



## **Cancer Prevention Guidelines**

### **Be as Lean as Possible within the Normal Range of Body Weight:**

- Maintain body weight within a normal range after the age of 21
- Avoid weight gain and increases in waist circumference throughout adulthood
- If overweight, consider gradual weight loss

### **Be Physically Active as Part of Everyday Life**

- Be moderately physically active, equivalent to brisk walking, for at least 30 minutes every day
- As fitness improves, aim for 60 minutes or more of moderate, or 30 minutes of more of vigorous, physical activity everyday
- Limit sedentary habits such as watching television

### **Limit Consumption of Energy-Dense Foods**

- Consume energy-dense foods sparingly
- Avoid sugary drinks
- Consume 'fast foods' sparingly, if at all

### **Eat Mostly Foods of Plant Origin**

- Eat at least 5 servings of non-starchy vegetables and fruits every day
- Eat relatively unprocessed grains and/or legumes with every meal
- Limit refined starchy foods

### **Limit Intake of Red Meat and Avoid Processed Meats**

- Limit red meat consumption to less than 11 oz per week
- Consume very little if any processed meats

### **Limit Alcoholic Drinks**

- If alcoholic drinks are consumed, limit consumption to no more than two drinks a day for men and one drink a day for women

### **Limit Consumption of Salt**

- Avoid salt-preserved, salted, or salty foods
- Limit consumption of processed foods with added salt to ensure an intake less than 2,000 mg per day

### **Aim to Meet Nutrition Needs Though Diet Alone**

- Try to meet you nutrition needs by eating healthy foods
- Dietary supplements are not recommended for cancer prevention



## **Four Cancer Fighting Compounds Found in Fruits and Vegetables**

*When consumed in a diet rich with fruits and vegetables, these four compounds have been linked to decreased rates of some cancers due to their antioxidant properties and fiber's ability to help waste move efficiently through the digestive system. Here is a quick reference of food sources to be sure to include in your daily diet which contain these four key compounds. Add these foods to your next grocery list and add cancer fighting compounds to your life!*

<b>Compound</b>	<b>Examples</b>	<b>Food Sources</b>
<b>Vitamins</b>	<b>Vitamin A</b>	<b>Carrots, Sweet potatoes, Pumpkin, Spinach, Kale, Green Lettuce</b>
	<b>Vitamin C</b>	<b>Citrus fruits, Bell peppers, Kiwi, Strawberries</b>
	<b>Vitamin E</b>	<b>Sunflower seeds, Mixed Nuts, Whole grain products</b>
<b>Minerals</b>	<b>Selenium</b>	<b>Garlic, Celery, Onions, Broccoli, Cabbage, Whole grains, Nuts, Wheat germ</b>
	<b>Zinc</b>	<b>Legumes, Whole grains, Peanuts or Peanut butter</b>
<b>Phytochemicals</b>	<b>Lycopene</b>	<b>Tomatoes, Watermelons, Pink/Red grapefruits, Apricots</b>
	<b>Ellagic Acid</b>	<b>Red fruits and berries, including Grapes, Raspberries, Strawberries, Blackberries, Cranberries...</b>
	<b>Anthocyanins</b>	<b>Berries (especially blueberries), Cherries, Red Grapes</b>
	<b>Isothiocyanates</b>	<b>Cruciferous vegetables- includes broccoli, cauliflower, cabbage, kale, brussel sprouts and bok choy</b>
<b>Fiber</b>	<b>Insoluble or Soluble</b>	<b>Fruits, vegetables, beans, legumes, nuts, seeds and whole grains</b>