3 WAYS TO PREVENT CANCER

Eat Smart

Move More

Reach Your Healthy Weight
To prevent cancer, you can do 3 things each day.

1. **Eat Smart**
   Choose mostly plant foods, limit red meat and avoid processed meat.

2. **Move More**
   Exercise every day – in any way – for 30 minutes or more.

3. **Reach Your Healthy Weight**
   Aim to be a healthy weight throughout life.

And always remember – do not smoke or chew tobacco.
1 Eat Smart

Bright colored vegetables and fruits protect your health.

They give you:
- vitamins
- minerals
- fiber
- other natural cancer fighters

Eat vegetables like:
- bell peppers
- broccoli
- carrots
- garlic
- green beans
- onions

Eat fruits like:
- apples
- bananas
- berries
- grapes
- mangos
- melons
- oranges
- peaches
- plums
- melons
- oranges
- peaches
- plums

All plant foods have fiber. The fiber in plant foods fills you up. It also makes your chances of getting colon cancer go down.

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Whole Grains

Whole grains have fiber, vitamins and minerals.

Eat whole grains like:

- barley
- brown rice
- corn meal
- oats
- whole-wheat bread
- whole-wheat pasta
- whole-wheat tortillas

Find whole grains:

- Look at the list of ingredients. Make sure it says the word “whole” before “wheat” or “grain.”

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, BROWN RICE, CORNMEAL, OATS, WHEAT BRAN, YEAST, CELLULOSE FIBER, SOYBEAN OIL, BLACK AND WHITE SESAME SEEDS, SALT, MOLASSES, DATEM, CALCIUM PROPIONATE, PRESERVATIVE, MONOGLYCERIDES, CALCIUM SULFATE, POPPY SEEDS, GRAIN VINEGAR, SOY LECITHIN, CITRIC ACID, CALCIUM CARBONATE, NUTS (WALNUTS AND/OR HAZELNUTS (FILBERTS) AND/OR ALMONDS), WHEY, SOY FLOUR, NONFAT MILK.

- Look for the yellow whole grain stamp on the bag or box.
3 WAYS TO PREVENT CANCER

EAT

Beans
Beans contain fiber and protein. It’s easy to add beans to soups and salads.

Eat beans like:
- kidney
- pinto
- black
- chickpeas (garbanzos)
- lentils
- soybeans

Find beans:
- Look for dry beans in plastic bags.
- Look for canned beans (cooked already) that have no salt or rinse them before eating.

Eat real food – not processed food.
Many foods in packages and from restaurants have a lot of salt, fat and sugar added. These processed foods are not healthy.

It’s healthier to eat foods that still look like their raw shapes.

✔ Potato

✘ Potato chip
3 WAYS TO PREVENT CANCER

EAT

Nuts, Nut Butters and Seeds

Nuts have healthy fiber, vitamins, minerals and protein.

- So eat just one small handful of nuts each day.
- Eating too many can make you gain weight.

Eat nuts like:

- almonds
- cashews
- peanuts
- peanut butter
- pecans
- pistachios
- pumpkin seeds
- sunflower seeds

Herbs and Spices

Use herbs and spices instead of salt. Too much salt can raise your risk for stomach cancer.

Eat herbs and spices like:

- basil
- chili powder
- cinnamon
- cumin
- dill
- ginger
- paprika
- parsley
- thyme

EAT

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**Plant Fats and Oils**
Fats from plants have healthy vitamins. Fats from plants are high in calories.

- Add just a teaspoon of oil to your foods.
- Use plant oils more than fats from animals, like butter and lard.
- Buy low-fat dairy products.

**Eat oils like:**
- canola oil
- nut oil
- olive oil
- sunflower oil

**Animal Foods**
Healthy animal foods give you vitamins and minerals.

**Eat animal foods like:**
- low-fat cheese
- eggs
- fish (canned in water)
- chicken (canned in water)
- lean meat
- low-fat milk
- low-fat yogurt
3 WAYS TO PREVENT CANCER

LIMIT

Limit red meat and avoid processed meat.

