Healthy Living Tips For Cancer Survivors

The same evidence-based guidelines that help prevent cancer also help reduce the 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](http://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.