

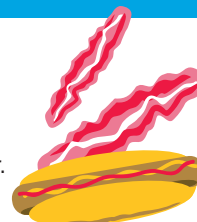
REDUCE YOUR RISK FOR CANCER BY MAINTAINING A HEALTHY WEIGHT, BEING PHYSICALLY ACTIVE, AND CONSUMING A BALANCED DIET

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 (see **Figure 4**, p. 30).



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



Be physically active as part of everyday life; regular physical activity can decrease risk for eight types of cancer (see **Figure 4**, p. 30, and sidebar on **Physical Activity Guidelines**, p. 32).



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



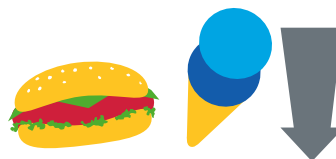
Eat a diet rich in vegetables, fruits, whole grains, and beans, because these foods have a low energy density and, therefore, promote healthy weight.



If consumed at all, limit alcoholic drinks, because alcohol consumption can increase risk for six types of cancer (see **Figure 5**, p. 33).



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



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