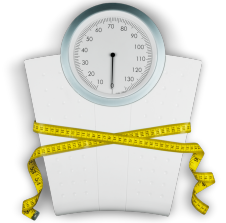


## AICR Recommendations for Cancer Prevention Nutrition Recommendations

### Be a Healthy Weight

Keep your weight within the healthy range and avoid weight gain in adult life



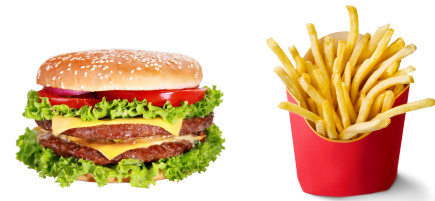
### Eat a Diet Rich in Whole Grains, Vegetables, Fruits and Beans

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



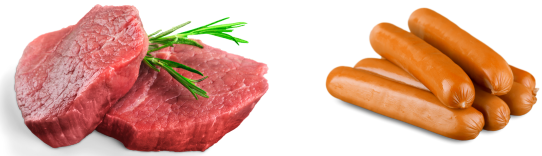
### Limit Consumption of "Fast Foods" and Other Processed Foods High in Sugar, Starches or Sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



### Limit Consumption of Red and Processed Meat

Eat no more than moderate amounts of red meat, such as beef, pork, lamb. Eat little, if any, processed meat.



### Limit Alcohol Consumption

For cancer prevention, it's best not to drink alcohol



### Limit Consumption of Sugar-Sweetened Drinks

Drink mostly water and unsweetened drinks



### Do Not Use Supplements for Cancer Prevention

Aim to meet nutritional needs through diet alone

