

Top Ten Recommendations for CANCER PREVENTION



Nearly **1 in 4** deaths in the U.S. is due to cancer.
In the U.S., the lifetime risk for developing cancer is:

- Slightly less than 1 in 2 for men
- A little more than 1 in 3 for women

However, there are many things you can do to prevent and lower your risk of getting cancer:

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 only for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow these recommendations for cancer prevention.

