

Lowering Your Risk for Cancer

Dietary Guidelines

- Reduce the intake of total dietary fat to a level of no more than 30% of total calories and, in particular, reduce the intake of saturated fat to less than 10% of total calories
Increase the consumption of fruits, vegetables and whole grains.
- Consume salt-cured, salt pickled and smoked foods only in moderation.
- Drink alcoholic beverages only in moderation, if at all.

Healthy Eating Ideas

- Trim all visible fat from meat, remove skin from poultry, and limit portion size.
- Substitute low fat or nonfat dairy products for those high in fat.
- Choose salad dressings that are nonfat or low in fat.
- Reduce the amount of fat used in cooking.
- Alter selected baking recipes by using one third of half the recommended fat.
- Use whole wheat flour for part of refined white flour in many recipes.
- Buy bread that is made from 100% whole grain flour.
- Select fruit as a snack instead of chips, cookies, or candy.
- Increase your Vitamin C intake by eating more broccoli, cauliflower, red and green peppers, tomatoes, citrus fruits, strawberries, and potatoes.
- Eat plenty of broccoli, carrots, sweet potatoes, and cantaloupe which are very good sources of carotenoids.
- Eat vegetables raw or cooked quickly by steaming, microwaving, or stir-frying with vegetable oil spray, water or broth.
- Substitute fruit and vegetable juice for some of your coffee, tea or soda.

Source: The American Institute for Cancer Research