

Nutrition and the Cancer Survivor



Special Populations Series

AICR Research Grants (partial listing)

Effects of Folic Acid Metabolism on DNA Repair

Richard Branda, M.D., University of Vermont

Diet and Exercise Targeting Weight Loss in Public Hospital Breast Cancer Patients

Rowan Chlebowski, M.D., Ph.D.

Harbor-University of California at Los Angeles Medical Center

Prepubertal Soy Diet and Breast Cancer Risk: Role of Estrogen Receptors and Tumor Suppressor Genes

Leena Hilakivi-Clark, Ph.D., Lombardi Cancer Center

Iron Increases Breast and Prostate Cancer Cells Invasion

Andre Kajdacsy-Balla, M.D., Ph.D.

Medical College of Wisconsin

Anti-Angiogenesis Effects of IP6

Ivana Vucenik, Ph.D., University of Maryland School of Medicine

Inactivation of CYP1A1 by Flavones – Lung Cancer Prevention

Thomas Walle, Ph.D., Medical University of South Carolina

Prostaglandin E Receptors and Intracellular Calcium Signaling in Intestinal Tumorigenesis

Jay Whelan, Ph.D., University of Tennessee

This brochure gives information based on the AICR Recommendations for Cancer Prevention, developed from the Expert Report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Report*.

AICR Guidelines for Cancer Prevention



The choices you make about food, physical activity and weight management can reduce your chances of developing cancer.

- Choose mostly plant foods, limit red meat and avoid processed meat.
- Be physically active every day in any way for 30 minutes or more.
- Aim to be a healthy weight throughout life.

And always remember – do not smoke or chew tobacco.

Contents

1	Introduction	2
2	Understanding the Diet-Cancer Connection	3
3	Diet and Lifestyle for Survivors	5
4	Evaluating Nutrition Information.	13
5	Common Questions	16
6	A Final Word.	18
7	Additional Resources	19

1 Introduction

Surviving a bout with cancer can change how you see the world. You might find yourself more determined than ever to embrace new experiences, to “seize the day.” You might emerge with a deeper appreciation of family, friends and other quiet comforts that many of us take for granted.

Whatever your experience, sooner or later you will face the kind of practical, everyday questions that accompany life as a cancer survivor: Now what? How should I live? More than 10 million Americans confront those questions daily.

Maybe your doctor has recommended some healthy changes to your diet. You probably already know that eating well and staying active can promote overall health and a sense of well being. But did you know that making those same changes may also help keep your cancer from returning?

Of course, scientific study of the nutritional needs of cancer survivors is still in its very early stages, and there are no guarantees. But research that has been building for years suggests that healthy diets can actually help your body prevent or even halt the development of many cancers. Experts at AICR have reviewed the available science on diet and survivorship. Our advice,

based on that analysis: Making the dietary changes we recommend for cancer prevention may help you fend off both recurrence and secondary cancers.

This booklet contains simple advice that been specifically tailored to the cancer survivor. You will read about the state of the research – what science does and does not yet know. You will learn tips for making small, everyday adjustments in what you eat and how you live. We'll also help you make sense of confusing and contradictory health claims, so you can make informed decisions on your own.

2 Understanding the Diet-Cancer Connection

Many factors influence the development of cancer. Over the last 25 years, science has shown that diet, physical activity and weight – especially weight – are major risk factors. By following a healthy diet, staying active and avoiding excess body fat, we can boost our body's capacity to resist cancer.

Study after study suggests that a healthful diet – one high in a variety of vegetables, fruits, whole grains and beans, low in red and (especially) processed meat – can fight cancer at several stages. Scientists have known for some time that this overall pattern of eating provides plenty of nutrients that help defend the body against cancer and other diseases. And now research is revealing some of the ways that the vitamins, minerals and protective substances within plant foods can do more than this – much more.

