Our Vision
The American Institute for Cancer Research (AICR) helps people make choices that reduce their chances of developing cancer.

Our Heritage
We were the first cancer charity:

To create awareness of the relationship between diet and cancer risk
To focus funding on research into diet and cancer prevention
To consolidate and interpret global research to create a practical message on cancer prevention

Our Mission
Today AICR continues:

Funding research on the relationship of nutrition, physical activity and weight management to cancer risk
Interpreting the accumulated scientific literature in the field
Educating people about choices they can make to reduce the chances of developing cancer

AICR is part of the World Cancer Research Fund global network, which consists of the following charitable organizations: The American Institute for Cancer Research (AICR); World Cancer Research Fund (WCRF UK); World Cancer Research Fund Netherlands (WCRF NL); World Cancer Research Fund Hong Kong (WCRF HK); World Cancer Research Fund France (WCRF FR); and the umbrella association, the World Cancer Research Fund International (WCRF International).
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AICR’s Recommendations for Cancer Prevention have been simplified into three guidelines, which explain how the choices you make about food, physical activity and weight management can reduce your chances of developing cancer.

**AICR Guidelines for Cancer Prevention**

Choose mostly plant foods, limit red meat and avoid processed meat.

Be physically active every day in any way for 30 minutes or more.

Aim to be a healthy weight throughout life.

*And always remember – do not smoke or chew tobacco.*

AICR is part of the WCRF global network.
Introduction

Turning 50, 60, 70 or even 80 isn’t what it used to be. Americans are living longer and enjoying life more than ever. One desire we all share is to feel good and stay healthy. This brochure can show you how good nutrition and a healthy lifestyle can add vitality to your years and help you reduce the risk of cancer and other diseases. It is written for people age 50 and over. It also contains plenty of general information and practical strategies for those of any age who would like to lower their risk for chronic illness and feel their best.

Prevention Is Possible


The report was written by an expert panel of scientists who reviewed all the available evidence on diet, physical activity and weight management in relation to cancer prevention. They concluded that if everyone ate a healthy diet, was physically active every day and maintained a healthy weight, there would be approximately one-third fewer cancer cases worldwide.

The expert report contains an important message for all of us: It’s never too late to make changes that can reduce your chances of developing cancer. The recommended changes can be found on page 39 and grouped into three guidelines:

AICR Guidelines for Cancer Prevention

• Choose mostly plant foods, limit red meat and avoid processed meat.

• Be physically active every day in any way for 30 minutes or more.

• Aim to be a healthy weight throughout life.

And always remember – do not smoke or chew tobacco.
You have the power to improve your health and reduce your risk for cancer and other diseases, like heart disease, type 2 diabetes and osteoporosis. If you already suffer from these diseases, or even from cancer, you can help lessen their hold on your health. It’s often a matter of the choices you make.

How to Stay Healthy

When it comes to your cancer risk and overall health, the foods you choose have a major impact. There is still much to learn about nutrition and aging, but scientists are continually discovering new information.

Studies show that certain phytochemicals (substances found in plant foods) can help prevent cell damage that, over time, can lead to cancer. These phytochemicals along with vitamins and minerals are also important for bone health, heart health and brain health.

The best way to get a healthy dose of these phytochemicals is to include plenty of vegetables, fruits, whole grains and beans in your diet. Then add a moderate amount of fish, poultry and lean meat or low-fat dairy to your meals.

In addition, research shows that it’s never too late to reap the benefits of physical activity. That’s true even for people in their 80s and 90s, who can increase strength and independence with strength training and balance exercises.

By adopting sensible dietary and physical activity habits, you can enjoy the rewards of a longer, healthier life. Take it one step at a time. Seek out support, build on your successes and enjoy the benefits you’ll receive from doing positive things for your health.

These two steps alone will help reduce your cancer risk. Together they also help you to maintain a healthy weight – perhaps the most important factor in cancer prevention.
Focus on Plant-Based Foods

If you grew up with a “meat and potatoes” diet, eating more plant-based foods may be a new idea. We know that by choosing to eat more foods that come from plants and fewer that come from animals, we can benefit in many ways. Research shows this way of eating can help prevent cancer and heart disease, maintain a healthy weight and promote good digestion.

- Fill at least \( \frac{2}{3} \) or more of your plate with vegetables, fruits, whole grains and beans and \( \frac{1}{3} \) or less with fish, poultry or lean meat.
- Try adapting favorite recipes to include larger amounts of plant-based foods and smaller amounts of meat or poultry.
- Try healthy new recipes from the newspaper, cooking magazines, television cooking programs or Internet websites, such as www.aicr.org.
- You might even want to take a healthy cooking class to taste and learn to prepare a variety of plant-based dishes.

When it comes to vegetables, fruits and beans, eat a variety and in abundance. Fruits and vegetables contain hundreds of antioxidants and other phytochemicals that may work together to prevent cancer. Phytochemicals, literally “plant chemicals,” are found in all plants. Some phytochemicals can deactivate cell-damaging molecules in the body and thereby slow cancer development.

Try these ideas for fitting in more plant foods:

- Make breakfast count. In addition to your cereal or toast, start the day with a glass of 100 percent fruit juice and mixed berries stirred into low-fat or nonfat yogurt. Or combine juice, fruit and soft tofu in a blender for a quick, healthy breakfast shake. Sauté some vegetables with your omelet.

- Pack a fruit or veggie snack for a day’s outing. Bring along dried fruits, like apples, apricots, prunes or raisins. Stash a snack-size can of peaches or pears packed in fruit juice (and a plastic spoon) in your bag.
• **Add vegetables to your everyday meals.** You could put carrots, peppers, broccoli, sliced mushrooms and zucchini in your pasta sauce. Top a baked potato with salsa. Load your pizza with vegetables like tomatoes, onions, green peppers, broccoli and spinach; ask for half the cheese or none.

• **Choose fruit for dessert.** Top low-fat frozen yogurt or sorbet with sliced strawberries. Slice ripe peaches onto graham crackers. Have a baked apple sprinkled with cinnamon.

• **Look beyond the usual.** Try different varieties of melons, mushrooms or greens. Make a fruit salad with mango, papaya, kiwi or other fruits that are new to you. Create a new vegetable salad with Belgian endive, radicchio, cherry tomatoes and yellow bell peppers.

