

Healthy Living Tips For Cancer Survivors

The same evidence-based guidelines that help prevent cancer also **help reduce risk of cancer recurrence** and other non-communicable diseases.

Follow the New American Plate Model

Fill 2/3 or more of your plate with colorful plant foods **like** vegetables, fruits, whole grains, beans, nuts and seeds.



Fill 1/3 or less of your plate with animal foods **like** poultry, fish, lean red meats, eggs and dairy.

THINGS TO AVOID



Avoid Processed Meats
Save cold cuts, bacon, sausage, ham and hot dogs for special occasions.



Avoid Alcohol
If you choose to drink, do not exceed the national guidelines.



Avoid Sugar-Sweetened Drinks
Drink mostly water and unsweetened drinks.

Getting and Staying Active

Physical activity is safe and beneficial for cancer survivors both during and after treatment.



Aim for at least 30 minutes of physical activity per day and go at your own pace. It can be as simple as taking a 15-minute walk in the morning and in the evening.

Before you start exercising, ask your oncology professional about your cardiac health.



Maintain a Healthy Weight

Overweight? Choose healthy foods like vegetables, fruits, whole grains, beans and other foods naturally low in calories and high in fiber.



Underweight? Choose healthy, higher calorie foods and incorporate blenderized smoothies. Eat small frequent meals if it's difficult to eat large meals.



Contact a registered dietitian who can help you determine a diet that fits your needs. Increase your movement throughout the day as well. *Move more, sit less.*

Visit www.aicr.org to assess your lifestyle habits using our Cancer Health Check. Talk with your oncologist, dietitian or other health professional to create an individualized plan that best suits your health needs.