

AICR CANCER PREVENTION RECOMMENDATIONS



Recommendations

1. Be as lean as possible within the normal range of body weight.
2. Be physically active as part of everyday life.
3. Limit consumption of energy dense foods. Limit sugary drinks.
4. Eat mostly foods of plant origin.
5. Limit intakes of red meat and avoid processed meat.
6. Limit alcoholic drinks.
7. Limit consumption of salt.
8. Aim to meet nutritional needs through diet alone (dietary supplements are not recommended for cancer prevention).

Special Recommendations

1. Mothers to breastfeed; children to be breastfed.
2. Cancer survivors—follow the recommendations for cancer prevention.

For more detailed information visit www.dietandcancerreport.org/downloads/chapters/prelims.pdf

10 WAYS TO CHOOSE HEALTHY OPTIONS WHEN DINING OUT

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
3. Read restaurant menus carefully for fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.

For more ideas visit the American Dietetic Association website www.eatright.org/ada/files/Healthy_Eating_on_the_Run.pdf

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POWER IN NUTRITION KNOWLEDGE



PROMOTING A HEALTHY
LIFESTYLE THROUGH DIET
AND PHYSICAL ACTIVITY

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FOUR FALL SEMESTER PRESENTATIONS

This fall semester ISU Power In Nutrition Knowledge has presented four sessions titled: Healthy Living for Older Adults, Eating on the Run and Dining Out, Choosing Healthy Snacks for Children, and The Science



Behind the Recommendations. The fall semester is almost over and this

will be the only newsletter until the spring semester. Check our website (www.fshn.hs.iastate.edu/isupink) to view all past presentations and ask questions via the question link.

Healthy Snacks for Children

This session took place at the Ames public library. There were 4 and 5 year olds who learned about fruits, vegetables, and healthy snacks. They got to make a strawberry puppet to take home with them.

Healthy Living for Older Adults

This session was held on October 2nd. The presentation discussed nutrient density, variety for balance, healthy portion sizes, and exercise/flexibility. Nutrient dense foods are foods that supply generous amounts of nutrients compared to the number of calories they supply. An example would be a dark leafy green vegetable. It supplies a large amount of vitamins and minerals, like vitamin K, for a small amount of calories. You might have heard of energy dense foods. These are not the same as nutrient dense. Energy dense foods provide more calories and little nutrients. Energy dense may sound healthy, but these foods usually provide “empty calories”, calories that usually come from fat and sugar. Examples of these foods would be candy bars, pop, or cookies. Visit our



website to view this presentation and for more information.

Eating on the Run and Dining Out

People in our society are always on the go due to working long hours, involved in community activities, and having busy/active children. When a person is always on the go it can make it difficult to choose healthy foods. On the back of this pamphlet are some ideas for choosing healthier options when dining out. Also, go to the website to view the presentation.

The Science Behind the

Recommendations

The final presentation was held November 8th at the Nutrition and Wellness Research Center. This presentation discussed the basics of cancer growth, food and nutrition and their relation to cancer prevention, obesity and physical activity, and cancer screening. The World Cancer Research Fund and the American Institute of Cancer Research (AICR) produced a report with the purpose “to explore the extent to which food, nutrition, physical activity, and body composition modify the risk of cancer, and to specify which factors are most important. To the extent that environmental factors such as food, nutrition, and physical activity influence the risk of cancer, it is a preventable disease. The Report specifies recommendations based on solid evidence which, when followed, will be expected to reduce the incidence of cancer.” View the back of this pamphlet for the 10 recommendations.