• **Buy frozen and canned** vegetables and fruits. Frozen veggies and fruits contain similar nutrient levels to fresh produce. “No-salt-added” canned products can also be a very nutritious choice. Rinse canned veggies to wash off excess sodium and choose fruit canned in its own juice.

• **Take steps for easy digestion.**

  * _Tenderize vegetables._ Blanch broccoli, cauliflower, cabbage, pea pods and carrots by placing them in boiling water for 1 minute, draining, then plunging into a bowl of ice water for 5 seconds and draining to cool.

  * _Soak_ dry beans before cooking, discard the soaking water and place in fresh water to cook. For canned beans, drain and rinse well.

  * _Increase the plant foods in your diet gradually._ Give your body a chance to adjust to the additional fiber and drink plenty of water throughout the day.

  * _You may want to take a gas-reducing product._ The enzyme alpha-galactosidase (i.e., Beano) can help if taken before you eat a lot of vegetables and beans.
Go Easy on Red Meat and Fats

If you eat red meat, try to limit the amount to 18 ounces or less per week. Researchers have found convincing evidence that eating too much red meat (including beef, lamb and pork) and processed meat (such as ham, bacon, sausage, salami and bologna) can increase risk for colorectal cancer.

The type of fat found mainly in animal products like meat, milk, cheese, eggs, butter and lard is called saturated fat. There are many health reasons to avoid eating a diet high in animal fat and high in saturated fat.

For one thing, fat is high in calories. Excess fat and calories can lead to weight gain, which itself increases the risk of colorectal, endometrial, post-menopausal breast, pancreatic, kidney and esophageal cancers. Obesity also heightens risk for heart disease, type 2 diabetes and high blood pressure. Look for tips to control your weight in the next section.

Eating some healthy fat is important for health – although not all fats are the same. Healthful fats such as vegetable oils, including olive or canola, are your best choices because they are high in monounsaturated fat and low in saturated fat. They contain no cholesterol. Omega-3 fatty acids, found in fish and flaxseeds, are also healthy fats.

When choosing a spread, look for a soft tub margarine or spread that includes little saturated and no trans fat. Trans fat acts like saturated fat in the body. It may increase the risk of heart disease and other disease. Usually, the softer the spread, the less trans fat it will contain. Many saturated and trans fat-free spreads are available now.

When baking muffins, quick breads, cakes or cookies, you can use unsweetened applesauce for half the
fat. Make the fat you do use a healthier kind – such as “lite” olive oil (because its taste is best for baking, although it has the same amount of calories) or vegetable oil or soft spreads without trans fat. Try using less sugar, as well. Substitute whole-wheat flour for white flour. And when you just make the regular recipe, save the food item for special occasions and savor it in small portions. Choose healthier oils and spreads to eat every day.

**Keep Weight in Check**

Carrying around extra pounds can slow you down. It also affects your health, increasing your chances of developing heart disease, diabetes, high blood pressure, joint problems and some cancers.

**Did you know…?** as you get older, your body may need fewer calories to maintain its weight? Certain foods have more calories ounce-for-ounce than other foods. For example, 3.5 ounces of milk chocolate have 520 calories, but 3.5 ounces of fresh apple have 52 calories. The apple is low in calorie density. If you eat mostly low-calorie-dense foods like vegetables, fruits and beans prepared and served in low-fat ways, you’ll find it much easier to manage your weight.

Use these tips to help you reach a healthy weight:

- **Set yourself up for success.** Fill your fridge and cupboards with mostly plant-based foods. Keep nutritious foods such as vegetables, fruits, whole grains and beans where they are easy to find. Keep higher-calorie treats out of sight or, better yet, out of the house.

- **Pay attention to portion sizes.** Eating too much of anything – even low-fat or fat-free foods – can affect your weight. Find serving size information on the Nutrition Facts panel of a food label. Get out your measuring cups and see what one portion looks like on your plate. This will give you an accurate idea of how much you are eating.
• **Go for nonstarchy vegetables.** Use them to replace some of the meat in mixed dishes like casseroles, stir-fries and soups and in dishes that are mostly pasta or potatoes.

• **Cut down on fat.** Fat is high in calories. Try lower-fat versions of higher-fat foods, such as dressings, spreads, milk and cheese. Be aware, however, that low-fat or fat-free products may contain added sugar for flavor, so calorie levels may still be high. Read the nutrition labels of the foods you choose. If you eat meat, make sure it’s lean. Discard the skin from poultry. Sauté vegetables in minimal oil or use broth, water or cooking spray to cut fat.

• **Drink up.** A glass of reduced-sodium tomato juice or cup of broth-based soup before your meal may help you feel less hungry when your entrée is served. Also, all adults should aim for at least eight glasses of water or other nonalcoholic fluid daily.

• **Enjoy what you eat.** Eat slowly and savor every bite. Eating healthfully can please not only your palate but also your eye with beautiful colors and your sense of smell with delicious fragrances.

• **Keep active to help burn calories** and stay healthy. The next section offers inspiration.

### Get Active

Why exercise? Physical activity at any age:

• burns calories
• increases your energy level
• helps relieve stress and depression
• helps you sleep better
• improves your strength, flexibility and balance; and makes you feel better overall

Research shows that regular physical activity helps prevent colon cancer and possibly post-menopausal breast and endometrial cancers. Because physical activity can help to prevent weight gain, it may also help protect against the increased cancer risk that’s linked with being overweight or obese. Being active also helps prevent heart disease, type 2 diabetes and osteoporosis.

Finding a way to be active is essential. Since people’s physical abilities, health concerns, fitness goals,
interests and schedules are so diverse, it’s important to find activities that you can do and enjoy. For example, if hiking is too difficult or inconvenient for you, perhaps walking, swimming or stationary bicycling would be a better fit.

Try yoga or gentle stretching exercises to help you maintain flexibility, prevent injury and relieve stress. Adding some weight training to the exercise you do can help increase strength, speed up metabolism and may even ease arthritis pain. Exercising with a friend or in a group can make your workout a social event that you look forward to each day.

Whatever you decide to do, what is most important is that you stick with it. AICR recommends aiming for 30 minutes of moderate activity every day. As your fitness improves, aim for at least 60 minutes of moderate activity or 30 minutes of vigorous activity each day.

If exercise is new to you, start slowly. Try for a total of 10, 15 or 20 minutes a day and work up from there. You can divide it up throughout the day – 10 minutes here and 10 minutes there – and still reap benefits. It is important to speak with your doctor before starting an exercise program or before increasing the intensity of your physical activity.