Scientists have identified a host of naturally occurring substances in vegetables, fruits and other plant foods with the power to defuse potential carcinogens. Some of these nutrients and natural phytochemicals (phyto = plant) seek out dangerous substances and usher them from the body before they can cause the kind of cellular damage that may lead to cancer. Others seem to make it easier for the body to make repairs at the cellular level. Still others may help starve new cancer cells before they can reproduce.

Even after a cell begins to accumulate damage that may lead to cancer, what we eat and how we live can still help short-circuit the cancer process. After cancer has developed, several nutrients also have been shown to delay its progression from one stage to another; this gives the body more time to defend itself.

Much of the research conducted over the last few years has established the central importance of achieving and maintaining a healthy weight. Being at a healthy weight seems to establish a biochemical status that discourages cancer growth. The good news is that, once you start eating a healthy, varied diet and being physically active, it becomes much more likely that you'll naturally reach a healthy weight and stay there.

Scientists have only just begun to investigate how a healthy diet, regular physical activity and managing weight impact cancer survivors. But the science that has accumulated thus far suggests that following a few simple dietary guidelines that help prevent cancer may also help guard against its return.

By following a healthy diet and staying physically active, we can avoid excess body fat and boost our body's capacity to resist cancer.

3 Diet and Lifestyle for Survivors

AICR published the landmark report *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*. A panel of 21 international experts assessed the evidence from nearly 7,000 studies on every aspect of diet, physical activity and body weight in relation to cancer risk.

A chapter of this landmark report is devoted to the relatively new science related to cancer survivorship. Although the panel concluded that this still-emerging evidence is not yet clear enough to yield detailed advice specifically targeted to cancer survivors, they did include a special recommendation for cancer survivors in the Expert Report. That recommendation says: Once treatment has ended, cancer survivors should adopt the panel's recommendations for cancer prevention.

AICR Recommendation for Cancer Prevention

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.

7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.

Special Population Recommendations

9. It is best for mothers to breastfeed exclusively for up to six months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – do not smoke or chew tobacco.

Scientists estimate that following these recommendations could help prevent at least one-third of all cancers. The most exciting news is that even small dietary and lifestyle changes can produce large health benefits. Eating just one or two more servings of vegetables and fruits a day, switching from white to whole-grain bread and increasing the length of your daily walk will all make a positive impact on your health.

Watch your waist: Aim to get and stay as lean as your doctor says is healthy for you.

You may have nutritional challenges caused by certain cancer treatments. Talk to your physician about what would be a healthy weight for you.

If you are underweight, you may wish to include liquid nutritional products in your diet.

If you are unable to eat a large meal at one sitting, try having smaller, more frequent meals throughout the day.

If you have experienced unintentional weight gain, talk to your doctor.

Note: any attempt to lose extra pounds should come after your recovery from treatment.

Why is weight so important? The research is clear on this point: carrying extra body fat – particularly excess abdominal body fat – means a higher risk of cancer. Being overweight places a variety of biochemical stresses on the body that, over time, seem to make it easier for the cancer process to begin.

So it just makes sense to reduce your risk by managing your weight.

Rethink your ratio: Fill up your plate with more plant foods and less animal food.

Take a look at your plate. Try to make sure that plant foods like vegetables, fruits, whole grains and beans always take up most of the room – at least 2/3 of the plate. Let red meat, cheese and other animal foods take up only 1/3 or less. (As for processed meats like cold cuts, bacon, sausage and ham, the research suggests they should only show up on your plate on rare occasions, or not at all.)

That doesn't mean you have to become a vegetarian or give up the foods you love. But it's clear that adopting an overall pattern of eating that's high in many different plant foods and low in animal foods is protective.

Remember: it's your overall pattern of eating – what you eat most of the time – that counts. An occasional trip to the deli or a slice of ham at holidays won't undo the other healthy changes you make, especially if those changes become part of your everyday routine.

Use meat as a condiment instead of a main course. Try meatless meals several times a week – a veggie stir-fry, spinach lasagna or black bean burritos.

