

# New Connections

HELPING YOU FIND YOUR WAY THROUGH TREATMENT



Issue 19



## Recent research reveals ...

What you eat and  
what you weigh do  
affect your cancer risk

Excess body fat increases a person's risk of developing cancer, according to a new report by the American Institute for Cancer Research and the World Cancer Research Fund. *Food, Nutrition, Physical Activity, and the Prevention of Cancer* also points out strong evidence of a dietary link to cancer.

That's why the report urges people to stay at a healthy weight, meaning a body mass index (or BMI) of between 18.5 and 24.9. Further, it urges people to eat mostly foods from plants, to limit amounts of red meat and alcohol, and to avoid processed meats like bacon, sausage, and lunchmeat. The report is based on a review and analysis of some 7,000 pieces of research on the cancer effects of diet, physical activity, and weight management.

This new report confirms what the American Cancer Society has been telling the public for years, says Colleen Doyle, MS, RD, American Cancer Society director of nutrition and physical activity.

For the full story, please click [here](#).

For more cancer information, call 1-800-ACS-2345  
or visit [www.cancer.org](http://www.cancer.org), anytime, day or night.

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National Home Office, 250 Williams Street, Atlanta, Georgia 30303-1002