**Flavor Your Foods Healthfully**

Americans consume more salt and high-sodium foods than is good for our health. You may be surprised to hear that most of the sodium in the American diet comes from processed foods such as soups, sauces, processed meats, frozen dinners, chips and crackers. Foods with no “salty” taste at all may still be high in sodium.

For some people, too much sodium may worsen high blood pressure and increase the risk of stroke. Diets high in salted foods and foods preserved in salt can increase the risk for stomach cancer – although this cancer is less common now in the United States.
To cut down on salt, read food labels and look for low-sodium versions of your favorite processed foods. Also, think fresh. Fresh foods have less sodium than commercially canned or frozen foods. When you do buy canned food, choose the reduced-sodium or no-salt versions.

Flavor your foods with an abundance of fresh and fragrant herbs, spices, salsas, chutneys and healthful sauces. Experiment in the kitchen. Invite friends over for a delicious, flavorful dinner. (See recipes beginning on page 24.)

**Did you know...?** the senses of taste and smell decline with age? Medications can also affect how food tastes. As the senses get duller, food can start to lose its flavor and appeal.

**To give foods a boost:**

- **Vary the texture and temperature of foods** at one meal. For instance, top smooth low-fat yogurt with crunchy cereal. Enjoy a cool fruit salad following a hot and spicy Mexican burrito.

- **Use color to maximize eye appeal.** Add red and yellow pepper strips to a mixed green salad; sprinkle red paprika on white potatoes; create a rainbow fruit salad with red and green grapes, honeydew and cantaloupe chunks, strawberries and blueberries.

- **Intensify the flavor.** Use seasonings, spices and herbs instead of salt and fat for flavor. As an added bonus, herbs and spices contain health-protective phytochemicals.

To start, use 3/4 teaspoon of fresh herbs (or 1/4 teaspoon dried) per serving, until you get a feel for the amount that suits your taste.
Choose Moderation When Drinking Alcohol

You may have read that moderate amounts of alcohol may help protect against heart disease. Drinking alcohol, however, is a cause of cancers of the mouth, pharynx, larynx, esophagus, breast and (for men and probably for women) colorectum.

While small amounts of alcohol may enhance the enjoyment of meals, drinking to excess can impair judgment, which can lead to accidents and injury. Alcohol can also interfere with the effectiveness of some medications. (See pages 13-14 for specific alcohol and drug interactions.)

It is important to weigh for yourself the risks and benefits of drinking alcohol. AICR recommends avoiding alcohol for cancer prevention. If you decide to drink, limit alcoholic beverages to no more than two drinks a day for men and one for women. (One standard drink equals 12 oz. regular beer, 5 ounces of wine, 1.5 ounces of 80-proof liquor or 1 ounce of 100-proof liquor.)

Supplement Your Diet Wisely

As your body ages, your nutritional needs change. Dietary supplements cannot replace a healthful diet, but some people may have difficulty meeting their nutrient needs through diet alone. People who fall into any of the following groups should discuss supplements with a health care practitioner:

• People over age 50
• People at risk for low vitamin D status (older adults, people with dark skin, people exposed to insufficient sunlight)
• Vegetarians who consume no animal foods at all (vegans)
• People affected by medical conditions (malabsorption conditions, certain medications) that increase nutrient needs or limit ability to consume a balanced diet

You can also learn more about supplements at www.nutrition.gov (click on “dietary supplements” link).
Whether you decide to take a supplement or not, it is still important to eat a wide variety of vegetables and fruits every day as part of a mostly plant-based diet. Vegetables and fruits contain vitamins, minerals, fiber and phytochemicals that help protect your health and fight disease. While scientists are still discovering and learning about all the protective substances in vegetables and fruits, eating whole foods is a sure way to get them.

**Did you know...?** food, alcohol and dietary supplements may interact with drugs, changing the effectiveness of the drug or the way nutrients are absorbed in your body?

Keep your doctor and pharmacist informed of all the over-the-counter and prescription drugs you take and any vitamin, mineral or herbal supplements you are using. Ask about interactions between these substances and food or alcohol. Take medications only as directed and adhere to any warnings found on the label. If you’re unable to read the drug name or understand the instructions on the label, ask for assistance or ask the pharmacist for a copy with larger size type.

**Here are some interactions between common drugs and foods that it is wise to be aware of:**

- Aspirin and ibuprofen should be taken with meals, since these drugs can irritate the stomach.

- Do not take the antibiotic tetracycline, or its derivatives (except doxycycline), at the same time as dairy foods or calcium supplements. The calcium in these products can block the absorption of the drug.

- Vitamin K can make the blood clot faster, so if you’re on a blood-thinning medication, like Coumadin (warfarin), talk with your doctor about how much you can eat of the foods that are high in the vitamin, such as kale, spinach and other greens, parsley, broccoli and Brussels sprouts. Avoid alcohol if you use a blood-thinning medication.
• If you are taking an antidepressant that functions as a monoamine oxidase inhibitor (MAOI) such as Isocarboxazid (Marplan), Phenelzine sulfate (Nardil) or Tranylcypromine (Parnate), it is important that you avoid foods high in tyramine. Eating aged cheeses, sausages like salami, herring and liver, or drinking red wine and beer could lead to a deadly rise in blood pressure. Ask your doctor for a complete list of foods to avoid and about the use of other alcoholic drinks.

• If you use gout medication such as Allopurinol, it is important to drink at least 10 to 12 glasses of water a day and to avoid alcohol.

• Grapefruit juice (but not other citrus juices) changes the way the body processes some medications, including certain cholesterol-lowering drugs and blood pressure medications. If you like to drink grapefruit juice, note that it may intensify the effects of drugs (increasing chance of side-effects). Check with your doctor about any possible reactions drinking grapefruit juice may have with your prescription medications, especially those for high cholesterol and hypertension.

Store and Prepare Food Safely

With increased age comes an increased risk for food-borne illness. This may be due to an aging immune system or an existing health problem. For some, poor eyesight and difficulty cleaning the kitchen may add to this risk.

There are a few simple precautions you can take to avoid food-borne illness:

Refrigerate promptly. Make sure your refrigerator temperature stays below 40°F. Use a refrigerator thermometer to check the temperature or keep it as cold as possible without freezing milk.

• Don't allow perishable foods to sit at room temperature for more than two hours or more than one hour in hot weather. Store groceries or leftovers quickly in the refrigerator or freezer.

