

How To Prevent Cancer

- 1. max BMI of 25, limit adult weight gain to 11 lbs. (daily moderate/wkly vigorous activity)**
- 2. eat 5 or more servings of fruits & veggies daily**
- 3. eat 7 or more portions of complex carbs daily**
- 4. ↓↓ processed foods & refined sugars**
- 5. limit alcoholic drinks: 1-women, 2-men daily**
- 6. limit red meat to no more than 3 oz daily**
- 7. ↓↓ fatty foods, particularly animal fats**
- 8. limit intake of salted foods & use in cooking**
- 9. eliminate tobacco use**

*Always consult with your doctor/chiropractor before starting any health related program.