

American Cancer Society Circle Of LifeSM: *Cancer Education and Wellness*

American Cancer Society Guidelines on Nutrition & Physical Activity



Photo courtesy of J. Morgan Edwards Photography

About 1/3 of cancer deaths are due to being overweight or obese. This usually includes an unhealthy diet and not enough physical activity. The American Cancer Society wants to help you reduce your cancer risk by following these guidelines for healthy living:

Get to and stay at a healthy weight throughout life.

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Get to and stay at a healthy weight if you are overweight or obese.

Get into the habit of being physically active.

- Adults should have at least 150 minutes of moderate activity or 75 minutes of vigorous activity, each week. It's best to spread this throughout the week
- Children and teens should have at least 1 hour of moderate or vigorous activity each day, with vigorous activity at least 3 days a week.

Moderate activity includes walking, mowing grass, or light farming. Vigorous activity would be jogging or running, fast biking, soccer, or heavy work

Eat a healthy diet, with more foods from plants.

- Choose foods and drinks in amounts that help you keep yourself at a healthy weight.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of processed (refined) grains. Limit foods and drinks with added sugar.
- Limit the amount of processed meats (such as bacon, sausage, hot dogs, ham, or lunch meats) and red meats (such as beef, pork, and lamb) you eat.

If you drink alcohol, limit how much you drink.

- Drink no more than 1 drink per day for women or 2 per day for men. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

If you would like more information about the American Cancer Society guidelines on physical activity and nutrition, please visit cancer.org or call 1-800-227-2345.

