

## DIET AND CANCER PREVENTION

FROM: American Institute for Cancer Research

1. Choose predominantly plant-based diets rich in a variety of vegetables and fruits, legumes and minimally processed starchy staple foods.
2. Avoid being underweight or overweight and limit weight gain during adulthood to less than 11 pounds. Maintain BMI 18.5-25.
3. If occupational activity is low or moderate, take an hour's brisk walk or similar exercise daily, and also exercise vigorously for a total of at least one hour in a week.
4. Eat 7-9 or more servings a day of a variety of vegetables and fruits, all year round.
5. Eat more than seven servings a day of a variety of grains, legumes, roots, tubers and plantains. Prefer minimally processed foods. Limit consumption of refined sugar.
6. Alcohol consumption is not recommended. If consumed at all, limit alcoholic drinks to less than two drinks a day for men and one for women.
7. If eaten at all, limit intake of red meat to less than three ounces daily. It is preferable to choose fish, poultry or meat from non-domesticated animals in place of red meat.
8. Limit consumption of fatty foods, particularly those of animal origin. Choose modest amounts of appropriate vegetable oils like olive or canola oil.
9. Limit consumption of salted foods and use of cooking and table salt. Use herbs and spices to season foods.
10. Do not eat food which, as a result of long storage at ambient temperatures, is liable to contamination with mycotoxin.
11. Use refrigeration and other appropriate methods to preserve perishable food as purchased and at home.
12. When levels of additives, contaminants and other residues are properly regulated, their presence in food and drink is not known to be harmful. However, unregulated or improper use can be a health hazard, particularly in economically developing countries.
13. Do not eat charred food. For meat and fish eaters, avoid burning of meat juices. Consume the following only occasionally: meat and fish grilled (broiled) in direct flame; cured and smoked meat.
14. For those who follow the recommendations presented here, dietary supplements are probably unnecessary and probably unhelpful for reducing cancer risks.
15. Do not smoke or chew tobacco.

## The New Recommendations in Seven Steps

### AICR Diet and Health Guidelines for Cancer Prevention

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

*And always remember . . .*

7. Do not use tobacco in any form.