

AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



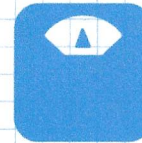
BE PHYSICALLY ACTIVE

Be physically active as part of everyday life – walk more and sit less



BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in adult life



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks



LIMIT CONSUMPTION OF “FAST FOODS” AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol



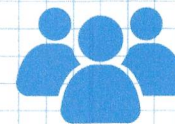
FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby



AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional about what is right for you



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone



S.M.A.R.T. Goals Template

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

Initial Goal *(Write the goal you have in mind):*

1. Specific *(What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)*

2. Measurable *(How can you measure progress and know if you've successfully met your goal?):*

3. Achievable *(Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?):*

4. Relevant *(Why am I setting this goal now? Is it aligned with overall objectives?):*

5. Time-bound *(What's the deadline and is it realistic?):*

S.M.A.R.T. Goal *(Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):*

Weekly Goal Tracker

[illegible]

Food & Fitness Apps

Food & Fitness Tracking Apps	Price	Provider	Description
MyFitnessPal	Free - upgrades available	Apple/Android	Calorie counter to help keep track of your daily food and nutrient intakes and fitness habits.
Loselt	Free - upgrades available	Apple/Android	Food and exercise tracker to help you lose weight. Enter foods manually, by scanning barcodes, or taking pictures!
SparkPeople	Free	Apple/Android	Food and fitness tracker with demonstrations of exercises. Also includes nutrition and exercise articles written by professionals.
Calorific	Free	Apple	Calorific shows you exactly what 200 calories look like with beautiful photography. Great for visual learners!
Cronometer	Free - upgrades available	Apple/Android	Calorie counter to help you keep track of your daily food and nutrient intakes, biometrics, and fitness habits.

Fitness Apps	Price	Provider	Description
SWORKIT	Free	Apple/Android	Creates workouts you can use anywhere, any time. Uses only bodyweight exercises, so no equipment needed.
Down Dog	Free	Apple/Android	Creates yoga sessions to your preferences in the comfort of your own home.
MapMyRun	Free	Apple/Android	Tracks and maps your runs. Records statistics and helps with ways to improve your run.
The 7 Minute Workout	Free	Apple/Android	Offers three types of workouts: a basic workout, seven minutes focused on your abs, or a seven-minute high-intensity sweat session. Perfect for those with busy schedules, frequent travelers, and fitness beginners.
PEAR Personal Fitness Coach	Free – upgrades available	Apple/Android	Audio coaching for workouts at a variety of fitness levels and intensities. Can connect to a variety of wearable fitness devices.

Stress, Habit Change & Coaching/Tracking Apps

Sleep & Stress Management Apps	Price	Provider	Description
Calm	Free to download - in-app purchases	Apple/Android	Meditation exercises, stretching and gentle exercise videos, sleep stories, and relaxing music to help make rest and mindfulness easy.
Headspace	Free	Apple	Helps users relax, rest and manage stress with meditation exercises and sleep tracking.

Habit Change Apps	Price	Provider	Description
Fabulous	Free - upgrades available	Apple/Android	A science-based app that helps you build habits to promote a healthy and happy lifestyle.
Today Habit Tracker	Free	Apple	Customize your dashboard to create healthy habits and set reminders.

Coaching/Tracking Apps	Price	Provider	Description
Inlivo: Healthy Weight Coach	Free-upgrades available	Apple	24/7 wellness coaching, dietary intake and physical activity tracking.
Rise	\$48/mo \$120/3 mo	Apple	Daily coaching and review of your dietary intake for weight loss by a coach or dietitian.
Vida	Free	Apple/Android	Vida offers personalized health coaching. Whether you want to train for your first 5K, build healthy eating habits, or cope with a stressful life event, Vida can help.
MealShare App	Free - upgrades available	Apple	Post pictures of your meals to track your intake. Upgrades available to have dietitians review your meals or offer virtual consults by appointment.

Cooking, Shopping & Meal Planning Apps

Cooking, Shopping, & Meal Planning Apps	Price	Provider	Description
Runtasty	Free	Apple/ Android	Runtasty is a healthy recipe app that caters to a variety of dietary needs and provides step-by-step cooking videos and nutrition information.
AnyList	Free	Apple	AnyList allows you to create grocery shopping lists and collect and organize your recipes. You can share a list with loved ones or friends.
MyPlate Tips	Free	Apple	Provides high quality, easy-to-follow tips to incorporate the 5 food groups to build healthy meals and eating habits.
Simple Feast Recipes	Free - upgrades available	Apple/ Android	Provides recipes and cooking videos from chefs and nutritionists. Upgrades will allow you to consult with a coach or personalize recipes based on your health goals.
PepperPlate	Free	Apple	Recipe, menu, and cooking planner. Helps you scale recipes to the right number of people and organize your shopping and cooking like a pro!
Innit	Free	Apple/ Android	A platform that allows you to create a personalized meal for one night or the week, create shopping lists, and shows step-by-step cooking instructions
Grocery IQ	Free	Apple/ Android	Grocery shopping made quick and easy. Build lists from our extensive product database using text, barcode, or voice search; sync and share lists with other devices and the GroceryIQ.com website; find related coupons and much more!

Condition Management Apps

Condition Management Apps	Price	Provider	Description
Davita Diet Helper	Free	Only at website	Plan, track, and analyze your dietary intake with special attention to your unique needs; potassium and phosphorus included among analyzed nutrients. https://www.davita.com/tools/diet-helper
One Drop Diabetes Management	Free - upgrades available	Apple/Android	An app to help you manage diabetes. Subscriptions allow you consult with a diabetes coach and obtain a glucose monitor and test strips that sync with your phone.
FODMAP Grocery Guide	\$1.99	Apple	FODMAP Grocery Guide is designed to make shopping and selecting foods easier for those following the low FODMAP diet.
Monash University Low FODMAP Diet	\$7.99	Apple/Android	Created for those with IBS. You'll have easy access to recipes and recommendations about the foods you should eat – and those you should avoid – at every meal.
HealthyOut	Free	Apple	Find healthy restaurant meals near you! Can also be used to find restaurant meals for specific dietary needs, such as vegan or gluten free.
Blood Pressure Monitor	Free - upgrades available	Apple	Input your weight, blood pressure, and medications and this app will track your progress. Export information to share with your healthcare team.
Qardio	Free - upgrades & measurement tools for purchase available	Apple/Android	Qardio tracks blood pressure, weight, and electrocardiogram and other heart health related stats (heart rate, heartbeat, BMI, weight, body composition, calories, skin temperature, and steps). Qardio connects to Qardio devices. Can opt to share data with your doctor.