



Simple Steps to Prevent Cancer



You can reduce your risk of cancer. New research is confirming that small choices we make each day have an important impact on our cancer risk.

The American Institute for Cancer Research provides simple action steps that represent the best advice science currently offers for lowering your cancer risk.

1. Chose a diet rich in a variety of plant based foods.
2. Eat plenty of fruits and vegetables.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

Cancer Cases could drop by...

20% if people would eat at least five servings of fruit and vegetables each day.

30% if people would avoid tobacco.

30-40% if people would eat a primarily plant-based diet, get regular exercise and maintain a healthy body weight.

The Importance of Exercise:

Strong scientific evidence shows that exercise protects against colon cancer and possibly breast and lung cancers. Because exercise burns calories, it also reduces the risk of cancers attributed to obesity. AICR recommends an hour a day of moderate activity, such as brisk walking and an hour a week of vigorous activity such as tennis, swimming or hiking.

Five-a-Day: It's easier than you think.

One Serving ofEquals Just

Vegetables
(broccoli, carrots, cauliflower, etc.).....1/2 cup

Dark leafy greens
(Romaine, spinach, etc.).....1 cup

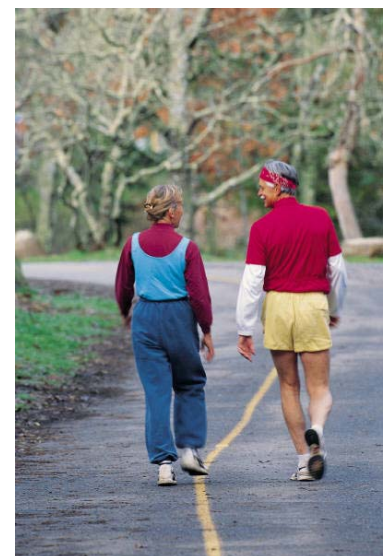
Fruit
(melon, apples, peaches, berries, etc.).....1/2 cup



1 cup
A baseball



1/4 cup
A golfball



ONLINE RESOURCES

www.cancer.org

www.aicr.org