- Red meat is a protein food.
- Choose lean cuts or trim the fat.
- Eat only a small amount each day. After it is cooked the amount should be no bigger than a deck of cards.

- Processed meats have a lot of salt and added chemicals.
- Eating processed meats make your risk for gut (colon) and rectal cancer higher. Avoid processed meats most of the time.

AVOID

Processed meats are:

- bacon
- bologna
- ham
- hot dogs
- lunch meats
- salami
- sausage
3 WAYS TO PREVENT CANCER

**Be active every day for at least 30 minutes.**

It's never too late! You can get healthier at any age. You can be active in many ways:

- walk
- lift weights
- ride a bike
- dance
- wash your car
- mow the lawn with a push mower
- scrub the tub

Getting at least 30 minutes of exercise each day lowers your risk for cancer and:

- heart disease
- type 2 diabetes
- bone thinning (osteoporosis)
- feeling depressed
- memory loss (dementia)

**DRINK**

**Drinks**

Avoid drinking sugary beverages. Cut down on alcohol.

Choose healthy drinks like:

- plain water
- tea without sugar
- coffee without sugar
- club soda

**LIMIT**

Sugary drinks and alcohol add a lot of calories. This leads to extra body fat.

Sugary drinks are:

- sodas
- fruit drinks and juices
- alcohol mixed drinks

**LIMIT**

Alcohol ups your risk of mouth, throat, liver, breast and gut (colon) cancers.

Alcoholic drinks are:

- beer
- cocktails
- coolers
- packaged alcoholic fruit drinks like lemonade and hard cider
- liqueurs
- liquor
- wine

If you do drink alcohol, limit it to:

- 2 drinks a day for men
- 1 drink a day for women
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Getting at least 30 minutes of exercise each day lowers your risk for cancer and:
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- feeling depressed
- memory loss (dementia)
It’s important to be a healthy weight throughout life. Having too much body fat means you have a higher risk for these cancers:
- breast cancer in middle age
- cancer in the gut
- cancer of the womb
- cancer in the food tube from the throat to the stomach
- gall bladder cancer
- kidney cancer
- cancer of the pancreas

Eating the right amount of food and being physically active can lead to a healthy body weight. Ask your doctor for help if you do not know your healthy weight.

Being a healthy weight also can lower your risk for:
- Type 2 diabetes
- heart disease
- many other health problems

Start slowly. Try just walking 5 minutes more each day. It will get easier if you do it every day.

1. Walk on a flat path.
2. Try walking uphill.

4 kinds of activity are:

1) **Good for your heart and lungs**
Dancing, brisk walking, jogging, running, swimming, tennis.

2) **Moves to make you stronger**
Lifting weights, yoga and exercises like push-ups, sit-ups and chin-ups.

3) **Stretching to relax your muscles**
Stretch gently after exercising for a few minutes.

4) **Balancing** (for older adults)
Yoga and tai chi can help improve balance.

**Remember:**
- Try to get all types of activity during the week.
- Walk one day and lift weights the next.
- Stretch gently after any kind of exercise.
3 Ways to Prevent Cancer

Reach Your Healthy Weight

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How to Cut Calories

1. Eat vegetables, fruits, whole grains and beans as the biggest part of your meals.

2. Eat fresh foods or buy frozen, canned or jarred foods. Look for low- or no salt, fat or sugar on the labels.

3. Don’t buy highly processed foods like chicken nuggets, chips, sausage and pastries.

4. Use just a little healthy fat. Choose oils instead of butter.

5. Use small plates, bowls and glasses. Smaller food portions will look bigger.

6. Wait 20 minutes before having a second helping.

7. If you’re cooking, before you eat, freeze extra portions as one-person servings.

8. When you eat out, ask for a take-out box. Save half of your main course for the next day.

9. At buffets, make just one trip and choose only dishes you want most. Eat slowly and enjoy them.
AICR Guidelines for Cancer Prevention

The choices you make about food, physical activity and weight management can reduce your chances of developing cancer.

- Choose mostly plant foods, limit red meat and avoid processed meat.
- Be physically active every day in any way for 30 minutes or more.
- Aim to be a healthy weight throughout life.

And always remember – do not smoke or chew tobacco.