

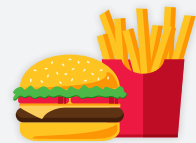
REDUCE YOUR RISK FOR CANCER BY MAINTAINING A HEALTHY WEIGHT, BEING PHYSICALLY ACTIVE, AND CONSUMING A BALANCED DIET

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 because 15 types of cancer have been causally linked to being obese or overweight.*



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



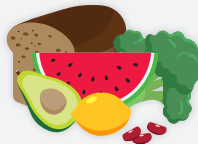
Be physically active as part of everyday life; regular physical activity can decrease risk for nine types of cancer.



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



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



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



For mothers, **breastfeed** baby, if able.



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



*Overweight and obesity are most often assessed using BMI: BMI between 18.5 and 24.9 is considered healthy weight.