• Thaw frozen foods by a safe method: in the refrigerator, in the microwave or in a cold water bath in which the water is changed every 30 minutes. Thaw-
ing frozen foods on the kitchen counter is not a safe method.

- When refrigerating leftovers, it is a good idea to mark the date and use them within one to two days. Food may look or smell fine yet still not be safe to eat. If in doubt, throw the food out.

**Separate, don’t cross-contaminate.**

- Keep raw meats away from other foods and use different cutting boards for chopping vegetables and meats. Once meat is cooked, don’t place it back on the cutting board, plate or platter used when the meat was raw.
- Wash cutting boards with hot, soapy water, then sanitize by putting through the dishwasher or rinse in a solution of one teaspoon chlorine bleach and one quart water.

**Wash hands and surfaces frequently during food preparation.**

- Change kitchen towels and sponges often.
- Keep counters clean and regularly wipe down drawer, door and refrigerator handles.

**Cook to proper temperature.**

- Buy and use a food thermometer to be sure your foods are cooked fully and safely.
- Fully cook eggs until yolks are no longer runny. Steer clear of recipes that call for raw eggs, such as homemade mayonnaise or Caesar salad dressing.
- When needed, be sure to ask for assistance with cooking or cleaning up.
- Be sure to read expiration dates on food labels carefully and notice visible food spoilage.

**Here are internal temperatures at which different foods are safely cooked:**

- Ground beef: 160° F
- Beef and lamb steaks and roasts: 145° F
- Pork: 160° F
- Whole poultry and thighs: 165° F
Poultry breasts: 165°F
• Ground chicken or ground turkey: 165°F
• Most seafood and fish: 145°F
• Egg dishes or casseroles with eggs: 160°F

(Source: www.fsis.usda.gov/pdf/IsItDoneYet_Magnet.pdf)

Digital, instant-read food thermometers are a good choice for checking the temperature of cooked foods. A digital thermometer can read the temperature of a food in only ten seconds. It needs to penetrate only half an inch into the food. It can also accurately read the temperature of thinner hamburgers and chicken breasts. Look for digital, instant-read thermometers in kitchen stores and supermarkets.

Grill meats only occasionally and keep direct flames away from food by using aluminum foil or indirect heating. Or, reduce the formation of cancer-causing compounds by microwaving meats for two minutes, then placing on the grill to finish cooking. Using a marinade for even a few minutes can reduce the formation of dangerous compounds. Discard marinades after use.

Better yet, grill veggies instead. Grilling low-protein foods, such as vegetables and fruits, does not affect cancer risk.

Eliminate Tobacco

You’ve heard it many times before: Don’t smoke or use tobacco in any form. Smoking puts your health at risk. It is the main cause of lung cancer and also contributes to cancers of the mouth, throat, pancreas, cervix and bladder. Tobacco use alone is responsible for many cancers and increases the risk of heart disease and benign respiratory disease. Even if you’re a long-time smoker, you can still benefit from quitting.
Common Age-Related Health Questions

As we get older, many of us lead active, independent lives, while others are confronted with medical or lifestyle situations that make it harder to adopt healthy habits. Not all of us will face the same challenges. The questions and answers that follow may help you find solutions to some of yours – and help you take control of your health.

Q. My mouth is sore and I’m having problems chewing. What should I do?

A. You may experience a sore mouth for many reasons, including gum disease, poor-fitting dentures or soreness caused by a medication or medical treatment. Choose foods that have a soft or creamy texture. Here are some examples of nutritious foods that are easier to chew:

- baked or mashed sweet potatoes, cooked vegetables or vegetable juice
- very ripe, canned, mashed or puréed fruit
- cooked pasta, couscous, barley or hot cereal
- tofu, cooked or canned beans, low-fat refried beans or hummus
- yogurt, pudding, milk shakes or soft low-fat cheese
- cooked and chopped lean meat, chicken, fish or scrambled eggs

It is also a good idea to:

- Visit your dentist and have your teeth checked. This is especially important if you are planning to undergo chemotherapy or radiation treatments for head or neck cancer.
- If you wear dentures, make sure they fit properly. Keep in mind that changes in your weight can affect the fit of your dentures.
- Drink fluids with meals to make chewing and swallowing easier.
Q. I don’t feel like eating. I’ve lost my appetite and I’m losing weight, which I don’t need to do. Any suggestions?

A. There are many reasons for a loss of appetite, including illness, depression, pain and some medications. Discuss your loss of appetite with your physician. Poor nutrition prevents proper healing and can bring on fatigue. If it causes you to become underweight, you also have a greater chance of suffering from falls or bone fractures.

To perk up your appetite:

• Make mealtimes appealing. Choose foods with vibrant colors and pleasant aromas. Selecting foods that are crunchy may stimulate your appetite with the sound of eating. Even if you’re the only one eating, use a tablecloth and colorful dishes or napkins. Play soft music and relax while eating.

• Stimulate your appetite with a pre-meal walk.

To help prevent weight loss:

• Eat more frequent, smaller meals, about four to six a day.

• Eat regularly, at specific times of the day.

• Keep high-calorie foods on hand. Snack on crackers with peanut or almond butter, eat dried fruit or enjoy a bagel or English muffin with fruit preserves or a tasty bean spread. Add grated cheese to pasta dishes or to a baked potato stuffed with veggies.

• Drink higher-calorie beverages like milk, juice or fruit and yogurt shakes more often than coffee, tea or diet sodas.

• Prepare hot cereal and soup with milk instead of water.

• Consider a commercial liquid supplement. Speak with your doctor or a registered dietitian for assistance in choosing a liquid supplement or other foods that can help you gain weight or prevent further weight loss. Also, check with your doctor about taking vitamin and mineral supplements. Keep in mind, however, that supplements are not a substitute for eating healthfully.
Q. I’ve been constipated lately. What can I do?  

A. There are several simple ways to relieve constipation:

• Eat plenty of fiber–rich foods, such as vegetables, fruits, whole grains, legumes and bran cereal. If you’re not used to eating high–fiber foods, add them slowly to your diet and drink extra water to avoid abdominal discomfort.

• Drink plenty of water. Fluids keep the fiber moving in your body and add bulk to stools, making elimination easier. Aim for at least 8 cups of water or other fluids a day.

• Keep active. It helps to keep your body regular.

