

## Reducing Cancer Risk

### American Institute for Cancer Research Recommendations

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks, and limit consumption of energy-dense foods (particularly processed foods high in added sugar, low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains, and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork, and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to two for men and one for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Do not rely on supplements to protect against cancer.

And always remember, do not smoke or chew tobacco.

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[www.aicr.org/patients-survivors/aicrs-guidelines-for-cancer.html](http://www.aicr.org/patients-survivors/aicrs-guidelines-for-cancer.html)

### American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Survivors

Achieve and maintain a healthy weight. • If overweight or obese, limit consumption of high-calorie foods and beverages and increase physical activity to promote weight loss.

Engage in regular physical activity. • Avoid inactivity and return to normal daily activities as soon as possible following diagnosis. • Aim to exercise at least 150 minutes per week. • Include strength training exercises at least 2 days per week.

Achieve a dietary pattern that is high in vegetables, fruits, and whole grains. • Follow the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention.

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