

American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention

Reducing the Risk of Cancer With Healthy
Food Choices and Physical Activity

Reviewed February 2017





Basis for the nutrition guidelines

- These guidelines are based on the current scientific evidence available.
- The potential health benefit is a lower chance of cancer, **not** a guarantee that it won't develop.
- These guidelines are consistent with guidelines from the American Heart Association and the American Diabetes Association for the prevention of coronary heart disease and diabetes.



Why worry about nutrition and physical activity?

What we eat and how we live affects our risk for cancer.

About 1 in 5 cancers diagnosed in the U.S. each year are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition and could be prevented.



ACS Recommendations

- **For individual choices:**
 - Get to and stay at a healthy weight throughout life.
 - Adopt a physically active lifestyle.
 - Eat a healthy diet, with a focus on plant sources.
 - If you drink alcohol, limit how much you drink.



ACS Recommendations

- **For community action:**
 - Public, private, and community organizations should work collaboratively at national, state, and local levels to implement policy and environmental changes to facilitate healthy eating and physical activity behaviors.

ACS Recommendations for Individual Choices

Reducing cancer risk with nutrition and physical activity

For Americans who don't use tobacco, the **3 most important things** you can do to reduce your cancer risk are:

- ✓ Control your weight
- ✓ Eat healthy
- ✓ Be physically active



Why the obesity connection is so important

- More than 1 in 3 adults in the U.S. is obese.
- Nearly 1 in 6 American children and teens (ages 2-19 years) are obese.





Get to and maintain a healthy weight throughout life.

- Be as lean as possible throughout life without being underweight.
- Avoid excess weight gain at all ages. For those who are currently overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Engage in regular physical activity and limit intake of high-calorie foods and beverages.



What is BMI (Body Mass Index)?

- BMI is a number calculated from your height and weight. In general, the higher the number, the more body fat a person has.
- BMI is a screening tool that helps to look for weight problems, but it's not the final word:
 - BMI of 18.5 to 24.9 is considered normal weight
 - BMI of 25 to 29.9 is considered overweight
 - BMI of 30 or higher is considered obese



Adopt a physically active lifestyle.

- **Adults** should engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, or an equivalent combination, preferably spread throughout the week.
- **Children and teens** should engage in at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity occurring at least 3 days each week.

Adopt a physically active lifestyle.

- Limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.





Eat a healthy diet, with an emphasis on plant foods.

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
 - Read food labels to become more aware of portion sizes and calories consumed. Be aware that “low fat” or “non-fat” does not necessarily mean “low calorie.”
 - Limit intake of sugar-sweetened beverages such as soft drinks, sports drinks, and fruit-flavored drinks.



Consume a healthy diet, with an emphasis on plant foods.

- Eat smaller portions of high-calorie foods.
- Choose vegetables, whole fruits, and other low-calorie foods instead of calorie-dense foods such as French fries, potato and other chips, ice cream, doughnuts, and other sweets.
- When you eat away from home, be especially mindful to choose food low in calories, fat, and added sugar, and avoid consuming large portion sizes.



Eat a healthy diet, with an emphasis on plant foods.

- Don't eat a lot of processed meat and red meat.
 - Minimize eating processed meats such as bacon, sausage, luncheon meats, and hot dogs.
 - Choose fish, poultry, or beans as an alternative to red meat (beef, pork, and lamb).
 - If you eat red meat, select lean cuts and eat smaller portions.
 - Prepare meat, poultry, and fish by baking, broiling, or poaching rather than frying or charbroiling.



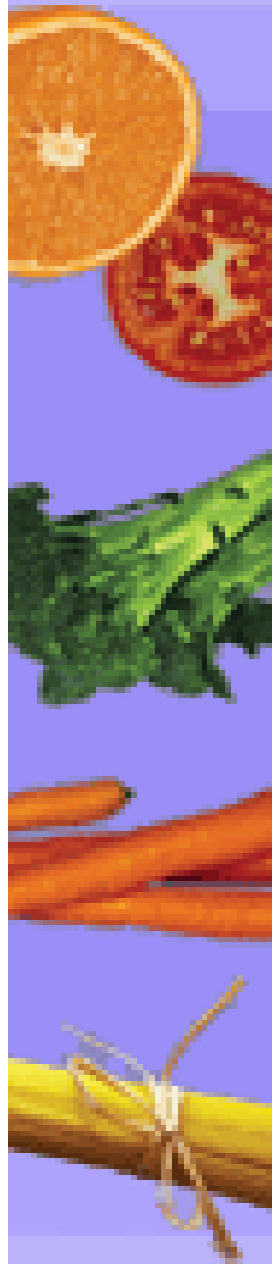
Eat a healthy diet, with an emphasis on plant foods.

- Eat at least 2½ cups of vegetables and fruits each day.
 - Include vegetables and fruits at every meal and for snacks.
 - Eat a variety of vegetables and fruits each day.
 - Emphasize whole vegetables and fruits; choose 100% juice if you drink vegetable or fruit juices.
 - Limit intake of creamy sauces, dressings, and dips with vegetables and fruits.

Why is eating more fruits and vegetables so important?

They can help reduce your risk of:

- High blood pressure
- Heart disease
- Stroke
- Type 2 diabetes
- Obesity
- Cancer





Eat a healthy diet, with an emphasis on plant foods.


- Choose whole grains instead of refined grain products.
 - Choose whole-grain foods such as whole-grain breads, pasta, and cereals (like barley and oats) instead of breads, pasta, and cereals made from refined grains, and brown rice instead of white rice.
 - Limit intake of other refined carbohydrate foods, including pastries, candy, sugar-sweetened breakfast cereals, and other high-sugar foods.



If you drink alcoholic beverages, limit consumption.

- Drink no more than 1 drink per day for women or 2 per day for men.
 - With alcohol, it's very easy to “over-pour” or be “over-served” and end up drinking more than you planned.
 - One drink of alcohol =
 - 12 oz. beer
 - 5 oz. wine
 - 1.5 oz. of 80-proof liquor

ACS Recommendations for Community Action




Public, private, and community organizations should work collaboratively at national, state, and local levels to implement policy and environmental changes that:

- Increase access to affordable, healthy foods in communities, places of work, and schools.
- Decrease access to and marketing of foods and drinks of low nutritional value, particularly to youth.




- Provide safe, enjoyable, and accessible environments for physical activity in schools and workplaces, and for transportation and recreation in communities.





Social, economic, and cultural factors strongly affect a person's choices about diet and physical activity.

Most Americans would like to adopt a healthy lifestyle, but find it hard to follow diet and activity guidelines.



Some things that are helping to make Americans physically inactive and overweight or obese have been identified.

For instance:

- Many are not able to get healthy foods – this is often due to poor access or high costs.
- Easy access to and heavy marketing of high-calorie foods and drinks of low nutritional value affect daily choices.
- Lack of safe recreation and transportation in communities keep people from being active.



ACS recommendations again...

Individuals:

- Get to and stay at a healthy weight throughout life.
- Adopt a physically active lifestyle.
- Eat a healthy diet, with a focus on plant foods.
- If you drink alcohol, limit how much you drink.

Communities:

- Public, private, and community organizations should work collaboratively at national, state, and local levels to implement policy and environmental changes to facilitate healthy eating and physical activity behaviors.



American Cancer Society resources

More information on nutrition and physical activity is available on the ACS website, www.cancer.org, or by calling 1-800-227-2345.

Thank you!