
Reduce Your Risk of Cancer

Roughly 50% of cancer deaths can be prevented through healthier living and early detection!

Maintain a healthy weight throughout life.

- Ⓢ Balance calorie intake with physical activity.
- Ⓢ Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.

- Ⓢ Adults: get at least 30 minutes of moderate to vigorous physical activity, five or more days of the week.
- Ⓢ Children and Adolescents: get at least 60 minutes of moderate to vigorous physical activity, five or more days of the week.

Eat a healthy diet, with an emphasis on plant sources.

Choose foods and beverages in amounts that help achieve and maintain a healthy weight.

- Ⓢ Become familiar with standard serving sizes. Read food labels to become more aware of actual servings consumed.
- Ⓢ Eat smaller portions of high-calorie foods. Low-fat and fat-free does not mean low-calorie.

Eat five or more servings of vegetables and fruits each day.

- Ⓢ Include vegetables and fruits at every meal and for snacks.
- Ⓢ Eat a variety of vegetables and fruits each day.

Choose whole grains over processed (refined) grains and sugars.

- Ⓢ Choose whole grain rice, bread, pasta, and cereals.
- Ⓢ Limit consumption of refined carbohydrates, such as pastries, sweetened cereals, and other high-sugar foods.

Limit consumption of processed and red meats.

- Ⓢ Choose fish, poultry, or beans as an alternative to beef, pork, and lamb.
- Ⓢ When you eat meat, select lean cuts and eat smaller portions.

If you drink alcoholic beverages, limit consumption.

- Ⓢ Men: limit intake to no more than two drinks per day.
- Ⓢ Women: limit intake to no more than one drink per day.

Don't smoke. If you do, quit.

- Ⓢ Cigarette smoking accounts for at least 30% of all cancer deaths.
- Ⓢ Cancers account for only about half of the deaths related to smoking.

Get screened!

- Ⓢ Some cancers can be prevented by removing precancerous growths before they turn into cancer.
- Ⓢ The earlier you find cancer, the easier it is to treat and possibly cure.



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age, or disability. State and federal eligibility requirements apply for certain programs.