

Putting AICR's Cancer Prevention Recommendations into *Action*

Be a Healthy Weight



Manage weight with healthier food choices. Experiment with AICR's healthy recipes that include a variety of plant-based meals.

Be Physically Active



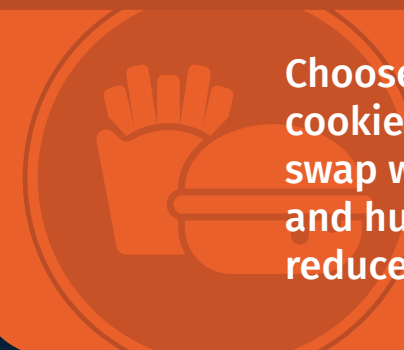
Start small. Take a 15-minute walk in the morning and in the evening to get 30 minutes of activity each day.

Eat a Diet Rich in Whole Grains, Vegetables, Fruits and Beans



Use the New American Plate Model for your meals. Fill 2/3 (or more) of your plate with vegetables, fruits, whole grains and beans. Fill 1/3 (or less) of your plate with animal protein.

Limit Consumption of "Fast Foods" and Other Processed Foods That Are High in Fat, Starches or Sugars



Choose healthy snacks. Limit chips, cookies and sugary cereals and swap with nutrient packed veggies and hummus or fresh fruit and reduced-fat yogurt.

Limit Consumption of Red and Processed Meat



Swap red meat for chicken, fish or turkey. Use hummus or bean dip on a sandwich instead of processed meat.

Limit Consumption of Sugar-Sweetened Drinks



Drink mostly water. Make a pitcher of fruit-infused water to add extra flavor.

Limit Alcohol Consumption



Choose sparkling water or 100% fruit juice. If you do choose to drink, try putting a splash of wine into soda water for a light spritzer.

Do Not Use Supplements for Cancer Prevention



Build your meals around plant foods to meet nutritional needs through diet alone.

For Mothers: Breastfeed Your Baby, If You Can



Evidence suggests breastfeeding can help protect mothers by lowering risk for breast cancer.

After a Cancer Diagnosis: Follow Our Recommendations, If You Can



Check with your health professional about what is right for you. AICR's Recommendations are a blueprint for not only lowering cancer risk, but also other chronic diseases and cancer recurrence.

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk. Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases. For more information and resources on practicing healthy habits to reduce cancer risk, take the Healthy10 Challenge at www.healthy10challenge.org.