

Lose weight if you are currently overweight or obese

Being overweight or obese increases your risk of developing a number of diseases, like cancers of the breast, prostate, colon, uterus and rectum. Although losing weight can be challenging, even small changes such as a five to 10 percent drop in body weight, can be a considerable first step on the road to risk reduction. Seek help from your physician and a registered dietitian to get you started, and surround yourself with individuals who will support you in your efforts.

Protect yourself from the sun

Skin cancer is one of the most common forms of cancer people develop. Reduce your risk by avoiding peak radiation hours (10 a.m. to 4 p.m.), stay in the shade, cover exposed areas, wear sunscreen and avoid indoor tanning beds. According to ACS, there's no such thing as a "healthy tan."

While no one specific lifestyle change will completely eliminate your risk of developing cancer, more and more research is revealing that the best protection we can provide ourselves is to eat a primarily plant-based diet, rich in fruits, vegetables, whole grains and beans, limit red meats and processed foods, and choose low-fat or non-fat dairy foods over their full-fat counterparts. Moreover, the elimination of tobacco, control of obesity and physical activity are key players in the development of cancers.



This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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Get the Facts on Cancer Prevention





Eat a variety of healthful foods, with an emphasis on plant sources.

Choose five or more servings of a variety of vegetables and fruits each day. Fresh, frozen, canned – it doesn't matter. Just aim to include a variety of vibrantly colored fruits, vegetables and beans into your diet each and every day. Look for produce that offers bright red, orange and yellow, deeply hued blues, purples, and dark greens. The more vibrant the color, and the more varied the colorful produce in your diet, the more likely you are consuming antioxidant-rich foods that will help fight free radical damage often associated with cancer.

Choose whole grains over processed (refined) grains and sugars.

In addition to colorful produce, whole grains are a wonderful source of antioxidants, vitamins, minerals and dietary fiber. So switch white pasta with whole wheat, toss some brown rice into your family's favorite casserole, and toast up a few slices of whole-grain bread for a grab-n-go breakfast. And when it comes to dessert, keep your intake of refined sugars to a minimum, instead opting for fruit sorbet, a fresh fruit cup, or low-fat yogurt topped with nuts, fruit and cinnamon.

Choose healthy fats, and limit overall consumption.

Substituting unsaturated fats like olive oil and nuts for foods high in saturated and trans fats (butter, high-fat dairy and partially hydrogenated oils) are just a few ways you can reduce your risk. Choosing lean cuts of meat, skinless poultry and fish rich in omega-3 fats, and limiting consumption of high-fat, highly processed and cured meats are also important changes. Keep in mind, regardless of the type of fat you choose, you always need to limit overall consumption. The old adage, "moderation is key," still applies.

If you drink alcohol, limit consumption.

Risk of cancer, like esophageal, oral and breast cancers, increases with the amount of alcohol you drink. What's more, even drinking moderately – two drinks a day for men, one for women, or one drink a day regardless of sex if over the age of 65 – may increase your risk.



Adopt a physically active lifestyle and balance the calories you eat with physical activity.

Being physically active is a great way to reduce your risk of developing cancer, as well as obesity. Aim for a minimum of 30 minutes of moderate intensity aerobic activity most days of the week. Walking, jogging, swimming, cycling, rollerblading – the list of aerobic activities that can help you achieve good health are endless! Just don't forget to balance exercise with an appropriate number of calories to maintain or achieve a healthy body weight.

It is estimated that up to one-third of the 550,000 cancer deaths that occur each year in the United States can be attributed to unhealthy diets and insufficient activity. According to the American Cancer Society (ACS), adopting a healthier diet and more active lifestyle can make big strides in the fight against cancer.

Making small changes everyday is a great start. The following steps will get you started:

If you use tobacco, stop.

All types of tobacco increase your risk for cancer. Deciding not to smoke is one of the most important health decisions you can make for overall health and cancer prevention.

Cigarette smoking is responsible for approximately 90 percent of all cases of lung cancer in the United States. In addition to lung cancer, tobacco use is also linked to cancers of the esophagus, larynx, mouth, bladder, kidney, pancreas and stomach.

Here's to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit www.heinens.com/healthyappetite. Here's to your good health!