

Lifestyle and Nutrition Recommendations

- **Do not use tobacco in any form.**
- **Maintain a healthy body weight.** Staying at a healthy weight is one of the most important ways to protect against cancer. It is best to keep from becoming overweight, but limiting any weight gain during adulthood is also very important.
- **Make sure you get regular physical activity. Do 30 minutes of moderate physical activity 5 days a week or 20 minutes of vigorous physical activity 3 days a week.** Brisk walking is an ideal exercise for most adults. Limit how much you sit each day.
- **Eat a plant-based diet.** Eat a variety of fruits, vegetables, beans, and minimally processed grains and cereals each day. Look at your plate at each meal and try to gradually change your eating habits until at least 2/3 of the food on your plate comes from plant sources. A plate with good portions would be a small chicken breast with 1 cup of cooked broccoli and 1 cup of wild rice.
- **Eat five or more servings of fruits and vegetables each day.** A typical serving equals one average-sized whole fruit or vegetable – like an apple or a tomato. One cup of any raw, chopped fruit or vegetable – like lettuce or fruit salad would be one serving. If a fruit or vegetable is cooked, then a serving equals ½ cup – like tomato sauce or cooked spinach. Eat a wide variety of fruits and vegetables.
- **Eat less processed breads, cereals and grains.** Try to reduce the amount of highly refined carbohydrates you eat. Choose breads and cereals that state “whole grain” on the label. A serving equals one slice of bread, ½ cup cooked pasta, rice, or beans, and ¾ cup of most cereals.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- **Drinking alcohol is not recommended.** If you drink at all, it is advised that women drink no more than one drink a day and that men have no more than two drinks a day.
- **Eat less red meat and fewer processed meats.** Three ounces (which is the size of a deck of cards) or less of red meat each day is recommended. Processed meats includes meat that is preserved by smoking, curing or salting. Generally, meats purchased at the deli counter in your grocery store are less processed than pre-packaged meats.
- **Limit high calorie foods, sugary drinks and fast food.** Eat a low fat diet and stay away from foods that have added butter and oils, such as potato chips, to reduce calories in your diet. It is also good to limit sugary drinks like soft drinks, iced tea or lemonade made with sugar. These provide additional calories but very few nutrients.
- **Use less sodium/salt.** Most people have too much sodium in the form of salt in the foods they eat. The recommended sodium intake is less than 2300 milligrams (mg) a day. One teaspoon of salt has just over 2300 mg of sodium. It is important to know that most salt in our daily diet does not come from using a saltshaker. It comes from eating processed and convenience foods, such as, soups and frozen dinners. Look at food labels and choose foods that have “low sodium” on the food label. Use herbs and spices to season food, instead of salt.
- **Prepare, preserve and store foods safely.** Eat very little food that is charred, smoked and excessively cooked. Be certain to refrigerate and store perishable (fresh or unpreserved) food safely.
- **Be careful with the use of dietary supplements.** Supplements are probably not needed if you follow these recommendations. A standard multivitamin that provides 100% of the RDA is safe for most people. Taking a multivitamin will make sure your daily nutrition needs are met. Always tell your health care provider about any herbal, botanical or nutritional supplements you use.