AICR RECOMMENDATIONS FOR CANCER PREVENTION

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS
Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet.

LIMIT CONSUMPTION OF RED AND PROCESSED MEAT
Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat.

LIMIT CONSUMPTION OF "FAST FOODS" AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS
Limiting these foods helps control calorie intake and maintain a healthy weight.

BE A HEALTHY WEIGHT
Keep your weight within the healthy range and avoid weight gain in adult life.

BE PHYSICALLY ACTIVE
Be physically active as part of everyday life – walk more and sit less.

LIMIT CONSUMPTION OF SUGAR–SWEETENED DRINKS
Drink mostly water and unsweetened drinks.

LIMIT ALCOHOL CONSUMPTION
For cancer prevention, it's best not to drink alcohol.

FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN
Breastfeeding is good for both mother and baby.

AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN
Check with your health professional about what is right for you.

DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION
Aim to meet nutritional needs through diet alone.

American Institute for Cancer Research

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.