Experiment with “meaty” plant-based foods. Beans and tofu are filling and a good nutritional substitute for meat. Mushrooms and eggplant have a “meaty” texture. Try a bean and pasta soup, some cubes of firm tofu mixed into a salad or a grilled portabello mushroom sandwich.

To maximize the variety of protective phytochemicals in your diet, look for colorful produce. Intense color often indicates high levels of nutrients and phytochemicals, so try dark leafy greens, tomatoes, strawberries, blueberries, carrots and cantaloupe.

Stock up on canned and frozen vegetables and fruits. Since the produce is packed right after harvesting, it contains nutrient levels comparable to fresh and frozen vegetables and fruits. Make sure to choose canned fruits packed in juice or water, not syrup. Also check labels for added sugar or sodium.

Sneak in extra servings of plant-based foods throughout the day. At breakfast, have a glass of 100 percent fruit juice and whole-wheat bread. For snacks, munch on raw carrots, fresh berries or a few dried apricots. End your meal with a tasty baked or microwaved apple sprinkled with cinnamon and a little brown sugar.

While you're making these adjustments to your meal proportions, keep an eye on the portions of food you eat. The USDA chart on page 9 lists standard serving sizes. Measure out your typical portion and pour it onto an empty plate. Then measure how many standard servings actually go into your typical portion. You might be surprised. Is it enough food to meet your nutritional needs? Is it too much food in relation to your activity level?



Standard Serving Sizes for Average Adult

Chopped Vegetables	½ cup	½ baseball or rounded handful
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or handful
Fresh Fruit	1 medium piece ½ cup chopped	1 baseball ½ baseball or rounded handful
Dried Fruit	¼ cup	1 golf ball or scant handful
Pasta, Rice, Cooked Cereal	½ cup	½ baseball or rounded handful
Ready-to-Eat Cereal	1 oz. which varies from ¼ cup to 1 ¼ cups (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	½ cup cooked	½ baseball or rounded handful
Nuts	⅓ cup	Level handful
Cheese	1 ½ oz. (2 oz. if processed cheese)	1 oz. looks like 4 dice

Source: U.S. Department of Agriculture

Adjust your volume: Fill up on foods that are less “energy-dense.”

There’s another, equally important reason to adjust your plate proportions so they favor vegetables, fruits and other plant foods over animal foods. Meat and full-fat dairy products are examples of what nutritionists call energy-dense foods. That simply means that they pack a lot of calories into every ounce. Some other notably energy-dense foods include chips, fries, cookies and other products low in fiber and high in fat.

Plant foods, on the other hand, contain relatively few calories per ounce. With vegetables, fruits, whole grains and beans, it’s not fat that provides the “substance” that fills you up. It’s non-caloric fiber and water. That’s why eating a plant-based diet allows you to eat more while you are consuming fewer calories.

Over time, this pattern of eating helps you manage your weight – which, don’t forget, offers its own cancer protection.

Making low-energy-dense foods like vegetables, fruits, whole grains and beans the main part of your diet means you will be less likely to overindulge in fatty meats and sweets.

Snack wisely. There is no need to avoid eating between meals if you choose healthy snacks. They can boost your fruit and vegetable intake, provide essential nutrients and give you extra energy in the late morning or afternoon.

To add variety to your meals and snacks, try unfamiliar foods in the produce aisle like kiwi, papaya, wild mushrooms or jicama.

Broth-based soups tend to be much lower in energy-density and can fill you up.

Thirsty at work? Head to the water cooler instead of the vending machine. Sugary drinks like sodas and fruit punches may not be energy-dense (if only

because they're mostly water) but they do provide lots of calories without filling you up.

Get moving: By physically active however you like, whenever you can.

Physical activity can help rebuild your strength and agility, relieve stress and help you maintain an optimal weight. Even light physical activity can stimulate the appetite, aid digestion and regulate bowel movements.

