



Health Guidelines For Cancer Prevention and Survivorship

Wellness Exams- See your primary care doctor and dentist for regular visits.

Physical Activity- Engage in regular physical activity. Avoid inactivity and return to normal daily activities as soon as possible following diagnosis. Aim to exercise at least 150 minutes per week. Include strength training at least 2 days per week.

Body Weight- Achieve and maintain a healthy weight. After cancer treatment, weight gain or loss should be managed with a combination of diet, physical activity and behavioral strategies.

Supplements- Food, not supplements, is the best source of vitamins and minerals. Supplements can be considered if a nutrient deficiency is clinically demonstrated. Consult physician before starting.

Sun Exposure- Use sunscreen or protective clothing. Limit exposure to UV rays from sun, sunlamps and tanning beds.

Smoking- Tobacco not recommended in any form. For assistance, discuss with your provider or call 1-800-QUITNOW for resources.

Alcohol- Limit alcohol consumption. Men should have no more than 2 drinks per day and women no more than 1 drink per day. It is important for your health care provider to tailor advice on alcohol consumption to the individual survivor.

Plant-based Diet- Achieve a dietary pattern that is high in vegetables, fruits and whole grains. Eat at least 2.5 cups of vegetable and fruits daily. Choose whole grains instead of refined grain products, eating plenty of high fiber foods.

Processed Foods, Dietary Fats & Refined Sugar- Limit the intake of foods and beverages high in fat and with added sugar to promote healthy weight.

Animal Products- Limit intake of processed and red meats. Avoid cooking these and other high-fat sources of protein at high temperatures.