• Don’t make laxatives a habit. Heavy use of laxatives can make your body depend on them, which could eventually prevent your system from working on its own.

• If constipation is more than an occasional problem, speak with your doctor.

Q. I have diverticulosis. What should I eat?  

A. A low–fiber diet can lead to constipation and pressure in the colon, which causes pouches (diverticula) to form at weak spots. This condition is known as diverticulosis.

Eat a high–fiber diet full of vegetables, fruits, whole grains and beans to control your condition or prevent diverticulosis altogether.

Until recently, many doctors suggested that people with diverticulosis avoid foods with nuts and small seeds. It was thought that particles could lodge in the pouches and cause inflammation. Research now questions this restriction.

If the pouches become inflamed, diverticulitis occurs. Medical treatment is necessary to prevent complications from the abdominal pain and fever. During this time, often a liquid diet is needed. Once the inflammation has cleared, you should eat a high–fiber diet again.
Q. My arthritis is bothering me and I don’t have the energy to cook as much as I used to. Do you have any ideas on preparing quick and easy meals for one?

A. Here are a few ideas:

- Don’t do all of the work yourself. Pre-cut, frozen stir-fry vegetables, pre-cooked and pre-sliced chicken strips and pre-washed salad greens can save you effort. (Read labels to avoid products high in sodium.) Heat the vegetables with the meat or chicken strips and add low-sodium soy sauce for an easy stir-fry. Or top salad greens with chicken or meat and low-fat cheese and dressing. Enjoy with a whole-grain roll.

- Make more than one serving of pasta or rice and save the extra for another day. Add cooked vegetables, canned beans and a prepared low-fat, low-sodium pasta sauce for a nutritious one-dish meal.

- Add leftover vegetables and chicken or lean meat to reduced-sodium canned soups. Have a whole-wheat roll and low-fat milk or pudding to round out the meal.

- Make it easier on yourself to prepare a meal. Sit while you work. Make sure cooking utensils and equipment are easily accessible. Keep appliances on the counter and pots and pans on lower shelves.

- Cook a few dishes when you have time and energy, and freeze in meal-size portions.

- If cooking gets too difficult or you become too ill to leave your home, you may qualify for home-delivered meals. Call your local Office on Aging and ask about the Meals on Wheels program. (See “Additional Resources” on page 34 for help in finding home-delivered meal programs near you.)

Q. I don’t like to eat by myself. How can I make up for missing meals?

A. Explore opportunities for making mealtimes more social:

- Call a friend or relative and designate a specific day each week to go out to eat. If the restaurant portion is too large, split it with your companion or take part of it home and refrigerate it promptly for tomorrow’s lunch or dinner.
• Organize a monthly potluck dinner with some friends or neighbors. Ask everyone to bring a dish to share. To make it more interesting, have the dinner in a different person’s home each month.

• Call your local senior center or Office on Aging to find out about community lunch programs for older adults. It’s a great way to socialize and enjoy a nutritious meal. (See “Additional Resources” on page 34.)

Q. I take my meals at the dining center of my adult residence community. How can I make healthy choices when I’m not the cook?

A. It is possible to eat healthfully even if you’re not in charge of the cooking. Follow these tips:

• Choose dishes that are plant-based. That means ⅔ or more of the plate should be covered with vegetables, fruits, whole grains and beans and ⅓ or less is covered with meat, chicken or fish. In general, mixed dishes such as pastas and stir-fries are mostly plant-based. If necessary, request that a special plate be made for you that has less meat and more plant-based foods.

• If offered soup, opt for selections with vegetables such as minestrone, vegetable noodle or tomato. Try to eat soups that are tomato-based or clear, not creamy, and reduced in sodium if possible.

• Always request a vegetable salad with low-fat dressing on the side at your meals.

• Ask for whole-grain bread or rolls to accompany your meal.

• Select a small glass of 100 percent fruit juice such as orange, cranberry or prune juice for your beverage rather than a fruit “drink” or “punch,” and drink plenty of water.

• Often, dessert selections include a fruit cup. Pass up the cheesecake in favor of fruit. Or have a few bites of the cheesecake and save the fruit for a healthy snack later.
### Menu Planning Made Easy

Here are three days of sample healthy menus that are based on AICR’s Guidelines to choose mostly plant foods, limit red meat and avoid processed meat. These meals are based on 1,700 to 1,800 calories.

#### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Up to 1 cup low-fat, low-sugar whole-grain cereal with fruit, skim or low-fat milk*&lt;br&gt;6 oz. 100 percent orange juice</td>
</tr>
<tr>
<td><strong>Mid-morning snack</strong></td>
<td>Handful of walnuts or almonds</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>3 oz. sliced turkey or chicken breast sandwich with baby spinach leaves and tomato, drizzled with vinaigrette dressing or mustard on whole-wheat bread</td>
</tr>
<tr>
<td><strong>Mid-afternoon snack</strong></td>
<td>Baby carrots with salsa dip; or 6 oz. low-fat yogurt*</td>
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#### Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Meals</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>½ cup low-fat cottage cheese* with frozen (thawed) or fresh strawberries&lt;br&gt;1 slice whole-grain toast&lt;br&gt;6 oz. 100 percent orange juice</td>
</tr>
<tr>
<td><strong>Mid-morning snack</strong></td>
<td>1 oz. low-fat cheese*</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>3 oz. tuna or salmon canned in water tossed with dark leafy greens and other vegetables and 1 Tbsp. low-fat dressing&lt;br&gt;1 whole-wheat 6-inch pita bread</td>
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<tr>
<td><strong>Mid-afternoon snack</strong></td>
<td>1 cup tomato soup</td>
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</tbody>
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#### Day 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Meals</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 egg (or equivalent egg substitute) scrambled in 1 tsp. tub margarine with chopped green pepper, onion and ¼ cup shredded low-fat cheddar (or other type of low-fat) cheese*&lt;br&gt;1 slice whole-wheat toast&lt;br&gt;6 oz. 100 percent reduced-sodium vegetable juice</td>
</tr>
<tr>
<td><strong>Mid-morning snack</strong></td>
<td>2-3 graham crackers with 1 cup low-fat milk*</td>
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</table>

*Calcium fortified rice milk or soy foods (soy milk, soy yogurt or...
calcium fortified rice milk or soy foods (soy milk, soy yogurt or soy cheese) can be substituted for dairy items.

