Living Smart

The American Cancer Society’s Guide to Eating Healthy and Being Active
Eating a healthy diet and being physically active are good for you. It’s as simple as that. That’s why the American Cancer Society developed nutrition and physical activity guidelines. This booklet contains tips to help you make those guidelines a part of your everyday life and to help you stay well. With just a few simple changes, you will find that you and your family can eat healthier and be more active – important steps on the road to good health.
Living smart quiz
Are you living smart? Check “Yes” or “No” next to each question, then keep reading to see how you can keep living smart!

1. I eat at least 2½ cups of vegetables and fruits every day.
2. I eat whole-grain bread, pasta, and cereal instead of refined grain products.
3. I try to choose foods low in calories and fat.
4. I rarely eat red meat or processed meat like bacon, hot dogs, and sausage.
5. I take it easy on high-calorie baked goods, such as pies, cakes, cookies, sweet rolls, and doughnuts.
6. I rarely add butter, margarine, oil, sour cream, or mayonnaise to foods when I’m cooking or at the table.
7. I rarely (less than twice a week) eat fried foods.
8. I try to maintain a healthy weight.
9. I get at least 150 minutes (2.5 hours) of moderate or 75 minutes (1 hour, 15 minutes) of vigorous physical activity throughout each week.
10. I usually take the stairs instead of waiting for an elevator.
11. I try to spend most of my free time being active, instead of watching television or sitting at the computer.
12. I never, or only occasionally, drink alcohol.
How do you rate?

0-4
“Yes” answers: Diet alert!
Your diet is probably too high in calories and fat and too low in plant foods like vegetables, fruits, and grains. You may want to take a look at your eating habits and find ways to make some changes. Need to increase your vegetables and fruits? Stay at a healthy weight? See pages 14, 15, and 16 for some practical tips.

4-8
“Yes” answers: Not bad! You’re halfway there!
You still have a way to go. Look at your “No” answers to help you decide which areas of your diet need to be improved, or whether your physical activity level should be increased. See pages 15 and 16 for ways to eat more plant foods, page 18 for tips on meats to eat, and pages 7 and 11 for increasing your physical activity.

9-12
“Yes” answers: Good for you! You’re living smart!
Keep up the good habits, and keep looking for ways to improve.
The American Cancer Society
Nutrition and Physical Activity Guidelines
for Cancer Prevention

1. GET TO AND STAY AT A HEALTHY WEIGHT THROUGHOUT YOUR LIFE.

Aim to be as lean as possible without being underweight. If you are overweight or obese, losing even a few pounds will improve your health and is a good place to start. The best way to get and stay leaner is to combine healthy eating with plenty of physical activity.

Being overweight or obese is linked with an increased risk of developing several types of cancer (and other serious health problems). Overweight and obese people can lower their risk for these health problems by losing weight.

Q: What’s the right weight for me?

A: Knowing your body mass index (BMI) can tell you if your weight is right for someone of your height. Shoot for a body mass index (BMI) of less than 25.

The best way to control your weight is to burn more calories than you eat. Increasing your physical activity and watching your portion sizes, especially of foods high in fat and/or added sugar, can help you do just that. Not sure if your weight falls within the “healthy” range? See the table on the next page.
Find your height in the left-hand column. Then look across that row to find the number closest to your weight. At the top of that column is your BMI.

If your height or weight isn’t listed in the table, here’s a shortcut method for calculating BMI: Multiply your weight (in pounds) by 703 and then divide this number by your height (in inches) squared (i.e., height x height).

