

Cancer Prevention

**How You and Your Family Can
Prevent Cancer**

Cancer Dietitian
Lifestyle tips for prevention and survivorship



Cancer Prevention

You and your family can prevent cancer in many different ways. The following are the most important:

- Eat a **plant based diet**
- Be **physically active** every day
- Maintain a **healthy weight**
- Follow guidelines for **screening** and **early detection**



What is a Plant Based Diet?

- Foods you eat are minimally processed, plant foods.
- Plant foods include the following types of foods:

- **Fruits**
- **Vegetables**
- **Beans/Legumes**
- **Nuts & Seeds**
- **Whole Grains**



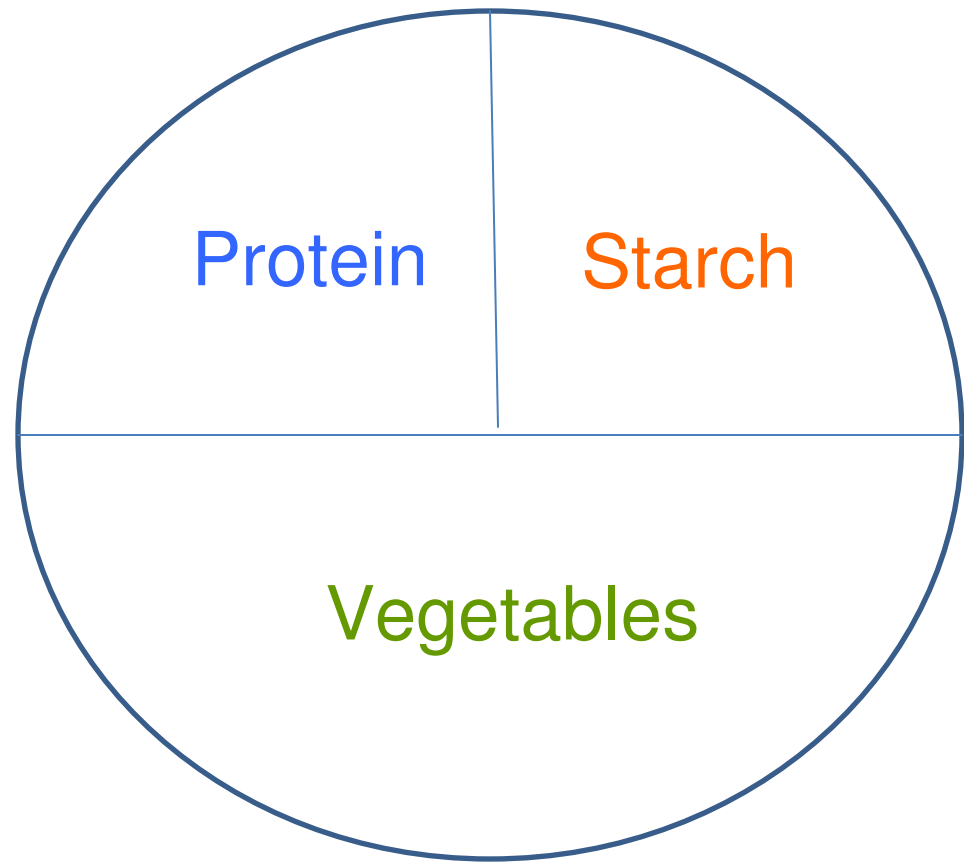
- Eat **more fruits and vegetables!**
- Eat the right amount of **meat** (6-9oz. per day).
- Most Americans eat twice as much protein as they need.
Any extra protein you eat is stored as fat.



Fighting Cancer with Your Plate

Use this visual at mealtimes to remind you to eat **mostly plant foods** and the right amount of protein.

1. **½ of your plate** should be covered in fruits or veggies
2. **¼ of your plate** should have some sort of starch (grains, potatoes, corn or peas)
3. **¼ of your plate** should have some sort of protein (meat, beans, nuts or seeds)
4. Have water or 1% milk **to drink**
5. Have **½ cup fruit as dessert!**



Physical Activity- How Much?

- **Physical activity** is known to **slow or prevent the growth of many different types of cancer** especially colon, breast, prostate and endometrial cancer.
- **30 to 60 minutes per day** of physical activity will help your immune system fight off cancer cells!
- **All kinds of different activities count** including walking, lifting weights, running, bicycling, swimming, aerobics or dance, gardening, vigorous housecleaning or basketball.
- You can do your physical activity **all at one time or spread it out** throughout the day. It all counts!!



Weight and Cancer Risk

- **Excess weight** has been linked with several different types of cancer including:

Colorectal cancer

Postmenopausal breast cancer

Endometrial cancer

- **Preventing weight gain** (especially in the abdominal area) in adulthood can make a big impact on your risk for cancer.

- If you are overweight, even a **weight loss of 5-10%** (10 – 20 pounds in a 200 pound person) can be of **benefit** and boost your image!

- Most important- **maintain muscle mass** as you age. This can only be done with **regular physical activity**.



Screening Recommendations

For Men

- Testicular exam starting at age 15
- Colonoscopy starting at age 50 (age 45 for African Americans)
- Blood PSA and Digital rectal exam at age 50 (age 45 for African Americans)

*****Everyone should talk to their doctor about family history of all types of cancer. A family history of certain cancers may require earlier screenings.**

For Women

- Breast self exam and clinical breast exam starting at age 20
- Colonoscopy starting at age 50 (age 45 for African Americans)
- Mammogram starting at age 40
- Pap test before the age of 21
- Pelvic exam before the age of 18