





Action Plan for Minimizing Cancer Risk

What can you do to minimize your risk of cancer? Review the information below to start out on the right track. Before making any dietary or lifestyle changes, be sure to consult your physician—they will know what is best for you based on the particulars of your health.

What to Do	What to Eat	What to Avoid
<ul style="list-style-type: none"> • Minimize caloric intake. This doesn't mean to starve yourself or diet—just eat the smallest portion possible that still satisfies you. • Maximize intake of fruits and vegetables. Fact: vegetarians have lower cancer rates! • Exercise! Exercise is correlated with a lower risk of breast, colon, prostate, endometrium, esophagus, lung, and kidney cancer. For those who have already been diagnosed, exercise speeds recovery, lessens side-effects from treatment, and decreases mortality. 	<p>Foods with vitamins A, C, or E.</p>  <p>Cruciferous vegetables</p>  <p>Citrus fruits</p>  <p>Coffee beans</p> 	<ul style="list-style-type: none"> • Cigarette smoke • Drinking more than 2oz of alcohol per day • Eating stored grains, which could contain aflatoxin • Preparing food by smoking, charcoal grilling, deep-frying, or salt-pickling • Sun exposure • Vitamin supplements—these are not correlated with reduced cancer rates