<table>
<thead>
<tr>
<th>Dinner</th>
<th>1 cup minestrone soup</th>
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<tbody>
<tr>
<td></td>
<td>Small whole-grain roll or slice of bread</td>
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<tr>
<td></td>
<td>Mixed vegetable salad with 1 Tbsp. olive oil, herbs and vinegar (or lemon juice) dressing</td>
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<tr>
<td></td>
<td>½ baked chicken breast (3 oz.), without skin</td>
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<tr>
<td></td>
<td>1 cup steamed chopped broccoli sprinkled with 1 tsp. Parmesan cheese</td>
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<tr>
<td></td>
<td>Baked apple</td>
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</table>

<table>
<thead>
<tr>
<th>Dinner</th>
<th>Mixed vegetable salad with 1 Tbsp. low-fat dressing</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>3 oz. fish baked with herbs and fresh lime juice</td>
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<td></td>
<td>1 cup barley seasoned with parsley and lemon juice</td>
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<td></td>
<td>½ cup steamed spinach sprinkled w. 1 tsp. crumbled low-fat feta cheese</td>
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<tr>
<td></td>
<td>½ cup sautéed red or yellow pepper strips with herbs</td>
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<td></td>
<td>1 cup low-fat vanilla yogurt* with ½ cup blueberries</td>
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<table>
<thead>
<tr>
<th>Lunch</th>
<th>1 cup bean chili with ½ cup brown rice</th>
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<tbody>
<tr>
<td>Mid-afternoon snack</td>
<td>Bowl of chopped fresh fruit with 6 oz. low-fat yogurt*</td>
</tr>
<tr>
<td>Dinner</td>
<td>3 oz. baked turkey burger on whole-grain roll</td>
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<td></td>
<td>1 small or ½ large baked or microwaved (5 min.) sweet potato</td>
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<tr>
<td></td>
<td>1 cup chopped bell peppers (any color) sautéed in 2 tsp. olive oil</td>
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<tr>
<td></td>
<td>1 slice angel cake topped with sliced peaches</td>
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</tbody>
</table>

soy cheese) can be substituted for dairy items.
recipes

If you’re searching for recipes that are nutritious, fast and easy to prepare, AICR has some delicious ones for you. Visit AICR’s Test Kitchen at www.aicr.org, or try the following dishes. Most make enough for four to six people – perfect for sharing with friends and family. Recipes with (*) indicate they freeze well in single servings for easy meals later.

Frittata with Broccoli and Leeks

4 eggs
4 egg whites
½-1 Tbsp. canola oil
2-3 cloves garlic (or to taste), minced
3 cups finely chopped broccoli florets
1 large leek (tough outer leaves removed), thinly sliced
1 Tbsp. fresh chives, minced
2 Tbsp. shredded low-fat cheddar cheese
Salt and ground black pepper, to taste
Chili sauce (optional)

In a mixing bowl, whisk together eggs and egg whites and set aside. Carefully spread canola oil over entire surface of nonstick skillet and heat pan on medium until hot. Add garlic, broccoli and leek and gently sauté until tender and soft, about 5 minutes. Pour eggs over sautéed vegetables. Sprinkle with chives and cheese. Lower heat to low-medium and cook until eggs are set and underside is browned. Season to taste with salt and pepper.

Cut frittata into four pieces. Gently transfer to plates one serving at a time, flipping so that browned side faces up. Serve hot, with chili sauce on the side, if desired.

Makes 4 servings. Per serving: 150 calories, 8 g total fat (2 g saturated fat), 8 g carbohydrate, 13 g protein, less than 2 g dietary fiber, 170 mg sodium.
Chili with Walnuts*

½ cup chopped walnuts
1 Tbsp. extra-virgin olive oil
1 cup chopped onion
1 medium carrot, sliced
2 Tbsp. chili powder
2 tsp. ground cumin
½ tsp. salt
1 pound lean (93 percent) ground turkey breast
1 (28 oz.) can diced tomatoes
1 yellow bell pepper, seeded and diced
1 can red kidney beans, rinsed and drained
¼ cup chopped flat-leaf parsley

Preheat oven to 350 degrees. Spread walnuts on baking sheet and toast in oven for 3 minutes. Stir and toast nuts 3 minutes longer, or until fragrant. Cool nuts and set aside. Heat oil in large, deep skillet over medium heat. Add onion and sauté until translucent, 3 minutes. Add carrot and sauté until tender-crisp, 5 minutes. Stir in chili powder, cumin and salt, and cook until spices are fragrant, 1 minute. Add ground turkey and cook until white and opaque, about 7-10 minutes, using wooden spoon to break it up. Add tomatoes with liquid, yellow pepper and beans. Cook until chili is thick and peppers are almost tender, about 15 minutes, stirring occasionally. Divide chili among 6 deep bowls, top each with some walnuts and parsley and serve.

Makes 6 servings. Per serving: 290 calories, 13 g total fat (2 g saturated fat), 124 g carbohydrate, 19 g protein, 7 g dietary fiber, 640 mg sodium.
Simple Stir-Fry

1 Tbsp. reduced-sodium soy sauce
1 Tbsp. rice vinegar
½ tsp. brown sugar
½ tsp. toasted sesame oil
¼ tsp. Chinese 5-spice powder
¾ lb. skinless, boneless chicken breast, cut into cubes or ¼-inch strips*
2 cups quick-cooking brown rice, prepared according to package directions
1 Tbsp. canola oil, divided
1 tsp. minced garlic
1 cup chopped scallions
1 cup chopped green or red bell pepper
1 package (12 oz. frozen mixed vegetables such as broccoli, snap peas, water chestnuts and carrots), thawed

Combine soy sauce, vinegar, sugar, sesame oil and 5-spice powder. Toss with chicken. (If desired, marinate ½ hour.) Prepare rice according to package directions. While rice is cooking, in large skillet, heat ½ oil over medium-high heat. Remove chicken from marinade (discard marinade). Stir-fry 2-3 minutes on all sides until done. Transfer to plate and set aside. Heat remaining oil in same skillet. Add garlic, scallions, pepper and vegetables. Stir-fry until vegetables are barely tender, 1-2 minutes. Add chicken and stir-fry for 30 seconds over high heat until all ingredients are steaming hot. Serve over rice.

Makes 4 servings. Per serving: 287 calories, 6 g total fat (<1 g saturated fat), 33 g carbohydrates, 25 g protein, 5 g dietary fiber, 244 mg sodium.