Consult your physician or physical therapist before starting or increasing physical activity. Ask for advice on creating an individualized exercise program.

Take it slow. Small, gradual changes will keep you motivated, keep your expectations reasonable and reduce the risk of injury.

Walking is one of the easiest ways to stay active, and all you need is a good pair of shoes.

Incorporate physical activity into your daily activities. Try taking the stairs instead of the elevator, parking farther away or doing errands by bicycle or on foot instead of by car.

Work out in water. The buoyancy of water makes it impossible to fall. Since water supports half of your weight, this type of exercise is also gentler on your joints.

Cut back on salty foods and alcohol, cut out tobacco.

Salt: The body requires salt to live, but most of us get far more than we need, especially in the form of sodium lurking in processed foods. AICR recommends that everyone cut back on their salt intake to no more than 6 grams of salt a day.

Instead of relying on salt, use seasonings such as garlic, basil, turmeric, paprika, thyme, dill and others to flavor your dishes. Herbs and spices also contain protective phytochemicals.

Read food labels, and look for low-sodium broths, mixes and other processed foods.

Alcohol: Some evidence links moderate consumption of alcohol (that's less than 2 drinks a day for men, and 1 for women) to lower risk for heart disease, but the evidence on cancer offers no such loophole. If you're concerned about cancer, even small amounts of alcohol of any kind should be avoided, according to the AICR Second Expert Report.

If you currently do not drink alcohol, don't start.

If you do choose to drink, stick to the recommended limit: one drink a day for women and two drinks a day for men.

When celebrating, try non-alcoholic beer or wine. Sip on sparkling water spiked with fruit juice or a wedge of lime.

Tobacco: The evidence that tobacco in any form is a major cause of cancer, and should be completely avoided, is clear. Nevertheless, it bears repeating. If you currently smoke or use tobacco in any form, ask your physician about ways to quit.

Handle food safely.

Food safety is particularly important for many cancer survivors. People who have weakened immune systems are at an increased risk for food-borne illness. Here are some simple precautions to take that will help keep your food safe.

Keep your hands, counters, dishes, cutting boards and utensils clean. Change sponges and dishtowels often.

Thoroughly wash fruits and vegetables.

Avoid "cross-contamination" by using separate dishes, cutting boards and utensils for preparing raw meat, fish or poultry.

Thaw frozen items in the microwave or refrigerator. Do not thaw food on the kitchen counter.

Use a food thermometer to ensure that meat is fully cooked.

Read expiration dates on food products and look for signs of spoilage. Some food, however, may be unsafe to eat although it looks and smells fine. If in doubt, throw it out.

4 Evaluating Nutrition Information

Cancer survivors tend to be highly motivated about health issues. They read widely, ask informed questions and are eager to make healthy changes. Survivor research, however, is still in its early stages. Dependable, science-based advice can be hard to come by.

Many uninformed or even unscrupulous individuals are rushing to fill the gap between what science knows and what cancer survivors want to know. That's why you need to stay alert. News reports can cause confusion by overstating the results of research. Makers of pills, powders and other products may attempt to exploit survivors' desire for information by touting unverified – and unverifiable – health claims. With the advent of the Internet, baseless rumors about diet and cancer can spread around the world in minutes.

Separating fact from fiction is all-important. Here are some things to keep in mind the next time you come across something that sounds too good to be true.

Read closely

Science progresses in a slow and careful fashion. That's why products that use words like “break-through” and “miracle” and even “discovery” should send up red flags. Another warning sign: reliance

on anecdotal evidence (“testimonials” or “case histories”) rather than published scientific data based on results among many patients.

Get the whole story

Reports about science that appear on television or radio are too short to include many important details. Look to magazines or newspapers for more complete information, including where the study was published, who paid for it, how many people were studied and (especially) how it relates to previous research in the same field. Remember – rely on scientific consensus, not simply a single study.

