

## Diet and Health Guidelines for Cancer Prevention (ACS)

- Choose a diet rich in variety  
Eat as many food types  
Try new foods!
- Eat plenty of vegetables and fruits  
Go for 3 serves vegetables and 2 serves fruit a day
- Maintain a healthy weight & be physically active  
At least 30 minutes moderate exercise 4-5 days/ week  
Incorporate it into your daily life like take the stairs, park further etc.
- Drink alcohol only in moderation, if at all  
4 standard drinks for men per day but no more than 6  
2 standard drinks for women per day but no more than 4  
Have 2 days alcohol-free days per week  
Try alternate-hour drinking
- Select foods low in fat and salt (and refined sugar!)  
Read nutrition labels, compare products  
Make wise food choices  
Be aware of what you eat during snack times
- Prepare and store foods safely  
Look before you eat!
- Do not to use tobacco in any form

### Other things to bear in mind:

- ↪ Keep body weight and waist circumference at a healthy range

General indicators	Male	Female
Body Mass Index (BMI) -for < 65 years old	18.5-22.9	
	For >65 years old 22- 25	
Waist Circumference	< 90cm	< 80cm

- ↪ A standard serve of drink is 30ml spirit shot, 150ml of wine, 285ml full strength beer
- ↪ One serve of vegetable = One fistful of cooked vegetable
- ↪ One serve of fruit = One apple/ orange/ medium banana/ wedge of watermelon etc.



## General Guidelines for Cancer Patients

- High protein and high energy diet with moderate amount of vitamins & minerals  
*E.g. of protein foods: lean meats, fish, eggs, beans, legumes, dhal, tofu, soy products, yoghurt, milk*
- Adequate fluid – at least 2.5 litres/ day
- Practice good hygiene during food preparation
- Make appetite a priority!
- Light exercise could help with appetite and maintaining muscle mass
- Take hearsays with care

*The information provided in this sheet is for community education purposes only. The suggestions are based upon recommendations from the American Cancer Society. It is advisable to seek the help of your medical practitioner or health professional to receive tailored advice for your needs.*