During the last 20 years, science has shown that you can boost your body’s capacity to resist cancer by following a healthy diet and staying physically active. Dietary choices, exercise and a healthy weight could prevent three to four million cancer cases worldwide each year.

Choose a diet that is rich in a variety of plant-based foods.

Look at your plate. Aim for more plant-based foods, like fruits, vegetables, whole grains and beans and less meat and dairy.

Eat plenty of vegetables and fruits.

Research suggests that five daily servings of vegetables and fruits combined could prevent as many as 20 percent of all cancers.

Maintain a healthy weight, and be physically active.

Limit the total weight gain during adulthood to less than 11 pounds, and include 30 minutes of daily activity.

Drink alcohol only in moderation, if at all.

The health benefits of red wine can also be found in grapes, grape juice, raisins and peanuts.

Select foods low in fat and salt.

Choose smaller portions of high-fat foods, and use less processed foods. Choose fresh or frozen foods, and use seasonings rather than salt.

Prepare and store food safely.

Cooking meat, fish and poultry at very high temperatures, especially over an open flame, can cause the development of carcinogens.

And remember...

Do not use tobacco in any form. If the only change people made were to stop using tobacco, cancer rates would drop by 30 percent.

Food Guide Pyramid to Cancer Prevention

(Illustration on reverse side.)
The choices you make about diet, exercise and smoking can be powerful tools in the fight against cancer. Make cancer prevention your goal and the guidelines your strategy for a longer, healthier life.

Reference: American Dietetic Association Clinical Guide to Oncology Nutrition