



Tips for healthy eating

A healthy diet can help you maintain a healthy weight and lower your risk of cancer and other diseases.

Eat healthy meals

Fill 2/3 of your plate with vegetables, fruits, whole grains, beans, nuts and/or seeds. The remaining 1/3 of your meal can be meat such as fish, chicken or plant-based protein, such as tofu or beans.

These nutrient-dense foods offer fiber, antioxidants and phytonutrients that can help improve your digestion and reduce your risk for diseases, such as cancer.

Eat less red meat

Eat no more than 18 ounces of cooked red meat per week. Red meat includes beef, pork, lamb and venison.

One serving is 3 ounces. That's about the size of a deck of cards.

Avoid processed meat

Processed meat includes ham, bacon, sausage, hot dogs and deli meats.

Eat less salty foods and foods processed with salt (sodium)

Limit salt to less than 2,400 milligrams per day. That's about one teaspoon of salt.

Extra body fat can lead to cancers of the esophagus, pancreas, colon, rectum, breast (after menopause), uterus, kidney, ovary and gallbladder.

Avoid sugary drinks and high-calorie, low-nutrient foods

Too many high-calorie foods and sugary drinks can lead to weight gain and increase your cancer risk.

Limit alcohol

For cancer prevention, it's best **not** to drink alcohol.



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Tips to get fit

Staying active can help you maintain a healthy weight and lower your risk for cancer and other diseases.

Build up your activity level and lower your cancer risk.

Sit less

Sitting too much may cause you to gain body fat.

How to start

- Get up and move for a minute or two every hour while you're awake.



Boost your heart rate

Aim for at least 150 minutes of **moderate** activity each week. Moderate activities, like brisk walking, dancing or gardening, speed up your heart and make you feel a little out of breath.

or

Aim for at least 75 minutes of **vigorous** activity each week. Running, playing basketball or swimming laps are vigorous, and make you breathe harder so it's hard to speak.

How to start

- Take a brisk walk for 30 minutes, five times a week.
- Swim laps for 25 minutes, three times a week.

Being inactive can increase your risk for colon, postmenopausal breast and uterus cancers. It also may increase your chances for lung or pancreas cancers.

Get strong

Do muscle strengthening exercises at least twice a week to maintain a healthy weight. Strength training can include exercises with free weights, weight machines, resistance bands or your own body weight.

How to start

- Choose from squats, lunges, leg raises, push-ups, bicep curls, tricep dips and planks.
- Always rest your muscles for 48 hours after strength training.

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