

Living Healthy IS Cancer Prevention

Staying at a healthy weight, being physically active throughout life, following a healthy eating pattern, and avoiding or limiting alcohol may greatly reduce your risk of developing or dying from cancer.

Excess body weight, poor nutrition, physical inactivity, and excess alcohol consumption

= ABOUT **1** IN **5** **CANCER CASES**



Overweight or obesity raises a person's risk of getting one or more of

13 **TYPES OF CANCER**

ACS RESOURCES:

[Diet and Activity Guidelines to Reduce Cancer Risk](#)

[Fuel Your Body: Healthy Food Essentials](#)

[Diet and Activity for Cancer Prevention - Presentation \(contact your ACS Staff partner for access\)](#)

American Cancer Society Diet and Activity Guidelines to Reduce Cancer Risk

Staying at a healthy weight, being physically active throughout life, following a healthy eating pattern, and avoiding or limiting alcohol may greatly reduce your risk of developing or dying from cancer.

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The American Cancer Society Diet and Physical Activity Guidelines for Cancer Prevention provides recommendations for weight control, physical activity, diet, and alcohol consumption to reduce cancer risk.

The American Cancer Society recommends the following:

- Get to and stay at a healthy body weight throughout life.**
 - Exercise:** Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, or a combination of the two.
 - Limit sedentary behavior:** Limit sitting time, especially for long periods.
- Be physically active.**
 - Exercise: Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, or a combination of the two.
 - Limit sedentary behavior: Limit sitting time, especially for long periods.
- Follow a healthy eating pattern.**
 - Follow a diet that is rich in vegetables, fruits, whole grains, and legumes.
 - Limit intake of red meat and processed meats.
 - Limit intake of added sugars and sodium.
 - Limit intake of alcohol.
- Community health:** Encourage your community to create a healthy environment for physical activity.

American Cancer Society Fuel Your Body: Healthy Food Essentials

Eating nutritious foods can benefit your health, your vitality, and your well-being. Follow these tips and nourish your body with healthy foods.

The first step to eating healthy is to keep your pantry stocked with foods that are all fresh together to help you eat healthy.

Healthy Choices

It's more likely to add the items on this list to your grocery list. Add some color into your diet. Produce with opposite color usually has the most nutrients. Vets and organ meats. **Tip:** Look for your plate with fruits and vegetables at each meal.

Fill Your Plate with:

- Vegetables:** Leafy greens, cruciferous, colorful.
- Fruits:** Apples, berries, citrus, kiwi, grapes, pears, plums, stone fruits, melons, citrus.
- Grains:** Whole grains, like brown rice, quinoa, barley, whole wheat.
- Protein:** Beans, lentils, tofu, fish, poultry, eggs, dairy.
- Healthy fats:** Nuts, seeds, olive oil, avocado.

Limit: Red meat, processed meats, added sugars, sodium, alcohol.

Checklist:

- Breakfast:** Add berries or banana to your cereal. Add whole grains to your cereal. Check commercial breakfast foods. Choose whole-grain cereals or breads.
- Lunch and Dinner:** Add more whole vegetables. Add whole grains to your sandwich or wrap. Add protein-rich vegetables like beans, peas, and mushrooms. Choose whole grains. Choose lean proteins like poultry, fish, beans, or tofu. Use oil of olive for healthy cooking.
- Snacks:** Choose healthy snacks like nuts, fruits, and yogurt. Add to your snack list of choice.

Enhance each meal with healthy choices.

Breakfast:

- Add berries or banana to your cereal.
- Add whole grains to your cereal.
- Check commercial breakfast foods.
- Choose whole-grain cereals or breads.

Lunch and Dinner:

- Add more whole vegetables.
- Add whole grains to your sandwich or wrap.
- Add protein-rich vegetables like beans, peas, and mushrooms.
- Choose whole grains.
- Choose lean proteins like poultry, fish, beans, or tofu.
- Use oil of olive for healthy cooking.

Snacks:

- Choose healthy snacks like nuts, fruits, and yogurt.
- Add to your snack list of choice.

For more information, scan the QR codes below:

- Learn more about the benefits of eating healthy.
- Take it a step to try one healthy tip on this list today.
- Build your shopping list with these healthy ingredients.

American Cancer Society

Fire Fighter Awareness Month

Fire Fighters and Cancer Risk

Cancer is a leading cause of death among firefighters, and research suggests firefighters are at higher risk of certain types of cancers when compared to the general population. January is Firefighter Cancer Awareness Month. [Learn more](#) about firefighters' cancer risk and what can be done to reduce the risk.

The International Association of Firefighters and the American Cancer Society collaboration provides resources, tools, and prevention techniques to help protect fire fighters with the hope of preventing future disease while providing critical patient support services across the country to improve the quality of life for fire fighters living with cancer and advocating for improved access to care.

According to the CDC, firefighters are 14% more likely to die from cancer and have a 9% higher chance of being diagnosed than the general population.



Continued research on the possible links between firefighting and cancer is happening around the world. Here are two of the larger studies now examining this topic.

[Fire Fighter Cancer Cohort Studies \(FFCCS\)](#)

[National Firefighter Registry](#)