

**1 Be a healthy weight.** Keep your weight within the healthy range and avoid weight gain in adult life. Being a healthy weight reduces cancer risk and the risk of other diseases such as diabetes.

**2 Be physically active as part of every day life—walk more and sit less.** Include more activities such as brisk walking and yard work and reduce your sedentary time.

**3 Eat a diet rich in whole grains, vegetables, fruits and beans.** Make these foods a major part of your diet. Strive to fill 2/3 of your plate with plant foods. They are healthy and high in fiber.

**4 Limit ‘fast foods’ and other processed foods high in fat, starches or sugar.** Chips, canned items, fast food, and frozen meals tend to be high in empty calories. Limiting these foods can help control calorie intake and maintain a healthy weight.

**5 Limit red meats and processed meats.** Have smaller portions of meat and consider going meatless one or two days a week. If you do eat meat, try to have less than 12 to 18 ounces of meat per week. Minimize processed meats.

**6 Limit consumption of sugar sweetened drinks.** Sugar sweetened drinks can cause weight gain and obesity. Weight gain caused by sugar sweetened drink may increase the risk for many types of cancer.

**7 Limit alcohol consumption.** If consumed at all, limit alcoholic drinks to no more than two for men and one for women. There is growing evidence that alcohol consumption increases the risk for a number of different cancers.

**8 Do not use supplements to protect against cancer.** Aim to meet nutritional needs through diet alone. Many nutrients found in food are thought to work together and be better for you when consumed in whole foods.

GUIDELINES  
8  
for SURVIVORS