Promises, promises

Be skeptical of easy answers. It’s human nature to look for quick fixes or “magic bullets” that solve health problems. But cancer is a complex disease with no single cause or cure. The human body is composed of many intricate systems that work together. Even the foods we eat contain hundreds, perhaps thousands, of components. The most healthful strategy will always be one that addresses the overall diet, not single foods or supplements.

Go to a reputable source

These days, everyone’s got something to say about nutrition and health. Survivors are barraged with ideas for staying healthy from television, the Internet, magazines and word-of-mouth. Things can easily get confusing. Before trying any new strategy for yourself, tell your doctor about it. Health professionals work hard to keep up with new developments, and their years of training and experience come in handy.

Your doctor can be a helpful resource in your efforts to remain cancer-free, but only if he or she is kept informed about what you are taking. There are some practical reasons for this. Certain herbal supplements, for example, can interact with other medications you may be taking with potentially dangerous results.

Maintaining a healthy skepticism is perhaps the most useful thing to do. That doesn't mean you have to spend the rest of your life in a research library, cross-checking each and every scientific study that comes along. Luckily, you've already got the most important thing you'll need: common sense.

Because if something sounds too good to be true, it probably isn't true.



Separating **fact** from fiction is
all-important. Maintain a
healthy **skepticism**.

5

Common Questions

Supplements

Although we have the largest food supply in the world, many Americans are still lured by dietary supplements. Cancer survivors are no exception, and marketing efforts may even target them.

As you probably became aware during cancer treatment, there is much controversy concerning the use of supplements – especially antioxidants. Some research shows that large doses of nutrients from supplements can actually keep the cancer cell from being destroyed. Other studies show the opposite. The majority of research, however, indicates that protective nutrients in food are far preferable to pills.

Get your nutrients by eating a wide variety of plant-based foods, including at least five servings per day of non-starchy vegetables and fruits. Supplements should never replace conventional food in the diet.

Phytochemical supplements

The discovery of phytochemicals – protective substances in plant foods – is relatively new in cancer research. Phytochemicals seems to have various roles in cancer protection, such as detoxifying carcinogens, protecting body cells from damage or affecting hormones that can influence the development of cancer.

Scientists have identified hundreds of phytochemicals in foods, and they believe there are thousands more. That is one reason why phytochemical supplements cannot be a substitute for whole vegetables and fruits.

Each individual vegetable and fruit has its own profile of phytochemicals. Thus, the combination of substances in broccoli are different from those

found in cherries or leeks or zucchini. Each time you eat a tossed salad with a wide variety of vegetables – such as spinach leaves, cucumbers, grated carrots, cauliflower, chopped onions, red cabbage and tomato wedges, you are eating an arsenal of cancer protection. So, fill your plate with healthful plant-based foods.

Soy

Experts currently caution against large amounts of soy for women who have had estrogen receptor-positive breast cancer. Eating a few servings of soy foods per week as part of a mostly plant-based diet, however, does not appear to be a problem. Some researchers suggest that women who do not already eat soy on a regular basis should not do so solely for the purpose of breast cancer prevention.

Also, you should consume soy from foods rather than soy protein powders or isoflavones supplements. Although soy protein may help to control cholesterol levels, we do not know all the effects of supplemental amounts of isoflavones on cancer. There is just not enough research available yet to make recommendations.

It is wise to discuss soy with your doctor.

Vegetarian diets

A vegetarian diet is often considered a healthier alternative to what many cancer survivors ate before their diagnosis. Studies have shown that diets high in vegetables, fruits, whole grains, beans, nuts and seeds – and lower in meats – are cancer-protective.

There is no clear evidence, however, that a vegetarian diet provides any more protection than a mostly plant-based diet with small amounts of animal foods. If you choose a vegetarian meal plan, be sure to eat a variety of foods, including many different vegetables and fruits, whole grains and protein alternatives to meat (such as beans, eggs, tofu, small amounts of low-fat cheeses or fish).

