

# **American Cancer Society Dietary Guidelines**



## 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.

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

The American Cancer Society Diet and Physical Activity Guidelines for Cancer Prevention provide 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.**

### Be physically active.



#### Exercise

ADULTS should get 150-300 minutes moderate-intensity activity/week



or 75-150 Minutes vigorous-intensity activity/week



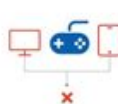
or a combination of the two through the week



CHILDREN AND TEENS should get at least 1 hour of moderate- or vigorous-intensity activity each day.

#### Limit sedentary behavior

- Screen-based entertainment
- Sitting around
- Lying down



### Follow a healthy eating pattern.

More fruits and veggies... less junk



- Foods high in vitamins, minerals, and other nutrients in amounts that help you get to and stay at a healthy body weight
- A colorful variety of vegetables – dark green, red, and orange
- Fiber-rich beans and peas
- A colorful variety of whole fruits
- Whole grains, like whole wheat bread and brown rice



- Red meats such as beef, pork, and lamb and processed meats such as bacon, sausage, deli meats, and hot dogs
- Sugar-sweetened beverages
- Highly processed foods and refined grain products

### It is best not to drink alcohol



- If you do choose to drink alcohol, women should have no more than one drink per day and men should have no more than two drinks per day.
- A drink is 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

Many environments – where people live, learn, work, shop and play – are not supportive of making healthy choices.

The American Cancer Society recommends that public, private, and community organizations work together to increase access to affordable, healthy foods and provide safe, enjoyable and accessible opportunities for physical activity.

### You can make your community healthier by:



- Asking for healthier meal and snack choices at school or work



- Speaking up at city council and other community meetings about the need for sidewalks, bike lanes, parks, and playgrounds to help make easier to walk, bike, and enjoy a variety of physical activities



- Supporting stores and restaurants that sell or serve healthy options



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**American Cancer Society dietary guidelines** are crucial for individuals looking to reduce their cancer risk and improve their overall health. The American Cancer Society (ACS) is a leading organization dedicated to eliminating cancer through research, education, advocacy, and service. A significant part of their mission involves providing evidence-based dietary recommendations aimed at helping individuals make healthier food choices. In this article, we will delve into the ACS dietary guidelines, focusing on their recommendations for a cancer-preventive diet, the importance of maintaining a healthy weight, and practical tips for implementing these guidelines in daily life.

## **Understanding the Importance of Diet in Cancer Prevention**

Diet plays a vital role in cancer prevention. According to various studies, a balanced diet rich in fruits, vegetables, and whole grains can lower the risk of developing certain types of cancer. The ACS emphasizes that while diet alone cannot prevent cancer, it can significantly influence an individual's overall health and susceptibility to the disease.

## **Key Components of the American Cancer Society Dietary Guidelines**

The ACS outlines several fundamental components that make up their dietary guidelines. These components are designed to promote overall health and reduce cancer risk.

### **1. Focus on Plant-Based Foods**

A plant-based diet is rich in fruits, vegetables, whole grains, legumes, and nuts. The ACS encourages individuals to:

- Consume at least 2.5 cups of fruits and vegetables each day.
- Include a variety of colors and types to maximize nutrient intake.
- Opt for whole grains instead of refined grains, such as whole wheat bread, brown rice, and quinoa.

## **2. Limit Processed and Red Meats**

Reducing the intake of processed and red meats can decrease the risk of certain cancers. The ACS recommends:

- Avoiding processed meats, such as bacon, sausages, and deli meats.
- Limiting red meat consumption to no more than 18 ounces per week.
- Choosing lean cuts of meat when consuming red meat.

## **3. Choose Healthy Fats**

Not all fats are created equal. The ACS advises individuals to:

- Limit saturated fats found in animal products and trans fats found in many processed foods.

- Opt for healthier fats, such as those found in avocados, olive oil, and nuts.
- Incorporate omega-3 fatty acids, which are beneficial for heart health, from sources like fatty fish (salmon, mackerel) and flaxseeds.

## 4. Reduce Sugar and Salt Intake

High sugar and salt consumption can lead to various health issues, including obesity and hypertension.

