



ACTION STEPS FOR WELLNESS

10 action steps to help prevent cancer



1. Don't smoke, chew, or dip tobacco.
2. Each day, eat two to five servings of fruits and two to eight servings of vegetables. Make sure to have dark-green and orange vegetables and beans and lentils.
3. Choose whole-grain breads, cereals, and pastas over white, refined breads, rice, and pastas.
4. Protect yourself from the sun's ultraviolet (UV) light. Use sunscreen with a sun protection factor (SPF) of 15 or higher.
5. Don't fake bake. Sun lamps and tanning beds and booths emit cancer-causing rays.
6. Have X-rays only when necessary.
7. Do regular physical activity and control your weight. Limit sitting activities.
8. Limit red meat. Strictly limit meats and fish that are smoked or preserved in salt, such as bacon, bologna, sausage, and hot dogs.
9. Avoid exposure to asbestos, dioxins, pesticides, herbicides, and other cancer causing agents. Read product labels for warnings. If you work with these chemicals, follow your work safety guidelines.
10. Have no more than two alcoholic drinks a day if you are a man; no more than one drink a day if you are a woman or older than age 65 years.