



Nutrition for Healthy Survivorship

The combination of optimal nutrition and adequate exercise will help reduce the risk of new and recurrent cancers and promote survival, in addition to helping you to achieve and/or maintain a healthy body weight.

Cancer Risk Reduction Diet:

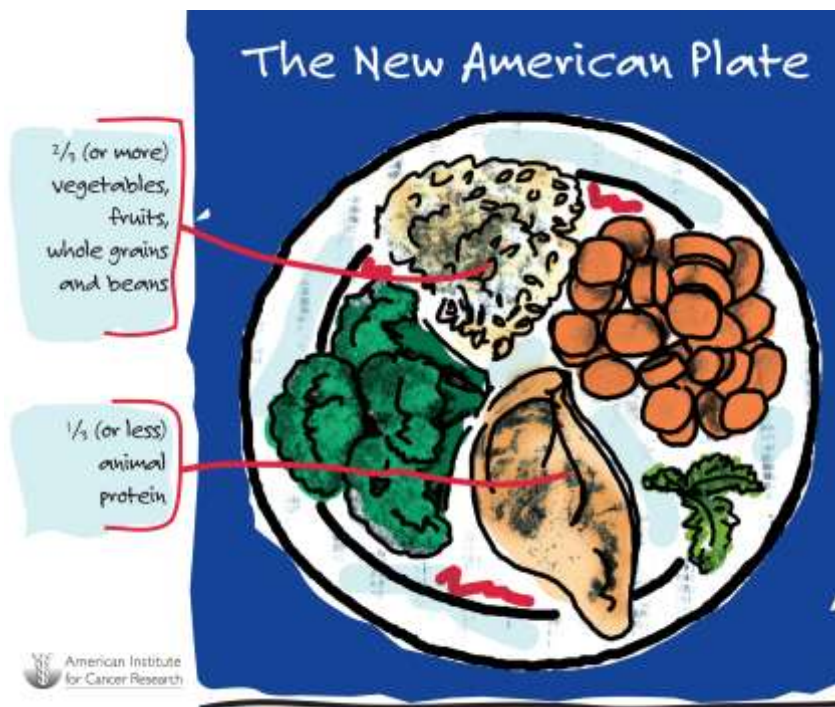
- Make it your goal each day to eat 4-5 servings of vegetables, 2-3 servings of fruit, and 1-2 servings of legumes/beans daily—a serving is about ½ cup cooked or chopped
 - Opt for vibrantly colored fruits and vegetables
 - Increase foods from the cruciferous family of vegetables
 - Like lightly steamed broccoli, cauliflower, Brussels sprouts, kale, cabbage & more
 - Increase fruits and vegetables high in carotenoids
 - Like carrots, sweet potatoes, spinach, kale, tomatoes, watermelon, apricots & more
 - Incorporate more cooked mushrooms, such as: button, shiitake, oyster, Portobello, & more
 - Include a variety of fruits like berries, purple grapes, cherries, kiwi, citrus, apples, figs & more
 - Add dried or fresh herbs and spices into your diet every day for added cancer-fighting power
 - Like cinnamon, cloves, ginger, turmeric, black pepper, oregano, basil, thyme, rosemary, garlic, chili pepper & more
- Consume a high fiber diet (25-35 g/day)
 - Increase beans and whole grains in addition to fruits and vegetables
 - Like brown rice, oatmeal, quinoa, barley, corn tortillas, whole grain breads & pastas; black beans, kidney beans, pinto beans, soybeans, lentils & more
 - Limit processed and refined grains & flours; minimize added sugars
- Aim for a lower fat diet
 - Limit saturated fats and *trans* fats
 - Like butter, dairy, animal fats, certain margarines, shortening, and hydrogenated oils
 - Include healthy fats in the diet
 - Like flaxseed, avocado, olives and olive oil, soybeans, nuts, and seeds
 - Increase your intake of omega-3 fats
 - From salmon, arctic char, chunk light tuna, mackerel, herring, anchovies and sardines; hemp seeds, walnuts, flaxseeds, chia seeds; high omega-3 fat eggs
- Optimize your animal proteins:
 - Limit red meats like beef, pork, & lamb to 18oz cooked weight *per week*, or less!
 - Avoid processed meats like salt-cured, smoked, and nitrate cured foods
 - Such as bacon, sausage, pepperoni, luncheon meats, smoked meats/salmon
- Limit fried foods and barbecued meats/proteins (barbecued vegetable, fruits, starches are OK)
- Limit consumption of foods processed with salt and other very salty foods
- Limit alcohol consumption to 2 drinks per day for men and 1 drink per day for women—or don't drink any alcohol at all (one drink is defined as: 5oz glass of red wine, 12oz of beer, 1 ½ oz of liquor)
- Drink 1-4 cups of green tea daily
- Opt for the organic version, when possible



The body mass index (BMI) is one of the ways of estimating a healthy weight. Your BMI should be in the range of 18.5 and 24.9. Higher and lower values are proportional to increased health risk. It is estimated that obesity relates to 14% of cancer deaths in men and 20% of cancer deaths in women. Adjusting your calorie intake and physical activity levels will help you to achieve and maintain a healthy body weight.

A Plan for Risk Reduction

- Instill healthy lifestyle habits in your children early in life and adolescence
- Try to maintain a normal weight and not gain weight
 - Even a 10% loss in body weight will reduce cancer risk
- **Increase your physical activity to maximize the benefits of healthy diet changes.**
 - **A minimum of 30 minutes a day of moderately intense physical exercise five days a week is recommended (or 150 minutes per week).**
- At least 2/3 of your plate should be comprised of fruits, vegetables, minimally processed grains, and beans—“The New American Plate”



Adapted from: American Institute of Cancer Research, National Cancer Institute
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www.aicr.org for more information