The ACS recommends:

- Limiting added sugars in beverages and snacks.
- Reducing sodium intake by avoiding processed foods and using herbs and spices for flavoring.
- Reading food labels to monitor sugar and salt content.

## 5. Stay Hydrated

Staying hydrated is essential for maintaining optimal health. The ACS suggests:

- Drinking plenty of water throughout the day.
- Limiting sugary drinks and alcohol consumption.

- Choosing low-calorie, nutrient-rich beverages, such as herbal teas or infused water.

## The Importance of Maintaining a Healthy Weight

In addition to dietary choices, maintaining a healthy weight is a critical aspect of the ACS guidelines. Obesity is a known risk factor for various cancers, including breast, colon, and endometrial cancers. The ACS emphasizes the importance of balancing caloric intake with physical activity.

## Tips for Achieving and Maintaining a Healthy Weight

To achieve and maintain a healthy weight, consider the following strategies:

- **Engage in Regular Physical Activity:** Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise each week.
- **Monitor Portion Sizes:** Being mindful of portion sizes can help prevent overeating.
- **Plan Meals Wisely:** Preparing meals at home allows for better control over ingredients and portion sizes, promoting healthier eating habits.
- **Limit Screen Time:** Reducing sedentary activities can increase opportunities for physical activity.

# Practical Tips for Implementing the ACS Dietary Guidelines

While it may seem daunting to overhaul your diet, small, incremental changes can lead to significant improvements in health. Here are some practical tips for incorporating the ACS dietary guidelines into your daily life:

## 1. Meal Prep and Planning

Planning meals in advance can help ensure that you have healthy options available. Consider:

- Preparing a week's worth of meals on weekends.
- Creating a grocery list that focuses on fresh produce, whole grains, and lean proteins.
- Batch cooking soups or stews that can be easily reheated for quick meals.

## 2. Experiment with New Recipes

Incorporating new recipes can make healthy eating enjoyable. Try:

- Exploring different cuisines that emphasize plant-based ingredients.
- Finding healthy alternatives to favorite dishes, such as cauliflower rice or zucchini noodles.
- Trying out new cooking methods, like grilling or steaming, to enhance flavors without adding

excess fat.

### 3. Engage Family and Friends

Making dietary changes can be easier when shared with others. Consider:

- Cooking together with family or friends to share healthy meals.
- Joining a community group focused on healthy eating or gardening.
- Encouraging each other to stay active through group workouts or outdoor activities.

## Conclusion

The **American Cancer Society dietary guidelines** provide a comprehensive framework for individuals seeking to reduce their cancer risk through nutrition. By focusing on a plant-based diet, limiting processed foods, maintaining a healthy weight, and engaging in regular physical activity, individuals can make significant strides toward better health. Implementing these guidelines may require effort and commitment, but the rewards—improved well-being and a lower risk of cancer—are well worth it. Remember, every small change counts, and adopting healthier eating habits today can pave the way for a healthier tomorrow.



## **Frequently Asked Questions**

### **What are the key dietary recommendations from the American Cancer Society for cancer prevention?**

The American Cancer Society recommends a diet rich in fruits, vegetables, whole grains, and legumes, while limiting red and processed meats, sugary drinks, and highly processed foods.

### **How does the American Cancer Society suggest incorporating physical activity into dietary habits?**

The American Cancer Society advises combining a healthy diet with regular physical activity, recommending at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise each week.

### **What role do antioxidants play in the American Cancer Society's dietary guidelines?**

The American Cancer Society emphasizes the importance of antioxidants found in colorful fruits and vegetables, which may help reduce cancer risk by neutralizing free radicals in the body.

### **Are there specific foods the American Cancer Society recommends avoiding?**

Yes, the American Cancer Society advises limiting intake of processed meats, sugary beverages, and high-fat foods, as well as reducing alcohol consumption to lower cancer risk.

### **How does the American Cancer Society address the importance of maintaining a healthy weight in its dietary guidelines?**

The American Cancer Society stresses that maintaining a healthy weight through a balanced diet and regular exercise is crucial, as obesity is linked to an increased risk of several types of cancer.

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