

STRATEGIES FOR CANCER PREVENTION

These ten recommendations for cancer prevention are drawn from the 2007 World Cancer Research Fund (WCRF)/American Institute for Cancer Research (AICR) Second Expert Report (www.dietandcancerreport.org).

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods.
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.*
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.*

**Special Population Recommendations*

And always remember – do not smoke or chew tobacco.

www.aicr.org