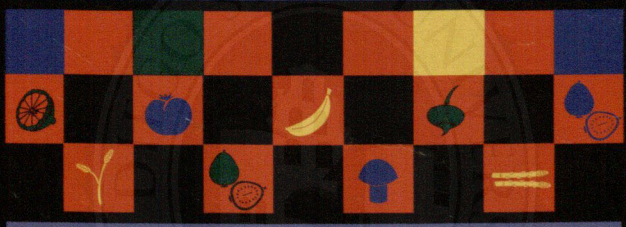
Choices for Good HEALTH



Guidelines for Diet, Nutrition, and Cancer Prevention

AMERICAN CANCER SOCIETY®

This Just Out:

A Healthy Diet and Physical Activity Help Prevent Cancer.

After reviewing the scientific evidence, the American Cancer Society confirms once more that a healthy diet and exercise can help prevent cancer and cancer death. And there's more! You can start to eat smarter and get more exercise at any time—from childhood to old age. No matter when you start, you'll begin to be healthier and reduce your cancer risk.

A set of guidelines for diet, nutrition, and cancer prevention was developed to help you make choices that may reduce your risk of cancer. For some people, the guidelines may mean making a few simple changes in diet. For others, change will take effort. But change is a matter of choice, and you can start making good choices right now.

How Can I Use These Dietary Guidelines?

Already you may be following some or all of them. Do you want to make any changes? If you answer "yes":

- Try some of the tips we've included to further apply the guidelines to your diet and everyday life.
- Don't try to do it all at once—small steps add up to big, healthy changes in what you eat, and in your life!

1. *Choose most of the foods you eat from plant sources.*

- **Eat five or more servings of fruits and vegetables each day.**
- **Eat other foods from plant sources, such as breads, cereals, grain products, rice, pasta, or beans several times each day.**

Mom Was Right

Eat your fruits and vegetables! Most contain important vitamins, minerals, and fiber. They can be a healthy snack, and can help decrease your risk for many cancers.

Eating so many servings daily may not be that hard to do when you consider how small one serving really is:

- 1/2 cup fruit
- 3/4 cup juice
- 1/2 cup cooked vegetable
- 1 cup leafy vegetable
- 1 medium apple
- 1 slice of bread
- 1 ounce dry cereal
- 1/2 cup cooked cereal, rice, or pasta

The Whole Thing

Choose foods made with whole grains rather than processed (refined) flour products—they are higher in fiber, vitamins, and minerals.

The Mighty Bean

Beans are a great source of vitamins, minerals, and fiber, and can be useful as a low-fat, high-protein alternative to meat.

2. *Limit your intake of high-fat foods, particularly from animal sources.*

- **Choose foods low in fat.**
- **Limit consumption of meats, especially high-fat meats.**

Switch!

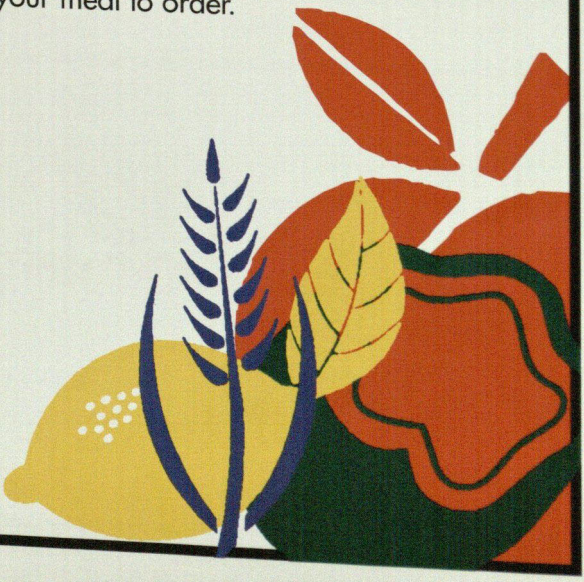
Ease low-fat foods into your everyday routine. Use cooking spray instead of oil, try tuna packed in water, not oil. Select nonfat or low-fat dairy products. Choose baked, broiled, and roasted foods instead of fried.

A Cut Above

When you eat meat, select cuts that are lean, not marbled with fat. Eat smaller portions of cooked meat, fish, or poultry.

All You Have To Do Is Ask

When eating out, don't be afraid to ask for a low-fat meal. Many restaurants offer healthy choices, or will prepare your meal to order.



3. *Be physically active: achieve and maintain a healthy weight.*

- **Be at least moderately active for 30 minutes or more each day.**
- **Stay within your healthy weight range.**

Have Fun & Be Fit

You can be active for 30 minutes by walking briskly, swimming, gardening, doing housework, and even dancing!

It Adds Up

The 30 minutes of activity doesn't need to be continuous. Can you take the stairs instead of the elevator? Combine your daily activities and see how they can add up to 30 minutes.

Who Would Have Thought?

Fat-free and low-fat don't always mean low-calorie. Read those food labels!

4. *Limit consumption of alcoholic beverages, if you drink at all.*

- **For men, limit alcohol to two drinks a day; for women, one drink a day.**
- **A drink is 12 ounces of regular beer, 5 ounces of wine, and 1.5 ounces of 80-proof distilled spirits.**

Guidelines *at a* GLANCE

1. **Eat more fruits, vegetables, and grains.**
2. **Eat less high-fat foods and meats.**
3. **Be active and stay fit.**
4. **Drink less alcohol, if you do drink.**

The American Cancer Society's recommendations are consistent with the 1995 Dietary Guidelines for Americans and the dietary recommendations of other agencies for general health promotion. Although the American Cancer Society recognizes that no diet can guarantee full protection against any disease, we believe that these recommendations offer the best nutritional information currently available to help Americans reduce their risk of cancer.

For more information, call toll free
1-800-ACS-2345
or on the Internet
http://www.cancer.org

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