THE LATEST EVIDENCE:

**Being overweight or obese is a cause** of endometrial cancer.
- Too much body fat increases blood levels of insulin and other hormones that can cause cancer to grow.

**Being active every day protects** against endometrial cancer.
- Regular physical activity helps regulate the body’s hormones in ways that make cancer less likely.

**Coffee protects** against endometrial cancer.

**Eating a diet that has a high glycemic load increases** risk of endometrial cancer.
- Glycemic load is a measure of how much a food increases your blood sugar.
- A diet high in glycemic load can lead to high blood sugar, which can increase insulin levels. Over time, high insulin levels make it easier for cancer cells to grow.
- Sugary drinks and foods high in refined carbohydrates are some high glycemic load foods.

FACTS AND FIGURES:

- Endometrial cancer strikes 136 American women every day – approximately 49,600 cases ever year.
- AICR estimates that being at a healthy weight and being physically active can prevent 59 percent of these cancers (roughly 3 in 5).

THE BOTTOM LINE:

- Maintaining a healthy weight is one of the most important things you can do to prevent this disease.
- Being physically active for at least 30 minutes every day helps protect against endometrial cancer.
- An overall cancer preventive diet includes: Filling 2/3 or more of your plate with vegetables, whole grains, legumes and other plant foods, and 1/3 or less with animal foods.


www.aicr.org
LOWER YOUR RISK OF ENDOMETRIAL CANCER...

... By making small, everyday changes that will help you be physically active and get to, and stay at, a healthy weight.

WHAT IS YOUR HEALTHY WEIGHT?
If you know your height and current weight, visit aicr.org/bmi to calculate your Body Mass Index, and get free weight management information tailored to you.

1. EAT WELL

GET MORE:
› Vegetables – Choose non-starchy ones like tomatoes, leafy greens, peppers and carrots.
› Whole grains – Whole-wheat bread, brown rice, quinoa and oatmeal are just a few great choices.
› Beans – Add pinto, kidney, black, garbanzo and more to soups, salads and stews.
› Fruit – Eat a variety of fruits, whether fresh or frozen. Limit juices to 1 cup or less per day.

Choose foods with little or no added fat, sugar and salt – fresh, canned or frozen.

GET LESS:
› Foods high in glycemic load, which can lead to high blood sugar, including:
  Sugary drinks – Regular sodas, lemonade and sweet tea also add calories without filling you up.
  Processed foods – refined grains like white bread and white rice are stripped of their fiber and nutrients.
› Red meat like beef, pork and lamb and processed meat like hot dogs, cold cuts, bacon and sausage – Too much increases risk for colorectal cancer and are often high in calories.
› Salt – Too much raises risk for stomach cancer.

2. MOVE MORE

Aim to get your body up and moving for at least 30 minutes every day.

So try anything that:
› Makes your heart beat faster
› Makes you breathe more deeply
› You already enjoy doing

Do you spend long hours at the computer or watching TV? Break it up: Stand, stretch, do jumping jacks or go for a short walk every hour or so.