

Nutrition, Lifestyle, and Cancer: What is the Connection?

The American Cancer Society has found that nearly one-third of all cancer deaths in the United States are related to poor nutrition, excess weight, and lack of physical activity. In fact, many of the most common cancers today are thought to be caused, in part, by poor lifestyle choices. These cancers can include:

- Breast cancer
- Colorectal cancer
- Lung cancer
- Stomach cancer
- Bladder cancer
- Endometrial cancer
- Kidney cancer
- Mouth, throat, and esophagus cancers
- Pancreatic cancer

The good news is that studies have also shown that making healthy lifestyle choices can help decrease the risk for these and other cancers! The American Cancer Society's Nutrition and Physical Activity Guidelines provide helpful tips for a happy and healthy life:

1. Maintain a healthy weight throughout your life
 - Balance calorie intake with physical activity
 - Avoid excessive weight gain throughout life
 - Achieve and maintain a healthy weight if you are overweight or obese
2. Adopt a physically active lifestyle
 - Adults should aim for at least 30 minutes of exercise 5 or more days a week, but 45-60 minutes is best!
 - If you are trying to maintain weight loss, aim for 90 minutes 5 or more days a week
 - Children should try to get at least 60 minutes of exercise 5 or more days a week
3. Eat a healthy diet, with a focus on plant sources
 - Choose foods and drinks in amounts that help achieve and maintain a healthy weight
 - Eat 5 or more servings of fruits and vegetables each day
 - Choose whole grains instead of refined grains
 - Limit intake of red meats
 - Use non-frying methods of cooking, such as baking, grilling, sautéing, steaming, or roasting
4. If you drink alcoholic beverages, limit your intake
 - Drink no more than one drink a day for women, or two a day for men

For more information on following a healthy lifestyle and decreasing cancer risk, contact your local extension office, or visit the following websites:

<http://edis.ifas.ufl.edu/>

www.eatright.org

www.cancer.org