Recommendations for Cancer Prevention
Patient Education

These ten recommendations for cancer prevention are drawn from the World Cancer Research Fund (WCRF)/American Institute for Cancer Research (AICR) Second Expert Report. Each recommendation below links to a page with more details. You can use these links to skip to individual recommendation pages, or you can start with the first and follow links from page to page through the entire list.

- Be as lean as possible without becoming underweight.
- Be physically active for at least 30 minutes every day.
- Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
- Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
- Limit consumption of salty foods and foods processed with salt (sodium).
- Don't use supplements to protect against cancer.

Special Population Recommendations

- It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
- After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – do not smoke or chew tobacco.

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