EXERCISE MAY REDUCE PROSTATE CANCER RISK. Research suggests that men who exercise regularly may have a reduced risk of prostate cancer as well as a reduced risk of higher-grade tumors. After adjusting for other factors, researchers found that men who reported the equivalent of three to six hours of walking each week were 65 percent less likely than their sedentary counterparts to have prostate cancer on biopsy. Also, men who exercised the equivalent of one to three hours per week were 86 percent less likely than sedentary participants to have high-grade cancer. Most health experts, including the American Heart Association, recommend getting at least 30 minutes of walking or other moderate-intensity aerobic exercise most days of the week.

—Cleveland Clinic
Men's Health Advisor

CALCIUM MAY FIGHT CANCER. Long known to be vital for bone health, research has also linked calcium with a lower cancer risk. In a recent study, women with the highest dietary calcium intake (up to 1,101 milligrams [mg] per day) had a lower total cancer incidence; men and women with the highest total calcium intakes from both diet and supplements—up to 1,530 and 1,881 mg per day, respectively—had a lower risk of colorectal cancer and other cancers of the digestive system. Researchers haven't yet discovered the exact mechanism by which calcium works, but in the case of colorectal cancer, it's thought that calcium may reduce the growth of abnormal cells in the gastrointestinal tract. Experts recommend you get about 1,200 mg of calcium per day from food and via supplements.

—Weill Cornell Medical College
Food & Fitness Advisor

FOLATE MAY PROTECT AGAINST COLORECTAL CANCER. The B vitamin folate could help to reduce the risk of colorectal cancer in women. In a study of more than 1,000 men and women, researchers found that women who ate the most folate were about two-thirds less likely to develop colorectal cancer than those who ate the smallest amount. Folate is found in green leafy vegetables as well as citrus fruits, and previous research also has indicated that it may have a protective effect against cancer.

—UCLA's David Geffen School of Medicine
Healthy Years

GO FISH FOR BREAST CANCER PROTECTION. Eating fatty fish, such as salmon, mackerel and trout, may have a protective effect against breast cancer according to a study of postmenopausal women, although presently it's not clear what may underpin any protective mechanism. Fatty fish is high in a type of polyunsaturated fatty acid called omega-3 fatty acids. Omega-3s, which include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), can only be obtained via food and/or supplements, with fatty fish the optimum source. Women in the study who consumed more than 0.1 grams (g) of EPA and 0.21 g of DHA each day from fish reduced their risk of breast cancer three-fold.

—Weill Cornell Medical College
Women's Health Advisor