Macrobiotic diets

There is no evidence that a macrobiotic diet can cure or prevent disease. This diet is based on a few types of grains, with lesser amounts of specific vegetables, seaweed, beans and various soups. Nutrients and calories may be quite limited. And since the diet is also limited in food choices, many physicians recommend taking a complete multi-vitamin that includes vitamin B12.

Since a macrobiotic diet is not based on a large variety of plant-based foods and has not been found to be cancer protective, special care should be taken to obtain the nutrients needed for optimal health.

6

A Final Word

Many questions remain about the best diet for cancer survivors. Scientists around the world are working to find answers, and many more researchers will join this quest in the years to come.

In the meantime, existing science shows that combining a diet high in vegetables, fruits, whole grains and beans with regular physical activity can increase the body's ability to resist cancer. These changes also make it easier to reach and maintain a healthy weight, which offers additional protection.

What's more, this type of lifestyle also helps protect against serious illnesses like heart disease, stroke and adult-onset diabetes. That's why making the changes recommended in this brochure can only enhance your health and – most importantly – add pleasure to your life.

7 Additional Resources

American Dietetic Association

216 West Jackson Boulevard

Chicago, IL 60606-6995

Nutrition Information Hotline: 1-800-366-1655

www.eatright.org

If you feel the need for individual nutrition counseling, call ADA's Nutrition Information Hotline Monday through Friday, from 9:00 a.m. to 4:00 p.m. Central Time. You will receive a referral to a registered dietitian (RD) in your area.

American Institute for Cancer Research

1759 R Street, NW

Washington, DC 20009

1-800-843-8114 or 202-328-7744

www.aicr.org

Contact AICR for practical, reliable information on healthy eating for lower cancer risk.

- *AICR Newsletter*: This free, quarterly publication provides tips on eating well, exercise, great-tasting recipes and the latest information on nutrition and cancer research.
- *Educational brochures*: AICR brochures provide reliable nutrition information, practical advice and healthful recipes. Up to 6 copies are free. To order *Nutrition after 50*, *Veggies*, *One-Pot Meals* and more, call or write for a publications catalogue or visit AICR online.
- *Nutrition Hotline*: Call 1-800-843-8114 and leave any questions you may have about diet, health, cooking, cancer and more. A registered dietitian will return your call and discuss your questions free of charge. The hotline is available Monday through Friday, 9:00 a.m. to 5:00 p.m. Eastern Time.

Diana Dyer, MS, RD

Cancer and Nutrition Specialist

www.CancerRD.com

Diana Dyer is a three-time cancer survivor and registered dietitian. Her web site provides nutritional and general information of importance to cancer survivors.

Food and Nutrition Information Center

National Agricultural Library

USDA, Room 304

10301 Baltimore Avenue

Beltsville, MD 20705-2351

301-504-5719

www.nal.usda.gov/fnic

The Food and Nutrition Information Center (FNIC) is part of the U.S. Department of Agriculture. It provides access to information on topics like dietary supplements, food safety and the nutritional composition of foods. The “Consumer Corner” on the web site answers questions frequently asked by the public.

MEDLINEplus

www.nlm.nih.gov/medlineplus

This web site provides links to current, trustworthy health care information. Links are compiled by the National Library of Medicine at the National Institutes of Health (NIH). Topics include health and nutrition, drug information, dictionaries of medical terms, directories of doctors and hospitals and other resources.

National Coalition for Cancer Survivorship

1010 Wayne Avenue, Suite 505

Silver Spring, MD 20910

301-650-9127

email: info@canceradvocacy.org

www.canceradvocacy.org

The coalition is a network of organizations and individuals concerned with the support of cancer

survivors and their families. Its objectives are to serve as a clearinghouse for information on services and materials for survivors; advocate the rights and interests of cancer survivors, including help with insurance or employment discrimination; encourage the study of survivorship; and promote the development of cancer support activities.

