

## Dietary Recommendation for Cancer Prevention

1. Body mass index should be maintained between 18.5 and 25. Weight gain during adulthood should remain less than 11 pounds.
2. Consume year-round a variety of vegetables and fruits, other than roots, tubers, legumes, and grains, providing 7% or more of calories or totaling 15-30 oz or five portions, per day.
3. Consume 20-30oz or seven servings per day of other plant foods, minimally processed, providing 45-60% of total calories. Refined sugars should be limited to less than 10% of total calories.
4. Alcohol consumption is not recommended. If consumed, alcohol should be limited to one serving for women and two servings for men. A serving is 3oz wine, 1oz distilled spirits, or 8oz beer
5. Limit red meat to less than 3oz/day. Fish, poultry, and non-domesticated meats are preferable
6. Limit total fat to 15-30% of calories
7. Limit intake of fatty foods
8. Salt from all sources should amount to less than 6g/day
9. Perishable foods should be safely stored or refrigerated to minimize fungal contaminants and mycotoxins.
10. When levels of food additives, contaminants, or other residues are properly regulated in good and drinks, their presence is not known to be harmful. In economically developing countries, where there may be insufficient regulation, these may be insufficient regulation, these may be a health hazard.
11. Cook meat and fish at low temperatures. Do not eat charred food or burned meat juices. Consume only occasionally meat or fish that has been grilled over direct flame.