

[IMAGE]

## 10 Ways to Prevent Cancer

By Editorial Staff

### 1. Food supply/eating habits:

Consume a plant-based diet rich in fruits and vegetables; minimize starchy foods.

### 2. Vegetable and fruit intake:

Eat five or more servings of fruits/vegetables per day (excluding beans, lentils, chick peas, etc. and starchy vegetables).

### 3. Consumption of other plant foods:

Eat seven or more daily portions of a variety of cereals, roots, tubers, plantains, etc.; minimize intake of processed foods and refined sugars.

### 4. Alcohol consumption:

Alcohol intake is discouraged; if at all, limit to less than one drink per day.

### 5. Meat consumption:

If consumed at all, limit to 3 ounces daily.

### Man holding large salad. - Copyright â Stock Photo / Register Mark 6. Total fats and oils:

Limit consumption of fatty foods; use moderate amounts of appropriate vegetable oils when necessary.

### 7. Salt and salting:

Limit consumption of salted foods and use of cooking/table salt; use herbs and spices as alternate seasoning options.

### 8. Food storage:

Do not eat food subject to contamination due to long storage at ambient temperatures. Preserve perishable food appropriately via refrigeration, freezing, etc.

### 9. Additives and residues:

Minimize levels of additives, contaminants and other residues in food sources.

**10. Food preparation:**

Consume grilled or broiled meat and fish occasionally, avoiding burning of meat juices and charring.

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