<table>
<thead>
<tr>
<th>Height</th>
<th>Body Mass Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>19 20 21 22 23 24 25 26 27 28 29 30 35 40</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>91 96 100 105 110 115 119 124 129 134 138 143 148 167 191</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>94 99 104 109 114 119 124 128 133 138 143 148 153</td>
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<tr>
<td>5'1&quot;</td>
<td>107 113 118 124 130 135 141 146 152 158 163 169 197 225</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>110 116 122 128 134 140 145 151 157 163 169 174 204 232</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>114 120 126 132 138 144 150 156 162 168 174 180 210 240</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>118 124 130 136 142 148 155 161 167 173 179 186 216 247</td>
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<tr>
<td>5'5&quot;</td>
<td>121 127 134 140 146 153 159 166 172 178 185 191 223 255</td>
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<td>5'6&quot;</td>
<td>125 131 138 144 151 158 164 171 177 184 190 197 230 262</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>128 135 142 149 155 162 169 176 182 189 196 203 236 270</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>132 139 146 153 160 167 174 181 188 195 202 207 243 278</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>136 143 150 157 165 172 179 186 193 200 208 215 250 286</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>140 147 154 162 169 177 184 191 199 206 213 221 258 294</td>
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<td>6'1&quot;</td>
<td>144 151 159 166 174 182 189 197 204 212 219 227 265 302</td>
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<td>6'2&quot;</td>
<td>148 155 163 171 179 186 194 202 210 218 225 233 272 311</td>
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<tr>
<td>6'3&quot;</td>
<td>152 160 168 176 184 192 200 208 216 224 232 240 279 319</td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>156 164 172 180 189 197 205 213 221 230 238 246 287 328</td>
</tr>
</tbody>
</table>

Source: World Health Organization
2. BE ACTIVE.

Physical activity can lower the risk of several types of cancer, by helping you get to and stay at a healthy weight. It also affects levels of hormones that contribute to cancer formation.

**How much activity do I need?**

- *Adults:* Get at least 150 minutes (2½ hours) of moderate or 75 minutes (1 hour, 15 minutes) of vigorous activity each week, or an equivalent combination. Spreading this activity throughout the week is better than trying to accomplish it all in 1 or 2 days.

- *Children and teens:* Get at least 1 hour of moderate or vigorous activity each day, with vigorous activity at least 3 days each week.

**Moderate activity** is anything that makes you breathe as hard as you do during a brisk walk. During moderate activities, you’ll notice a slight increase in heart rate and breathing, but you probably won’t break a sweat. Moderate activities might include dancing, doubles tennis, or pushing a lawn mower.

**Vigorous activities** are performed at a higher intensity. They cause an increased heart rate, sweating, and a faster breathing rate. Examples include jogging, singles tennis, digging, and other heavy manual labor.

Activities that improve strength and flexibility, such as weight lifting, stretching, or yoga, are also beneficial.
**Have fun and be fit!**

Improve your energy level! Reduce your stress! Control your weight! Lower your risk of cancer, heart disease, osteoporosis, and diabetes! How? By increasing your physical activity.

The best news is that all of these benefits can begin with moderate activity. And if you enjoy more vigorous activities, that’s great, too. What’s important is that everyone be more active every day. And it is never too late to start.

You can be active by walking briskly, swimming, gardening, doing housework, and even dancing! The more you do, the better. If you have children, be active with them. Look at the table below for examples of moderate and vigorous activities.

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**Examples of moderate- and vigorous-intensity physical activities**

<table>
<thead>
<tr>
<th></th>
<th><strong>Moderate-intensity activities</strong></th>
<th><strong>Vigorous-intensity activities</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exercise and leisure</strong></td>
<td>Walking, dancing, leisurely</td>
<td>Jogging or running, fast</td>
</tr>
<tr>
<td></td>
<td>bicycling, ice or roller</td>
<td>bicycling, circuit weight</td>
</tr>
<tr>
<td></td>
<td>skating, horseback riding,</td>
<td>training, aerobic dance,</td>
</tr>
<tr>
<td></td>
<td>canoeing, yoga</td>
<td>martial arts, jumping</td>
</tr>
<tr>
<td></td>
<td></td>
<td>rope, swimming</td>
</tr>
<tr>
<td><strong>Sports</strong></td>
<td>Volleyball, golfing, softball,</td>
<td>Soccer, field or ice hockey,</td>
</tr>
<tr>
<td></td>
<td>baseball, badminton,</td>
<td>lacrosse, singles tennis,</td>
</tr>
<tr>
<td></td>
<td>doubles tennis, downhill</td>
<td>racquetball, basketball,</td>
</tr>
<tr>
<td></td>
<td>skiing</td>
<td>cross-country skiing</td>
</tr>
<tr>
<td><strong>At home</strong></td>
<td>Mowing the lawn (push mower),</td>
<td>Digging, carrying and</td>
</tr>
<tr>
<td></td>
<td>general yard or garden</td>
<td>hauling, masonry,</td>
</tr>
<tr>
<td></td>
<td>maintenance, vacuuming</td>
<td>carpentry</td>
</tr>
<tr>
<td></td>
<td>the house</td>
<td></td>
</tr>
<tr>
<td><strong>At work</strong></td>
<td>Walking and lifting as part of</td>
<td>Heavy manual labor</td>
</tr>
<tr>
<td></td>
<td>the job (custodial work, farming,</td>
<td>(forestry, construction,</td>
</tr>
<tr>
<td></td>
<td>auto or machine repair)</td>
<td>firefighting)</td>
</tr>
</tbody>
</table>

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Don’t be a couch potato!
Spend less time sitting, lying down and watching television, playing video games and other forms of screen-based entertainment. Instead, get up and get moving!

