
Guidelines for Cancer Prevention

Eat a more plant-based diet.

- Build your diet around fruits and vegetables, along other plant foods like whole grains, beans, nuts, and seeds.
- Aim to eat at least five servings of fruits and vegetables daily.

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 risk of some cancers.
- Choose fish, poultry, and plant-based protein sources instead.

Maintain a healthy weight and be more physically active.

- If you are overweight, seek help with weight loss by contacting your doctor or dietitian. Being overweight can increase risk of certain types of cancer.
- Aim to get at least 30 minutes of exercise every day, such as walking, biking, swimming, or yoga.

Choose more nutrient-dense foods.

- Get the most nourishment out of the foods you eat by choosing more nutrient-dense foods, and fewer processed 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.

- If you don't drink alcohol, don't start.
- If you do choose to drink alcohol, limit your intake 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.

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

Get regular screenings.

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