*Substitute an equal amount of raw, skinned salmon cut into cubes or peeled, deveined raw shrimp.
White Bean and Spinach Patties*

1 can (15 oz.) cannellini or great northern beans, drained and rinsed
¾ cup bread crumbs (or more as needed)
1 package (10 oz.) frozen chopped spinach, well drained with all excess water squeezed out with a dish towel, if possible
1 egg lightly beaten
1 small onion minced
1 ½ tsp. dried rosemary, crushed
½ tsp. garlic powder
½ tsp. onion powder
Salt and fresh ground pepper to taste
1 Tbsp. canola oil or light olive oil

In mixing bowl, mash beans well. Add bread crumbs, spinach, egg, onion, spices, salt and pepper. Stir thoroughly until mixture sticks together well. If mixture is too wet, add some more bread crumbs a little at a time. From ⅛-cup portions, form balls and flatten lightly to 3 to 4-inch patties. Refrigerate to chill.

Line large plate with paper towels and set aside. Coat bottom of large skillet with oil. Heat over medium heat until sizzling hot. Add patties and cook on both sides until browned. Transfer cooked patties to plate lined with paper towels and repeat until all are cooked. Serve with warm pita bread, your favorite vegetables and condiments.

Makes 6 servings. Per serving (not including pita): 160 calories, 4 g total fat (1 g saturated fat), 24 g carbohydrate, 9 g protein, 4 g dietary fiber; 320 mg sodium.
Herbed Salmon with Vegetables

2 tsp. olive oil
1 medium onion, sliced (about 1 ½ cups)
2 carrots, cut into 2-inch long matchsticks
2 stalks celery, cut into 2-inch long matchsticks
2 tsp. chopped fresh tarragon or dill or ½ tsp. dried
Salt and ground black pepper, to taste
12 oz. wild-caught salmon filet, skin removed, cut into 4 pieces

Preheat oven to 400 degrees. In large nonstick skillet, heat oil over medium heat. Add vegetables. Cook, stirring often, 5 minutes or until slightly softened. Remove from heat and toss with tarragon or dill, salt and pepper.

Fold four 12-inch sheets of aluminum foil in half. Unfold and place a piece of salmon in center of each sheet, along fold. Place one-quarter of the vegetable mixture over each piece of salmon. Fold foil over salmon and vegetables. Tightly seal. Bake 20 minutes or until salmon is cooked through.

Makes 4 servings. Per serving: 210 calories, 12 g total fat (2 g saturated fat), 7 g carbohydrates, 18 g protein, 2 g dietary fiber; 170 mg sodium.
Chicken Mini Meatloaves*

2 Tbsp. olive oil  
½ cup finely chopped onion  
½ cup grated carrots  
½ cup finely chopped mushrooms  
2 tsp. poultry seasoning  
1 lb. ground chicken breast*  
1 Tbsp. chopped fresh marjoram or 1 tsp. dried  
¼ cup finely chopped fresh parsley  
½ cup dried whole-wheat breadcrumbs  
1 Tbsp. Worcestershire sauce  
¼ cup tomato ketchup  
1 egg, lightly beaten  
Olive oil cooking spray  
1 can (6 oz.) tomato paste  
Fresh parsley for garnish

*Substitute an equal amount of lean ground turkey, if desired.

Preheat oven to 400 degrees.

In medium skillet, heat oil over medium heat. Add onion, carrots, mushrooms and poultry seasoning. Cook for about 5 minutes. Turn off and set aside. Let cool.

In large bowl, use fork to combine ground chicken with onion mixture, marjoram, parsley and bread-crumbs. Add Worcestershire sauce, ketchup and egg. Mix well.

Coat 12-pan muffin tin (3-inch cups) with cooking spray. Spoon mixture into muffin pans, filling each about half full. Spread thin layer of tomato paste on top of each loaf.

Bake for 20 to 25 minutes. Insert meat thermometer to ensure internal temperature of mini loaves reaches 170 degrees. Let rest for 5 minutes before serving. Garnish with fresh parsley. Leftovers may be frozen in individual portions for future use.

Makes 6 servings (two mini loaves per serving). Per serving: 200 calories, 8 g total fat (1.5 g saturated fat), 15 g carbohydrate, 19 g protein, 2 g dietary fiber, 460 mg sodium.
Honey-Roasted Parsnips with Sweet Potatoes and Apples

Canola oil spray
1 ½ cups parsnips, peeled and cut into bite-size chunks
1 large sweet potato, peeled and cut into bite-size chunks
2 firm Gala or Granny Smith apples, peeled, cored and cut into bite-size chunks
1 Tbsp. canola oil
1 Tbsp. honey
1 Tbsp. rosemary or basil or 1 tsp. dried
2 Tbsp. balsamic vinegar, or to taste
Salt and freshly ground black pepper, to taste

Preheat oven to 375 degrees. Coat a casserole dish with canola oil spray and set aside.

In large mixing bowl, place parsnips, sweet potatoes and apples and set aside. In microwave-proof bowl, mix together canola oil, honey and rosemary or basil. Place in microwave and warm for 10 seconds. Mix in balsamic vinegar. Pour onto vegetables and apples. Toss to coat well. Transfer to casserole dish, cover and bake until tender, about 1 hour. Serve.

Makes 6 servings. Per serving: 116 calories, 3 g. total fat (less than 1 g. saturated fat), 24 g. carbohydrates, 1 g. protein, 4 g. dietary fiber, 91 mg. sodium.
Roasted Brussels Sprouts with Lemon and Parmesan

Olive oil cooking spray
1 ½ lbs. (about 3 cups) Brussels sprouts
2 Tbsp. extra virgin olive oil
½ tsp. salt
¼ tsp. ground black pepper
1 oz. chunk Parmesan or Asiago cheese, for grating
Chopped parsley, as desired
½ lemon, cut into wedges

Preheat oven to 400 degrees. Coat baking sheet with cooking spray and set aside.

Remove tough outer leaves from Brussels sprouts. Trim stem end of each and cut in half. Place sprouts in mixing bowl. Add oil, salt and pepper; toss with spoon until sprouts are well-coated. Spread sprouts on prepared baking sheet. Roast for 25-30 minutes, stirring once. Remove from oven and let sit for 10 minutes. Spread roasted sprouts on small serving platter. Grate cheese over sprouts and toss with parsley just before serving. Serve with lemon wedges.

