Tips for Cancer Prevention

- Eat more foods that come from plants, such as fruits, vegetables, beans, nuts, and whole grains.
- Eat less food that comes from animals, such as meat, cheese, and eggs.
- Eat 5 servings of different fruits and vegetables every day. Eat fruits and vegetables of all colors.
  - Eat **green** foods like broccoli, lettuce, or greens.
  - Eat **yellow-orange** foods like carrots, cantaloupe, bananas, or sweet potatoes.
  - Eat **red** foods like strawberries, tomatoes, or red beans.
  - Eat **blue-purple** foods like blueberries, eggplant, or plums.
  - Eat **white** foods like garlic, potatoes, or onions.

- Avoid fried food.
- Eat brown rice, whole wheat bread, whole grain pasta, and cereals.
- Eat less white rice, white bread, regular pasta, desserts, sweetened cereals, soft drinks and sugars.
- Eat fish, chicken, turkey, or beans. Eat only a small piece of any meat. Cook meat by baking, broiling, or boiling.

- Stay at a healthy weight. Lose weight if you are too heavy. Being overweight makes it more likely that you will get cancer.
  - Eat less food that is high in empty calories, like French fries, fried chicken, pizza, doughnuts, and other sweets.
  - Move or exercise as much as you can.
  - Try walking, gardening, dancing, or bicycling to help you burn calories. Take the stairs instead of the elevator. If you can, walk to where you are going instead of driving or taking the bus.

- Drink less alcohol.
  - Men should limit alcohol to two drinks per day.
  - Women should limit alcohol to one drink per day.

DO NOT SMOKE OR USE ANY KIND OF TOBACCO.

Check with your doctor before you make any big changes in your diet or lifestyle.

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