Nutrition.gov

www.nutrition.gov

This web site provides easy access to all online nutrition information from the U.S. government. You will find reliable advice on healthy eating, physical activity and food safety.

AICR Books

Each book costs \$12 plus \$4.00 for shipping. To order, call AICR at 1-800-843-8114 or mail a check payable to AICR.

Nutrition after Cancer

(When ordering by mail, write to Attn: NAC book.)

Selections from two day-long conferences held to address the state of the science on diet for the cancer survivor. Read what well respected researchers have to say about soy, flaxseed, weight management, exercise and overall diet.

Dietary Options for Cancer Survivors

To prevent cancer recurrence, this book encourages readers to carefully consider the foods, herbal supplements and dietary regimens they adopt. An introduction describes how to weigh the evidence of efficacy for any intervention. Then each food substance, herb and dietary regimen is described with reference to the research that supports or discourages its use.

A Dietitian's Cancer Story: Information and Inspiration for Recovery and Healing from a 3-Time Cancer Survivor

Diana Dyer, MS, RD

(When ordering by mail, write to Attn: DCS book.)

Offers practical, carefully researched nutrition advice and guidelines for evaluating complementary and alternative therapies. Proceeds go to The Diana Dyer Cancer Survivors' Nutrition and Cancer Research Endowment, which Dyer established at AICR to raise money for research studies relevant to survivor issues.

Other Publications

Facing Forward: A Guide for Cancer Survivors

National Institutes of Health

National Cancer Institute

1-800-4-CANCER (1-800-422-6237)

This booklet gives a concise overview of some of the most important survivor issues and practical ideas to help cancer survivors look ahead. If you are just finishing cancer treatment, the information may prepare you for situations you have not yet experienced. Call for a free copy.

How to Find Medical Information

National Institutes of Health

National Institute of Arthritis and Musculoskeletal and Skin Diseases

301-495-4484

Published by the National Institute of Arthritis and Musculoskeletal and Skin Diseases, this brochure gives tips on judging the credibility and trustworthiness of any type of health information. Call for a free copy.

How You Can Support Cancer Research and Education through Your Will

You can help provide for future cancer research and education through a simple bequest in your will to the American Institute for Cancer Research. Consult with your attorney when first writing your will, or to add a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount, a gift of the remainder of your estate or a portion of the remainder, after obligations to your family and loved ones are met.

Your attorney will need to know:

AICR's official name:

American Institute for Cancer Research

AICR's mailing address:

1759 R Street, NW

Washington, DC 20009

AICR's telephone number:

202-328-7744

AICR's identification:

A not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code

AICR's tax-exempt IRS number:

52-1238026

For further information, contact AICR's Gift Planning Department at 1-800-843-8114.

Recommendations for Cancer Prevention

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Special Population Recommendations

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10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – do not smoke or chew tobacco.

OUR VISION

American Institute for Cancer Research (AICR) helps people make choices that reduce their chances of developing cancer

OUR HERITAGE

We were the first cancer charity:

To create awareness of the relationship between diet and cancer risk

To focus funding on research into diet and cancer prevention

To consolidate and interpret global research to create a practical message on cancer prevention

OUR MISSION

Today the American Institute for Cancer Research (AICR) continues:

Funding research on the relationship of nutrition, physical activity and weight management to cancer risk

Interpreting the accumulated scientific literature in the field

Educating people about choices they can make to reduce the chances of developing cancer

AICR is part of the World Cancer Research Fund global network, which consists of the following charitable organizations: The American Institute for Cancer Research (AICR); World Cancer Research Fund (WCRF UK); World Cancer Research Fund Netherlands (WCRF NL); World Cancer Research Fund Hong Kong (WCRF HK); World Cancer Research Fund France (WCRF FR) and the umbrella association, World Cancer Research Fund International (WCRF International).

For more information, contact:

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Stopping cancer before it starts