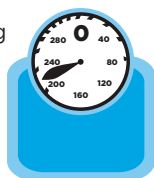


REDUCE YOUR RISK FOR CANCERS LINKED TO BEING OVERWEIGHT OR OBESE, BEING INACTIVE, AND/OR CONSUMING A POOR DIET

Research from the World Cancer Research Fund International shows that about one-fifth of all U.S. cancers and one-third of the most common types of cancer diagnosed in the United States are attributable to being overweight or obese, being inactive, and/or eating poorly. As such, among their recommendations are the following:

Be as lean as possible without becoming underweight, because 15 types of cancer have been causally linked to being obese or overweight (see **Figure 5**).



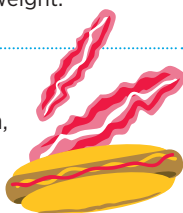
Be physically active for at least 30 minutes every day, because regular physical activity can decrease risk for certain cancers (see sidebar on **Physical Activity Guidelines**).

Limit consumption of energy-dense foods (foods high in fats and/or added sugars and/or low in fiber) and avoid sugary drinks, because these contribute to weight gain.



Eat more of a variety of vegetables, fruits, whole grains, and beans, because these foods have a low energy density and, therefore, promote healthy weight.

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



If consumed at all, limit alcoholic drinks, because alcohol consumption can increase risk for six types of cancer.

Source: <http://www.wcrf.org/int/research-we-fund/our-cancer-prevention-recommendations>
Adapted from (31)