It adds up.
Anything is better than nothing! Doing any intentional physical activity above your usual activities can have many health benefits. Your daily amount of activity doesn’t need to be continuous, but is most valuable if done at least 20 minutes at a time.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories burned per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watching TV</td>
<td>72</td>
</tr>
<tr>
<td>Vacuuming or mopping</td>
<td>150</td>
</tr>
<tr>
<td>Strolling</td>
<td>206</td>
</tr>
<tr>
<td>Playing with children</td>
<td>216</td>
</tr>
<tr>
<td>Golf</td>
<td>240</td>
</tr>
<tr>
<td>Brisk walk</td>
<td>297</td>
</tr>
<tr>
<td>Gardening</td>
<td>324</td>
</tr>
</tbody>
</table>
Active substitutions

Don’t think you have time to add physical activity to your day? Consider simple substitutions. Think about how much time you spend sitting, versus being active.

Are there ways to replace sitting with moving? For instance:

- Use the stairs instead of the elevator.
- Walk or bike to your destination.
- Be active at lunch with your co-workers, family, or friends.
- Take a 20-minute activity break at work to stretch, or take a quick walk.
- Walk to visit co-workers instead of sending an email message.
- Go dancing with your spouse or friends.
- Plan active vacations, rather than driving trips.
- Wear a pedometer every day to increase your steps.
- Join a sports or recreation team.
- Use a stationary bicycle or treadmill while watching TV.
- Plan your activity routine to slowly increase the days per week and minutes per session.
Whether you set aside time to exercise or do short bursts of activity throughout your day, the most important thing is to get up and get moving.

**Strike a balance.**

Ads for expensive exercise equipment and special diets can make healthy living look complicated. But the truth is there’s no secret to getting to a healthy weight. It’s as simple as balancing the calories you eat with the calories you burn. When that doesn’t happen, you gain weight.

Remember that everything you eat contains calories, and everything you do uses calories. For example, if you weigh 150 pounds and are active, you need 2,250 calories per day to maintain this weight, versus 1,950 calories if you are sedentary.

It helps to know that 1 pound of body fat equals 3,500 calories. That means that to lose 1 pound per week, you need to create a “deficit” of 500 calories per day. You can do this by eating 250 fewer calories a day and burning an extra 250 calories through physical activity (for example, by walking 2.5 miles).

<table>
<thead>
<tr>
<th>Activity</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate walking</td>
<td>95</td>
</tr>
<tr>
<td>Scrubbing floors</td>
<td>89</td>
</tr>
<tr>
<td>Dancing</td>
<td>70</td>
</tr>
<tr>
<td>Bicycling</td>
<td>39</td>
</tr>
<tr>
<td>Running</td>
<td>28</td>
</tr>
</tbody>
</table>

The chart below is an example of how much time it takes a 160-pound person to burn off a large order of fries (400 calories).
Youth on the move

It’s as important for kids to be active as it is for adults. In fact, the American Cancer Society recommends that kids do more. They need at least 1 hour of moderate or vigorous activity each day, with vigorous activity on at least 3 days a week.

Yet most young people do not get this much activity, and are likely to become sedentary adults. This means they’ll have greater risk for diabetes, cancer, and heart disease. What can you do about it?

Look for chances to encourage kids to be active, even if it’s just a quick game of hide-and-seek, or a pickup basketball game. Kids develop habits early in life, and you can help give them a healthy start.

Tips for parents

• Discuss the value of physical activity with your kids.

• Set limits on how much time they can watch TV and play video or computer games.

• Create new routines, like taking a walk after dinner or playing in a park on the weekends.

• Plan physical activities for family events, such as birthday parties, picnics, and vacations.

• Encourage your kids to take part in school and community sports programs.

• Advocate for quality physical education and school health programs in your kids’ school.

• Choose a doctor for your teen who will encourage and explain the benefits of physical activity.

