**Breast Cancer**- The best nutrition and physical activity-related advice to reduce the risk of breast cancer is to engage in regular, intentional physical activity; to minimize lifetime weight gain through the combination of caloric restriction (in part by consuming a diet rich in vegetables and fruits) and regular physical activity; and to avoid or limit intake of alcoholic beverages.

1. Physical Activity
2. Healthy Weight
3. Alcohol- limited

**Colorectal Cancer-** the best nutrition- and physical activity- related advice to reduce the risk of colon cancer is to increase the intensity and duration of physical activity, limit intake of red and processed meat, consume recommended levels of calcium, ensure sufficient vitamin D status, eat more vegetables and fruits, avoid obesity and central weight gain, and avoid excess alcohol consumption.

1. Physical Activity
2. Diet- increased calcium reduces risk
3. Healthy Weight
4. Alcohol

**Endometrial Cancer-** maintain a health weight and engage in regular physical activity

1. Healthy Weight
2. Physical Activity

**Kidney Cancer-** maintain a healthy weight and avoid tobacco use

1. Healthy Weight
2. Tobacco

**Lung Cancer-** avoid tobacco use and environmental tobacco smoke and avoid radon exposure

1. Tobacco
2. Radon

**Ovarian Cancer-** no recommendations

**Pacreatic Cancer-** avoid tobacco and maintain a healthy weight, physical activity and following the other ACS recommendations related to a healthy diet may also be beneficial

1. Tobacco
2. Healthy Weight
3. Physical Activity

**Prostate Cancer-** eat at least 2.5 cups of a wide variety of vegetables and fruits each day, be physically active, and achieve a healthy weight. It may also be prudent to limit calcium supplementation and to not exceed the recommended intake levels of calcium via foods and beverages. However, as calcium and dairy intake may decrease the risk of colorectal cancer, the ACD does not make specific recommendations regarding calcium and dairy food intake for overall cancer prevention.

1. Diet- excess calcium increases risk
2. Physical Activity
3. Healthy Weight

**Stomach Cancer-** eat at least 2.5 cups of vegetables and fruits daily, reduce consumption of processed meat, salt, and salt-preserved food, be physically active, and maintain a healthy weight

1. Diet
2. Physical Activity
3. Healthy Weight

**Upper Aerodigestive Tract Cancers-** avoid all forms of tobacco, restrict alcohol consumption, avoid obesity, and eat at least 2.5 cups of a variety of vegetables and fruits each day

1. Tobacco
2. Alcohol- alcohol is stored directly as fat, so excessive drinking leads to an unhealthy weight (central obesity worst)
3. Healthy Weight
4. Diet