can increase the risk of certain cancers and limit the absorption of certain nutrients important for health and cancer prevention.
- If you drink alcohol, limit to one serving a day for women or two servings a day for men. (One serving = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.)

Avoid tobacco use in any form.
- Tobacco use accounts for about 30% of all cancer deaths in the United States.
- If you do smoke, ask your medical team about getting enrolled in a smoking cessation program.

Get regular screenings.
- Talk to your medical team about a cancer screening schedule.
- Treatment is the most successful when cancer is caught early. Be sure to do regular self-screenings and talk to your doctor about any unusual symptoms you experience.

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