Makes 6 servings. Per serving: 97 calories, 6 g total fat (1 g saturated fat), 8 g carbohydrate, 5 g protein, 3 g dietary fiber, 292 mg sodium.
**Pear Crisp***

Nonstick cooking spray  
\(\frac{1}{4}\) cup rolled oats  
\(\frac{1}{8}\) cup chopped walnuts  
3 Tbsp. all-purpose flour  
3 Tbsp. whole-wheat flour  
2 ½ Tbsp. packed light brown sugar  
\(\frac{1}{8}\) tsp. cinnamon  
2 Tbsp. canola oil, plus 2 tsp.  
6 firm, ripe medium pears, peeled (if desired), cored and cubed  
\(\frac{1}{4}\) cup raisins  
1 Tbsp. lemon juice  
2 Tbsp. sugar  
2 Tbsp. flour  
\(\frac{1}{8}\) tsp. nutmeg  
Pinch of cloves  
Vanilla nonfat frozen yogurt (optional)  
Dried cranberries, for garnish

Preheat oven to 375 degrees. Lightly spray 8- or 9-inch round cake pan and set aside. In food processor, pulse oats and walnuts 15 seconds. Add flours, brown sugar and cinnamon. Blend 15 more seconds. While running blender, drizzle oil and blend 30 seconds. Transfer to bowl and mix thoroughly.

In another bowl, toss pears with next 6 ingredients. Spoon pears into prepared cake pan. Cover with oat mixture, pressing down gently. Bake 45-50 minutes, until topping is brown and pears are bubbling. Serve hot, topped with cranberries and a dollop of nonfat frozen yogurt or low-fat ice cream, if desired.

Makes 9 servings. Per serving (without toppings): 190 calories, 6 g total fat (0 g saturated fat), 35 g carbohydrates, 2 g protein, 5 g dietary fiber, 0 mg sodium.
Additional Resources

Diet and Nutrition
American Institute for Cancer Research
1-800-843-8114 or 202-328-7744
www.aicr.org

AICR Newsletter: This free, quarterly publication provides tips on eating well, exercise, great-tasting recipes and the latest information on nutrition and cancer research.

Educational Brochures: AICR brochures provide reliable nutrition information, practical advice and healthful recipes. Up to six single copies of the following brochures are free:

- Guidelines for Cancer Prevention
- The New American Plate
- Cooking Solo: Homemade for Health
- Moving More for Cancer Prevention
- Staying Lean for Cancer Prevention
- Guarding against Cancer

To order, call, write or visit AICR online at www.aicr.org.

Call the Toll-Free Nutrition Hotline
Dial 1-800-843-8114 to leave a message for a registered dietitian (who will return your call), Monday-Friday, 9 a.m.-5 p.m. Eastern Time. Or visit the AICR Hotline online at www.aicr.org.

To find a registered dietitian:

- Call the American Dietetic Association at www.eatright.org or call for a referral 1-800-877-1600, ext. 5000.
- Check the yellow pages in your telephone book under “Dietitians” or “Nutritionists.”
- Call your local hospital.

General Information on Aging
Check the listings below to learn more about aging, community programs for seniors or general health for older adults.

AARP (American Association of Retired Persons)
1-800-424-3410
www.aarp.org
This nonprofit membership organization addresses the needs and interests of people age 50 and older.

**NIH SeniorHealth**  
www.nihseniorhealth.gov

A service from the National Institute on Aging and the National Library of Medicine, NIH Senior Health focuses on aging-related health information. The website is organized by health topic and currently includes information on Alzheimer’s Disease and exercise for older adults. Within each topic there are sections containing general background information, videos, short quizzes and frequently asked questions.

**National Institute on Aging Information Center**  
1-800-222-2225 or TTY 1-800-222-4225  
www.nia.nih.gov

For the general public and health professionals, NIA offers consumer-oriented information on a wide range of topics important to older people and their families as well as a description of their research program.

**Support Services for Older Adults**

For assistance locating support services for seniors in your area, including community meal programs and Meals on Wheels for homebound older adults, contact:

- Caregivers USA  
  www.caregivingforyou.com
- Elder Care Locator  
  1-800-677-1116
- Your local county Office on Aging (Check the government pages in your telephone book under your county’s name.)

**Physical Activity**

**Online programs:**

Tufts University’s Growing Stronger Program for Older Adults:  
www.nutrition.tufts.edu/growingstronger/
America on the Move:  
www.americaonthemove.org  

U.S. Centers for Disease Control:  
http://www.cdc.gov/physicalactivity/growingstronger/index.html  

To find programs near you, contact:  

• American Council on Exercise  
  1-800-825-3636  
  www.acefitness.org  

• Aquatic Exercise Association  
  1-888-AEA-WAVE (1-888-232-9283)  
  www.aeawave.com  

• Jewish Community Center Association  
  212-532-4949  
  www.jcca.org  

• YMCA  
  1-800-USA-YMCA (1-800-872-9622)  
  www.ymca.net  

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About AICR

The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on the relationship of nutrition, physical activity and weight management to cancer risk, interprets the scientific literature and educates the public about the results. It has contributed more than $91 million for innovative research conducted at universities, hospitals and research centers across the country. AICR has published two landmark reports that interpret the accumulated research in the field, and is committed to a process of continuous review. AICR also provides a wide range of educational programs to help millions of Americans learn to make dietary changes for lower cancer risk. Its award-winning New American Plate program is presented in brochures, seminars and on its website, www.aicr.org. AICR is a member of the World Cancer Research Fund International.

How You Can Support Cancer Research and Education through Your Will

You can help provide for future cancer research and education through a simple bequest in your will. Consult with your attorney when first writing your will or to add a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount, a gift of the remainder of your estate or a portion of the remainder after obligations to your family and loved ones are met.

Your attorney can easily help you make a bequest to the American Institute for Cancer Research (AICR). To do so, your attorney will need to know:

- **AICR’s official name:** American Institute for Cancer Research
- **AICR’s mailing address:** 1759 R Street, NW, Washington, DC 20009
- **AICR’s telephone number:** 202-328-7744
- **AICR’s identification:** A not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code
- **AICR’s tax-exempt IRS number:** 52-1238026

For further information, contact AICR’s Gift Planning Department at 1-800-843-8114 or send an email to gifts@aicr.org.
AICR Recommendations for Cancer Prevention

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don’t use supplements to protect against cancer.

Special Population Recommendations
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – do not smoke or chew tobacco.