



Heidelberg University Hospital



## Diet, Physical Activity and Cancer

Cruciferous vegetable family contain cancer-preventive glucosinolates

For more information:

[www.klinikum.uni-heidelberg.de/MOC-Patienten](http://www.klinikum.uni-heidelberg.de/MOC-Patienten)

## Recommendations for Cancer Prevention

- › Be as lean as possible within the range of healthy weight
- › Be physically active for at least 30 minutes every day, preferably outdoors
- › Avoid sugary drinks and fast food. Limit consumption of processed, energy-dense foods
- › Eat mostly plant, low-starch foods (e.g. whole grains, cruciferous vegetables and legumes, avoid white flour products, sweet fruits, potatoes and white rice)
- › Limit consumption of red meats (e.g. pork, beef, lamb and game) - avoid processed meats (e.g. sausage, ham)
- › If consumed at all, limit alcoholic drinks – do not smoke
- › Limit consumption of salt and salted, pickled or grilled, fried foods
- › Get your nutritional needs only through food (Do not use dietary supplements such as vitamin tablets)
- › Cancer survivors: After treatment, follow the recommendations for cancer prevention