

## Guidelines to Reduce Cancer Risk

Research shows that about one-fifth of all cancers diagnosed in the United States can be attributed to being overweight or obese, being physically inactive, eating poorly, and drinking excessively. Based on current evidence, experts from the World Cancer Research Fund International recommend people:



Maintain a healthy weight (body mass index [BMI] between 18.5 and 24.9) because 15 types of cancer have been causally linked to being obese or overweight.



Be physically active as part of everyday life; regular physical activity can decrease risk for nine types of cancer.



Eat a diet rich in vegetables, fruits, whole grains, and beans; at least 2/3 of the plate should contain these items.



Rely on healthy foods for vitamins and minerals over supplements.



For mothers: breastfeed your baby, if you can.



Limit consumption of “fast foods” and other processed foods high in fat, starches, or sugars because these contribute to weight gain.



Limit intake of red and processed meat (for example, hot dogs, bacon, and salami) because these foods can increase risk for colorectal cancer.



Limit intake of sugar-sweetened drinks since these lead to weight gain; drink mostly water.



If consumed at all, limit alcoholic drinks, because alcohol consumption can increase risk for six types of cancer; no more than 1 drink per day for women, and no more than 2 drinks per day for men.

Source: <https://www.wcrf.org/dietandcancer/resources-and-toolkit>