



Healthy Living Tips For Cancer Survivors

The same evidence-based guidelines that help prevent cancer also **help reduce risk of cancer recurrence** and other non-communicable diseases.

Follow the New American Plate Model

Fill 2/3 or more of your plate with colorful plant foods like vegetables, fruits, whole grains, beans, nuts and seeds.



Fill 1/3 or less of your plate with animal foods like poultry, fish, lean red meats, eggs and dairy.

THINGS TO AVOID



Avoid Processed Meats
Save cold cuts, bacon, sausage, ham and hot dogs for special occasions.



Avoid Alcohol
If you choose to drink, do not exceed the national guidelines.



Avoid Sugar-Sweetened Drinks
Drink mostly water and unsweetened drinks.

Getting and Staying Active

Physical activity is safe and beneficial for cancer survivors both during and after treatment.



Aim for at least 30 minutes of physical activity per day and go at your own pace. It can be as simple as taking a 15-minute walk in the morning and in the evening.

Before you start exercising, ask your oncology professional about your cardiac health.

Maintain a Healthy Weight

Overweight? Choose healthy foods like vegetables, fruits, whole grains, beans and other foods naturally low in calories and high in fiber.



Underweight? Choose healthy, higher calorie foods and incorporate blenderized smoothies. Eat small frequent meals if it's difficult to eat large meals.



Contact a registered dietitian who can help you determine a diet that fits your needs. Increase your movement throughout the day as well. *Move more, sit less.*

Visit www.aicr.org to assess your lifestyle habits using our Cancer Health Check. Talk with your oncologist, dietitian or other health professional to create an individualized plan that best suits your health needs.

100 Tips For Beating Cancer

Lei Shi



100 Tips For Beating Cancer:

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Table of Contents 100 Tips For Beating Cancer

1. Understanding the eBook 100 Tips For Beating Cancer
 - The Rise of Digital Reading 100 Tips For Beating Cancer
 - Advantages of eBooks Over Traditional Books
2. Identifying 100 Tips For Beating Cancer
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook 100 Tips For Beating Cancer
 - User-Friendly Interface
4. Exploring eBook Recommendations from 100 Tips For Beating Cancer
 - Personalized Recommendations
 - eBook 100 Tips For Beating Cancer User Reviews and Ratings
 - eBook 100 Tips For Beating Cancer and Bestseller Lists
5. Accessing eBook 100 Tips For Beating Cancer Free and Paid eBooks
 - eBook 100 Tips For Beating Cancer Public Domain eBooks
 - eBook 100 Tips For Beating Cancer eBook Subscription Services
 - eBook 100 Tips For Beating Cancer Budget-Friendly Options
6. Navigating eBook 100 Tips For Beating Cancer eBook Formats
 - ePub, PDF, MOBI, and More
 - eBook 100 Tips For Beating Cancer Compatibility with Devices
 - eBook 100 Tips For Beating Cancer Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of eBook 100 Tips For Beating Cancer
 - Highlighting and Note-Taking eBook 100 Tips For Beating Cancer
 - Interactive Elements eBook 100 Tips For Beating Cancer
8. Staying Engaged with eBook 100 Tips For Beating Cancer

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers 100 Tips For Beating Cancer
- 9. Balancing eBooks and Physical Books 100 Tips For Beating Cancer
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 100 Tips For Beating Cancer
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 100 Tips For Beating Cancer
 - Setting Reading Goals 100 Tips For Beating Cancer
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 100 Tips For Beating Cancer
 - Fact-Checking eBook Content of 100 Tips For Beating Cancer
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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