

Tips to Prevent Cancer

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Be a Healthy Weight and Stay Physically Active

Excess body fat pumps out hormones and other compounds that can give cancer growth a boost. Carrying extra fat is a cause of at least 12 cancers. All types of activity reduce cancer risk by affecting hormones and immune function. A good goal is to get at least 150 minutes of moderate or 75 minutes of vigorous activity each week. Also limit your sedentary time.



Focus on Whole Grains, Vegetables, Fruits, and Beans

These foods provide a host of vitamins, minerals, fibers, and phytonutrients. Aim for a variety of foods to get at least 30 grams of dietary fiber daily, 5 servings of non-starchy vegetables and fruits each day, and at least three servings of legumes weekly.

Skip Processed Foods High in Fat, Starch, and Sugar

Though these types of foods aren't linked directly to cancer, they indirectly affect cancer risk because they're associated with weight gain. Sugar-sweetened drinks, for example, are linked to weight gain, which is linked to at least 12 types of cancer, so it's best to have them very rarely.



Limit Red and Processed Meats

Aim to limit red meat (beef, lamb, and pork) to no more than 12-18 ounces weekly and try to avoid processed meats -- like hot dogs, ham, and sausage -- to lower your risk of colorectal cancer.

