

## Healthy Measures: Top 10 Ways to Reduce Your Cancer Risk

April is Cancer Awareness Month. Although cancer is the leading cause of early death in Canada, it is very much a preventable disease. It is estimated that about one third of the most common forms of cancer can be prevented by healthy diets, increased levels of physical activity and maintenance of a healthy body weight.

Here's what you can do to reduce your risk for cancer: achieve and maintain a healthy body weight. You can do this by following the recommendations below:

- Be active for 30-60 minutes per day and limit sedentary habits such as watching television
- Avoid sugary drinks and foods that are energy-dense (i.e. foods that are high in calories, sugar and/or fat)
- Eat a greater variety of vegetables and fruit each day and remember to include one dark green (e.g. spinach, rapini, kale, bok choy or romaine lettuce) and one orange (e.g. carrots, sweet potatoes, cantaloupe, mangoes or peaches) vegetable or fruit each day
- Emphasize whole grains such as whole grain bread, barley and brown rice, and legumes, such as beans, chick peas and lentils
- Limit red meat such as beef, pork and lamb to no more than 500 grams per week; this is equal to about seven Food Guide servings (one serving = 75 grams or 2.5 ounces) of cooked meat
- Consume very little processed meat, if at all (this includes luncheon meat such as salami, bologna, ham, sausages, bacon and hot dogs)
- Limit alcoholic beverages to no more than two drinks a day for men and one drink a day for women
- Limit or avoid fast foods and reduce consumption of salt and salty foods, especially processed foods, such as prepared frozen meals, canned soups or packaged foods with a high level of sodium
- Do not use supplements to prevent cancer. Studies show that the best way to obtain cancer-fighting nutrients is through food and beverages rather than through supplements. Eating a variety of healthy foods from [Canada's Food Guide](#) will ensure you are obtaining the vitamins, minerals and phytochemicals that can reduce your risk for cancer

### For more information:

[Eat Right Ontario - Food and Cancer Prevention](#)

[American Institute for Cancer Research – Recommendations for Cancer Prevention](#)

[Canadian Cancer Society - Prevention](#)

**If you have questions on nutrition and healthy eating,** contact *EatRight Ontario* at 1-877-510-5102 to speak to a registered dietitian.

**Healthy Measures: Eat Well, Be Active and Be Yourself!**