

Diet and Cancer Prevention

Food, Nutrition and the Prevention of Cancer: A Global Perspective

- 30-40% of all cancers are directly linked to the foods we eat, the exercise we get and how well we watch our weight.
- 30% of cancers can be prevented by not using tobacco products.

What does this mean to me???

***Lifestyle change alone can ↓ cancer risk by 60-70%!!!

Diet Guidelines for Cancer Prevention:

#1: Choose a Diet Based on a Variety of Plant Foods.

- Limit red meat intake to 3 ounces per day (about the size of a deck of cards)
- Choose fish and poultry instead of red meat
- Choose Whole grains: Whole-Wheat bread, pasta, etc.
- Increase fiber to 25-35 grams per day

#2: Eat lots of Fruits and Vegetables.

- Eat at least 5-9 servings per day
- Use more vegetables in sauces, casseroles, and stir-fry
- Wash fruits and vegetables well

#3: Be Active and Maintain a Healthy Weight.

- Balance calories from foods and beverages with calories expended
- Engage in at least 30 minutes of moderate-intensity physical activity most days of the week

#4: Eat Foods Low in Fat and Salt.

- Watch the amounts of salty foods, sweets, or fats
- Choose herbs and spices to season foods
- Consume less than 2300mg (approximately 1 teaspoon of salt) per day
- Aim for fat intake <30% of calories (about 53-60 grams for most women and 65 grams for most men per day)

#5: Drink Alcohol only in Moderation.

- 2 alcohol drinks per day for men and 1 per day for women

#6: Prepare and Store Foods Safely.

- Avoid eating charred foods
- Refrigerate your perishable items

#7: Do Not use Tobacco Products.

- If you currently smoke investigate and enroll in smoking cessation programs
- Do not chew tobacco products

♦ adapted from <http://www.aicr.org>