• Be a good role model, and join in the fun.

As your kids get older, it can become harder to find time to be active together. Post a list to remind the family of activities that can be enjoyed together, such as hiking, biking, gardening, skating, swimming, and canoeing.
Tips for the stroller set

• Toddlers are the perfect exercise partners. They have plenty of ideas about how to be active; just follow their lead!

• Music and dancing are favorite toddler activities. This is the only time in their lives when they’ll be impressed by your fancy footwork, so don’t be shy. Look for children’s music CDs that feature games and dancing.

• Consider starting a baby-sitting co-op with your neighborhood, church, or family. One or two parents take turns watching the children for about an hour while the others go for a walk or engage in some other activity.

Don’t have a child of your own? Borrow one from friends or family, and give parents a needed break. Or volunteer with a youth sports or recreation program.

Safety first

By following a few practical guidelines, you can ensure that your physical activity is fun and safe.

• Most people can begin a program of moderate activity with little supervision. But, if you are planning on doing more strenuous or intense activities, be sure to get checked out by your doctor first.

• If you are just starting to be active regularly, start slowly and increase duration, intensity, and frequency over time.

• Warm up and stretch to reduce chance of injury.

• Be active with a partner.

• Drink plenty of water before, during, and after physical activity.

• Don’t overdo it. There is no gain from pain.

• Always follow instructions and safety recommendations when using exercise equipment or machinery.

• Wear comfortable clothes and the right kind of shoes.
When being active outdoors

• Wear safety gear when necessary – for example, a helmet and padding while rollerblading or cycling.

• Obey traffic rules, or avoid traffic by using parks and trails.

• When you are active outdoors at night, choose well-lit areas where there are other people.

• Be sure to wear reflective clothing so cars can see you at night.

• Avoid outdoor activities in extreme hot or cold weather.

• Don’t be a couch potato – but don’t be a baked potato either:

  Wear protective clothing when out in the sun.
  Wear sunscreen with a sun protection factor (SPF) of 30 or higher.
  Wear sunglasses and a hat that shades your face, neck, and ears.
  Plan outdoor activities that avoid the midday sun (10 a.m.-4 p.m.).
  Sunscreen isn’t recommended for babies younger than 6 months old. So protect them with appropriate clothing, and keep them in the shade.

If you have lightheadedness, chest pain, extreme tiredness, nausea, or moderate to severe muscle or joint pain, stop exercising and call your doctor.
What to do if you are injured

If the injury is serious, seek medical care right away. See your doctor if:

- Your pain is extreme or doesn’t get better.
- The injury doesn’t heal in a reasonable amount of time.
- You develop an infection or fever.
- You have an injury to a joint that causes swelling.
- You are unsure about the severity of the injury.

If your injury is not serious, follow the RICE principle:

- Rest the injured area right away.
- Ice the area right away to reduce swelling.
- Compress the injured area with an elastic bandage or cloth to help reduce swelling.
- Elevate the injured area.

3. EAT A VARIETY OF HEALTHY FOODS, WITH MORE FOODS FROM PLANT SOURCES.

Choose foods and beverages in amounts that help you get to and stay at a healthy weight.

- Read those food labels! Be more aware of portion sizes and calories consumed. “Low-fat” or “non-fat” does not always mean “low-calorie”; some of these foods have lots of calories from added sugar.
- Don’t supersize your plate and yourself! Eat smaller portions of high-calorie foods. Eat vegetables, whole fruit and other low-calorie foods instead of high-calorie foods such as french fries, potato and other chips, ice cream, doughnuts, and other sweets.
- Limit the number of sugar-sweetened beverages you drink, such as soft drinks, sports drinks, and fruit drinks.
- When you eat away from home, choose foods that are low in calories, fat, and sugar, and avoid eating large portions.
Eat 2½ cups or more of vegetables and fruits each day.

• Include vegetables and fruits at every meal and eat them for snacks.
• Eat a variety of vegetables and fruits each day.
• Choose whole fruits and vegetables and 100% juice if you drink vegetable or fruit juices.
• Limit use of creamy sauces, dressings, and dips with fruits and vegetables.

Mom was right.

Eat your vegetables and fruits! They contain important vitamins, minerals, phytochemicals, and antioxidants, and are usually low in calories. In general, those with the most color – green, red, yellow, and orange – have the most nutrients.

