

American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention

ACS Recommendations for Individual Choices

- 1. Eat a variety of healthful foods, with an emphasis on plant sources.**
 - Eat five or more servings of a variety of vegetables and fruits each day.
 - Choose whole grains in preference to processed (refined) grains and sugars.
 - Limit consumption of red meats, especially those high in fat and processed.
 - Choose foods that help maintain a healthful weight.
- 2. Adopt a physically active lifestyle.**
 - Adults: engage in at least moderate activity for 30 minutes or more on 5 or more days of the week; 45 minutes or more of moderate to vigorous activity on 5 or more days per week may further enhance reductions in the risk of breast and colon cancer.
 - Children and adolescents: engage in at least 60 minutes per day of moderate-to-vigorous physical activity at least 5 days per week.
- 3. Maintain a healthful weight throughout life.**
 - Balance caloric intake with physical activity.
 - Lose weight if currently overweight or obese.
- 4. If you drink alcoholic beverages, limit consumption.**

ACS Recommendation for Community Action

Public, private, and community organizations should work to create social and physical environments that support the adoption and maintenance of healthful nutrition and physical activity behaviors.

- Increase access to healthful foods in schools, worksites, and communities.
Provide safe, enjoyable, and accessible environments for physical activity in schools, and for transportation and recreation in communities.