

**American Cancer Society**

**Nutritional Guidelines  
for Reducing Your  
Risk of Cancer**



# Cancer Impact

- More than one million Americans will be diagnosed with cancer this year.
- Scientific evidence suggests that about one-third of cancer deaths will be related to nutrition, physical inactivity, obesity, and other lifestyle factors and could also be prevented.
- Eating a diet made up of mostly vegetables, fruits, and whole grains can help reduce cancer risk.



# **American Cancer Society Guidelines on Nutrition for Cancer Prevention**



## **Eat a variety of healthful foods, with an emphasis on plant sources.**

- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains instead of processed (refined) grains and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose foods that help you maintain a healthful weight.



## Vegetables and Fruits

- Add fresh or dried fruits such as chopped apples, raisins, prunes, kiwi, or orange sections to green, leafy salads.
- Add chopped carrots, broccoli, or a mix of your favorite vegetables to soups, salads, meat loaf, and casseroles.
- Make stir-fries or casseroles with lots of vegetables mixed in.

**Strong evidence indicates that increased consumption of fruits and vegetables reduces the risk of colon cancer.**

# Grains

- Substitute whole-wheat flour for up to half of the white flour called for in a recipe.
- Add one-fourth cup bran or quick-cooking oatmeal to your meat loaf or casserole.
- Make muffins using oatmeal.
- Try whole-wheat pasta for a healthy fiber boost.
- Use whole cornmeal when making cornbread.



## Meats, Poultry, and Fish

- Let vegetables, beans, pasta, and rice be the stars of your main dishes – use meats as the side dish.
- Choose lean meats – look for the word “loin” or “round” in the name. Trim all visible fat before cooking.
- Cook poultry with the skin on to keep it moist but remove the skin before eating to reduce the fat.

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## Meats, Poultry, and Fish (Cont'd)

- Choose canned fish packed in water.
- Use low-fat cooking methods such as roasting, baking, broiling, steaming, and poaching.
- Limit deep-fat frying and sautéing in a lot of oil or margarine. Instead, use a cooking spray, broth, water, or a well-seasoned cast-iron pan to sauté meats.

# Milk, Cheese, and Yogurt

- Use evaporated skim milk instead of whole milk or cream in baked goods, sauces, and soups.
- Use reduced-fat yogurt to replace all or some of the sour cream or mayonnaise in a recipe.
- Sharp cheese gives extra flavor so that less can be used. This helps trim fat.
- Select yogurt or milk products without added sugar or flavorings. Mix in fresh fruit as a flavor boost instead.



**High-fat diets have been associated with an increase in the risk of cancers of the colon and rectum, prostate, and endometrium.**

# Maintain a healthful weight throughout life.

- Balance caloric intake with physical activity.
- Lose weight if currently overweight or obese.

## Limit Alcoholic Beverages

- Limit consumption of alcoholic beverages, if you drink at all.
- For men, limit alcohol to two drinks a day.
- For women, limit alcohol to one drink a day.
- A drink is 12 ounces of regular beer, five ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

# **Diet Factors that Affect Your Risk for Most Common Cancers:**



# Breast Cancer

- Breast cancer is the leading site for cancer among women and is second only to lung cancer in cancer deaths among women.
- At present time, the best advice to reduce the risk of breast cancer is to limit intake of alcoholic beverages, eat a diet rich in fruits and vegetables, be physically active, and avoid obesity.



# Colon Cancer

- Colon cancers are the second leading cause of cancer deaths among Americans.
- Currently, the best approach to reducing the risk of colon cancers is to consume fewer high-fat foods; limit intake of red meats; eat more vegetables, fruits, and whole grains; be physically active; and avoid obesity.



# Lung Cancer

- Lung cancer is the leading cause of cancer deaths among Americans.
- To reduce the risk of lung cancer, do not smoke tobacco and eat at least five servings of vegetables and fruits every day.

# Prostate Cancer

- Prostate cancer is the second leading cancer among men.
- To reduce the risk of prostate cancer, limit intake of foods from animal sources, especially saturated fats and red meats.

## For More Information

For more information on cancer or cancer resources, call the American Cancer Society 24 hours a day, seven days a week, at 1-800-ACS-2345, or visit their Web site at [www.cancer.org](http://www.cancer.org).