Eating 2½ cups of vegetables and fruits or more each day may not be that hard to do when you think about it.

• 1 side salad at lunch = 1 cup
• 1 medium piece of fruit = 1 cup
• Juice at breakfast = ½ to 1 cup

Add fruit to your cereal and have a glass of juice at breakfast; add lettuce and tomato to your sandwich at lunch; and have a salad and cooked vegetable with dinner – and there’s your 2½ cups for the day!
Q: Can eating more vegetables and fruits help me lose weight?

A: Eating more vegetables and fruits in place of higher-calorie foods can help you eat fewer calories – important for helping control weight. To help control calories, choose whole fruits and vegetables instead of juice, avoid fried vegetables, limit high-calorie sauces, and cut back on high-sugar, fruit-based desserts.

Q: Fresh? Frozen? Canned? What’s the best choice?

A: Canned and frozen vegetables and fruits can be just as nutritious as fresh and, depending on the season, may be cheaper. Watch out for canned fruits packed in heavy syrup and for vegetables high in sodium. Choose frozen fruits without added sugar and frozen vegetables without high-fat sauces.

Q: Can supplements reduce my risk of cancer?

A: No, based on what we know at this time. A diet rich in vegetables, fruits, and other plant-based foods may reduce the risk of cancer, but there is little proof that dietary supplements can reduce cancer risk. Some high-dose supplements may actually increase cancer risk.

Some dietary supplements may be beneficial for other reasons for some people, such as pregnant women, women of childbearing age, and people with...
restricted dietary intakes. If a person chooses to take a dietary supplement, the best choice is a balanced multivitamin/mineral supplement containing no more than 100% of the “daily value” of most nutrients.

Q: Can I get the nutritional equivalent of vegetables and fruits in a pill?

A: No. Many healthful compounds are found in vegetables and fruits, and these compounds most likely work together to produce their helpful effects. There are also likely to be important compounds in whole foods that are not yet known and are not included in supplements. Some supplements are described as containing the nutritional equivalent of vegetables and fruits. But the small amount of dried powder in such pills often contains only a small fraction of the levels contained in the whole foods. Food is the best source of vitamins and minerals.

Q: What about pesticides?

A: Although vegetables and fruits sometimes contain low levels of pesticides, the overall health benefits and cancer-protective effects of eating vegetables and fruits outweigh the risks. However, it’s always a good idea to wash your vegetables and fruits before you eat them.

Q: I hear a lot about soy. Can eating soy reduce my risk of cancer?

A: Soy contains several phytochemicals called isoflavones that have weak estrogen-like activity and may help protect against hormone-dependent cancers. There is growing evidence that eating soy foods
such as tofu may lower the risk of cancers of the breast, prostate, or endometrium (lining of the uterus), and there is also some evidence it may lower the risk of certain other cancers. Whether this applies to foods that contain soy protein isolates or textured vegetable protein derived from soy is not known. There is little data to support the use of soy supplements for reducing cancer risk.

**Choose whole grains rather than refined-grain products.**

- Choose whole-grain foods such as whole-grain breads, pasta, and cereals (such as barley and oats), and brown rice instead of white rice, breads, cereals, and pasta made from refined grains.

- Limit how much you eat of refined carbohydrate foods, such as pastries, candy, sweetened breakfast cereals, and other high-sugar foods.

**Q: I see “wheat” bread and “whole-wheat” bread at the store. What’s the difference?**

**A:** The whole-wheat bread has more fiber and is more nutritious. If it just says “wheat bread,” the bread is probably made with refined white flour. Look for “whole grain” as the first ingredient on labels for bread, cereal, and crackers. Choose whole grains over processed (white) grains when possible.

**Limit the amount of processed meat and red meat you eat.**

- Lower how much you eat of processed meats, such as bacon, sausage, luncheon meats, and hot dogs.

- Choose fish, poultry, or beans instead of red meat (beef, pork, and lamb).

- If you eat red meat, select lean cuts and eat smaller portions.
• Prepare meat, poultry, and fish by baking, broiling, or poaching rather than by frying or charbroiling.

A cut above

When you eat meat, try to select lean cuts. Choose cuts of beef with “loin” or “round” on the label. Look for pork with “loin” or “round” in the name. Or, look for cuts that don’t have a lot of fat streaks (marbling) in them. Also, be sure to trim any visible fat you see – an easy way to drastically reduce the saturated fat!

