

# Healthy Eating and Being Active Can Lower Your Cancer Risk



## Get to and stay at a healthy weight

Being at a healthy weight can lower your chance of getting health problems, including some types of cancer. Talk with a doctor about what a healthy weight is for you.

If your weight is higher than the healthy range, losing even a few pounds can help lower your risk. People who have a lot of excess weight (obesity) may need help from a doctor, nurse, or dietitian to make a plan they can follow and be successful at losing weight.



## Follow a healthy eating pattern

Eat more foods that give you the nutrition you need, and fewer foods that are high in calories and have few health benefits. Try to eat more vegetables and fruits in many colors, and choose more whole grains such as 100% whole-wheat bread and brown rice. Beans and peas are also good choices.

Try to eat less red meat like beef, pork, and lamb. Avoid or eat fewer processed meats like bacon, sausage, and lunch meats. Avoid or limit sugary drinks, such as soft drinks, sports drinks, and fruit drinks. And eat less fried and processed foods.



## Avoid alcohol

It's best not to drink alcohol. But if you do, women should have no more than 1 drink per day, and men should have no more than 2 drinks per day. One drink is 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of liquor.



## Move more

Adults should try to get at least 150-300 minutes of moderate activity, such as walking, mowing the lawn, or playing with children or pets, each week. Adults who are more active should try for at least 75-150 minutes of more intense activity, such as jogging or jumping rope, each week. Or you can do a mix of moderate and intense activity.

Children and teenagers should be active for at least 1 hour each day. Running, jumping, and playing sports are all good ways for kids to be active.

If you don't already exercise, doing this much activity might be hard. Start with what you can do and work up to more exercise time as you can.



## Sit less

Spend less time doing activities while you sit or lie down, such as watching TV, using your cell phone, playing computer or video games, or looking at social media. If you usually sit a lot for your job or social time, try to get up often and move around.

It's OK to start slow. You don't need to make all these changes at one time. Once you have a plan, you can start with one change and add a new one when you're ready. Each change can improve your health and help lower your risk of getting cancer.



For more information and answers about how you can lower your cancer risk, visit the American Cancer Society website at [cancer.org/eathealthy](https://cancer.org/eathealthy) or call us at **1-800-227-2345**. We're here when you need us.