



Recommended Diet for Cancer Prevention

Many cases of cancer are preventable. And, by choosing a healthy diet, being physically active and maintaining a healthy weight, we all have the power to reduce our risk.

What is Cancer?

Cancer is a broad term used to describe a group of over 200 types of disease that affect specific organs or tissues of the body. Cancer is a disease of the cells, it begins when the genetic information in a single cell becomes damaged and causes the cell to divide at an uncontrolled rate and form a tumor.

The following recommendations have been agreed upon by many researchers to help reduce your risk of developing cancer by about one third:

1. Be as lean as possible without becoming underweight. Aim for the lower end of a healthy BMI for men and women which is 18.5-25.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat and low in nutrients.)
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans. Base diet on plant foods.
5. Limit consumption of red meats (beef, pork, & lamb) to 18 ounces or less per week, and avoid processed meats (ham, bacon, salami, hot dogs, some sausages, etc).
6. If you choose to consume Alcohol, limit it to 2 drinks per day for men & 1 drink for women.
7. Limit consumption of Salty food and foods processed with salt (sodium). The more fresh and unprocessed food is the better.
8. Don't use supplements to protect against cancer. Nutrients from well balanced food and drink are best.
9. It is best for mothers to breastfeed exclusively for up to six months and then add other liquids and foods.
10. Do not smoke or chew tobacco, it is never too late to stop.
11. After treatment, cancer survivors should follow the recommendations for cancer prevention.

Food Classification	Suggested Daily Servings	Recommended choices	Limit or Avoid
Milk And milk products	2-3	Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.	Limit high fat & high sugar dairy
Meats and protein alternatives	2 servings (2-3 oz portions)	Fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean. Limit red meat (beef, pork, lamb, etc) to 18 ounces or less per week.	Limit high fat, fried meats, processed meats, or large amounts of gravies.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.	Limit fried, buttered, au gratin or cream sauces on veg.
Fruits	1-2 ½ cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.	Limit Avocados, limit fruit canned or prepared with lots of sugar and fats.
Grains and grain products	3-10	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily.	Go easy on high fat, high sugar breads, muffins, biscuits, etc.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.	
Fats and Oils	Use sparingly not generously 2-3 times a day	Margarine, butter, mayonnaise, butter, salad dressing, gravies, cream sauces, sour cream, bacon. Make most of your fats sources from fish, nuts & vegetable oils (Olive & canola esp.)	Limit portions.
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts.	Limit high fat choices.
Fluids	6-8 cups	Water and other fluids, such as fruit juice, vegetable juice, lemonade, or soups.	Limit Alcohol if you choose to drink, limit high sugar beverages.
Seasonings/ Condiments/ Sauces	As desired	Encourage limited quantities of all that are high in salt for normal healthy diet.	Limit salt & sugary condiments.

Sources: American Institute for Cancer Research “Recommendations for Cancer Prevention” & Guidelines for Cancer Prevention” 2007

11-08 JMK