

Eat Your Way to Good Health

There's no doubt about it: Eating a diet made up of mostly vegetables, fruits, and whole grains is good for your health and can help reduce cancer risk. And eating five or more servings of vegetables and fruits each day is easy when you consider how small one serving really is:

- *1/2 cup cooked vegetables*
- *1 cup leafy vegetables*
- *3/4 cup 100% juice*
- *1 medium-sized piece of fruit*
- *1/2 cup fruit*
- *1/4 cup dried fruit*

4. *If you drink alcoholic beverages, limit consumption.*

- Drink no more than one drink per day for women or two per day for men.
- A drink is 12 ounces of regular beer, five ounces of wine, or one and a half ounces of 80-proof distilled spirits.

Help to create healthy and active communities.

Any change you make for a healthier lifestyle is easier when you live, work, play, or go to school in an environment that supports healthy behaviors. Look for ways to make your community a healthier place to live.

- Ask for healthier meal and snack choices at school or work. Support retailers and restaurants that serve healthy options.
- Help make your community an easier place to walk, bike, and enjoy a variety of physical activities.

Guidelines at a Glance

1. Maintain a healthy weight throughout life.
2. Adopt a physically active lifestyle.
3. Eat a healthy diet, with an emphasis on plant sources.
4. If you drink alcoholic beverages, limit your consumption.

Communities should work together to create a healthy environment where everyone has access to healthy food choices and safe places to be active.

1.800.ACS.2345
www.cancer.org

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A photograph of a woman in a red jacket and a young child in a dark jacket standing in a grocery store aisle, looking at produce. The image is overlaid with several white rectangular frames of varying sizes.

Choices for Good Health

*Guidelines for
Nutrition and
Physical Activity
for Cancer Prevention*



It's True: A Healthy Diet and Physical Activity Help Prevent Cancer.

And healthy communities can help us make the right choices. Maintaining a healthy weight, being physically active, and eating a healthy diet can help prevent cancer. And you can start to eat smarter and be more active at any time – from childhood to old age. No matter when you start, you'll begin to be healthier and reduce your cancer risk. This set of guidelines for nutrition, physical activity, and cancer prevention was developed to help you make choices that may reduce your risk of cancer (heart disease and diabetes, too), and to promote healthy changes where you live, work, and play.

How Can I Use These Guidelines?

You may already be following some or all of them. If you want to make changes:

- Try some of the tips included here.
- Start slowly – small steps can add up to big changes!
- Promote healthy changes in your community, worksite, or schools.

1. *Maintain a healthy weight throughout life.*

- Balance caloric intake with physical activity.

- Avoid excessive weight gain throughout your life.
- Achieve and maintain a healthy weight if you are currently overweight or obese.

The Right Weight

Calculating your body mass index (BMI) is one of the best ways to learn whether your weight is right for someone of your height. You can find your BMI by using a simple chart, by calculating it online (visit www.cancer.org and search for “BMI calculator”), or by asking your doctor. Maintaining a healthy weight is more important than ever! Eating right and being active go hand in hand. Both are important keys to weight control.

Downsize!

It seems like everything these days is “super-sized.” Cutting back can be as simple as watching your portion sizes. Share a restaurant entree with a friend or just eat half and have the rest the next day. Little steps can add up to big calorie savings.

Read Those Food Labels!

Low-fat and fat-free don't always mean low-calorie. Low-fat foods that are high in calories from sugar and other refined carbohydrates won't necessarily help control your weight. Try substituting vegetables, fruits, and whole grains for higher calorie foods.

2. *Adopt a physically active lifestyle.*

- Adults: Get at least 30 minutes of moderate to vigorous physical activity, in addition to your daily activities, on five or more days of the week; 45 minutes to 60 minutes of intentional activity on five or more days of the week is preferred.
- Children and adolescents: Get at least 60 minutes per day of moderate to vigorous physical activity on five or more days per week.

Have Fun and Be Fit

You can be active by walking briskly, swimming, gardening, doing housework, and even dancing! The more you do, the better. If you have children, be active together.

It Adds Up

Your daily activity doesn't need to be continuous, but exercising is most valuable if done at least 20 minutes at a time.

3. *Eat a healthy diet, with an emphasis on plant sources.*

- Choose foods and beverages in amounts that help you achieve and maintain a healthy weight.
- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains over processed (refined) grains and sugars.
- Limit your consumption of processed and red meats.