It’s also a good idea to eat smaller portions of meat. Aim for 3 to 4 ounces, and think about meat as a side dish to your meal, instead of the entree.

Q: Does the way I cook meat affect my risk for cancer?

A: Frying or charbroiling meats at very high temperatures creates chemicals that might increase cancer risk. Although these chemicals cause cancer in animal experiments, it’s not clear if they actually cause cancer in people. Best advice: Limit how often you grill meats, don’t eat any charred parts, and precook meats a little before you put them on the grill to limit their time being grilled.

Q: I hear a lot about trans fats. What are they, and do they affect my risk for cancer?

A: Trans fats are formed when vegetable oils are processed and made more solid, for example when margarine is produced. They typically are found in many processed foods, and are found naturally in meats and dairy products. The amount of trans fats must be listed on the nutrition

Quick tip:
Look for “ground turkey breast” on the label; if it just says “ground turkey,” it has the high-fat skin ground up with it.
facts panel, but a product can have up to 0.5 grams per serving and still say “0 grams.” Check the ingredients list and limit foods that have “hydrogenated” oil listed; that’s a sign that the product contains trans fats. Trans fats raise cholesterol levels like saturated fats do, but their effect on cancer risk is less clear. Your best bet is to include healthy fats, such as olive oil, peanut and other nut oils, and fish oils to reduce your risk of heart disease and cancer.

**Q: What about olive oil?**

**A: No matter what oil you choose, all oils are high in calories and fat. The difference is the type of fat. Olive oil is made up mostly of monounsaturated fat – fat that protects against heart disease. However, use of olive oil does not appear to either increase or decrease the risk of cancer.**

4. **IF YOU DRINK ALCOHOL, LIMIT HOW MUCH YOU DRINK.**

- Drink no more than 1 drink per day for women or 2 per day for men.
- A drink is 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

Alcohol increases your risk of developing several types of cancer (including breast, mouth, throat, larynx, esophagus, liver, colon, and rectum cancers) and several other health problems. Cancer risk increases with the amount of alcohol consumed. For cancers of the mouth, esophagus, and larynx, the risk increases greatly with the intake of more than 2 drinks per day. Using alcohol and tobacco together increases the risk of these cancers even more, compared to drinking or smoking alone.
The risk of breast cancer increases with just a few drinks per week. Women at high risk for breast cancer may consider not drinking alcohol at all. Reducing alcohol intake is a good way for women who drink regularly to help reduce their risk of breast cancer.

Children and teens; pregnant women; people on medicines affected by alcohol; and those who are driving, operating machinery, or unable to drink moderately should not drink alcohol.

Q: I thought a glass of wine each day was good for me.

A: For some people, especially men older than 50 and women older than 60, the cardiovascular benefits of moderate drinking probably outweigh the risk of cancer. Talk to your health care provider about your risk factors for both heart disease and cancer, and make an informed decision about alcohol.

5. HELP TO CREATE HEALTHY AND ACTIVE COMMUNITIES.

Any change you try to make for a healthier lifestyle is easier when you live, work, play, or go to school in a community that supports healthy behaviors. Look for ways to make your community a healthier place to live.

- Ask for healthier meal and snack choices at school or work. Support stores and restaurants that sell or serve healthy options.
• Help make your community an easier place to walk, bike, and enjoy a variety of physical activities.

The Community Connection

Do you live in a neighborhood where kids can walk to school, or do speeding traffic and a lack of sidewalks make walking dangerous? Can you get good-quality, affordable vegetables and fruits at your worksite, or are your only options high-fat snacks in the vending machine? It’s not always easy to make the healthy choice because sometimes the environments in which we live, work, or go to school offer limited options. That is why the American Cancer Society encourages communities to work together to make sure healthy choices are always available to help people stay well.
Your Start to Living Smart

Congratulations! You’ve taken the first step to a healthier lifestyle. By using the American Cancer Society nutrition and physical activity guidelines to guide your choices, you can look and feel your best and reduce your risk of cancer and other diseases. Try a few of these tips each day until they become part of your daily routine. Eating right and being active are your smart starts to healthy living.

If you’d like more information about healthy lifestyles and ways to help prevent cancer and stay well, contact the American Cancer Society.

We save lives by helping you stay well, helping you get well, by finding cures, and by fighting back.

cancer.org | 1.800.227.2345