

# **American Cancer Society**

**Guidelines on Nutrition and  
Physical Activity for  
Cancer Prevention  
(including prevention of  
recurrence and second cancers)**

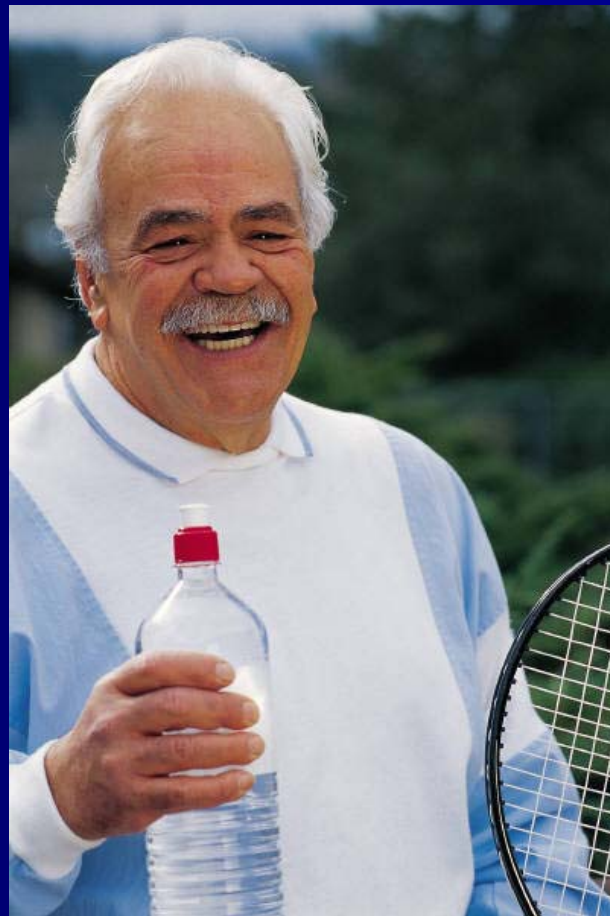
# Maintain a healthful weight throughout life



# Adopt a physically active lifestyle



# Drink alcoholic beverages in moderation



**Consume a healthful diet,  
with an emphasis on plant foods**



# Did You Know?

- Grilling and other high heat cooking forms cancer causing substances
- For safer grilling:
  - Marinate and/or pre-cook meats before grilling
  - Use lean meats
  - Remove charred meat portions
  - Grill vegetables and fruits

*And always remember...*

Do not use  
tobacco in any  
form



# Learn More!

- [www.oncolink.org](http://www.oncolink.org)
- [www.pennhealth.com/abramson](http://www.pennhealth.com/abramson)
- [www.cancer.org](http://www.cancer.org)
- [www.aicr.org](http://www.aicr.org)
- Diets and meal plans: DASH diet, Mediterranean Diet, Volumetrics
- [www.eatingwell.com](http://www.eatingwell.com)
- [www.CancerRD.com](http://www.CancerRD.com)