

**Circle Of Life<sup>SM</sup>: Cancer Education and Wellness for American Indian and Alaska Native Communities**

**Appendix C: American Cancer Society Guidelines on Nutrition & Physical Activity**

A person may choose to take these actions:

<b>ACS RECOMMENDATIONS FOR INDIVIDUAL CHOICES</b>
<b>Achieve and maintain a healthy weight throughout life.</b>
<ul style="list-style-type: none"><li>• Be as lean as possible throughout life without being underweight.</li></ul>
<ul style="list-style-type: none"><li>• Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.</li></ul>
<ul style="list-style-type: none"><li>• Get regular physical activity and limit intake of high-calorie foods and drinks as keys to help maintain a healthy weight.</li></ul>
<b>Be physically active.</b>
<ul style="list-style-type: none"><li>• <b>Adults:</b> Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.</li></ul>
<ul style="list-style-type: none"><li>• <b>Children and teens:</b> Get at least 1 hour of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.</li></ul>
<ul style="list-style-type: none"><li>• Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.</li></ul>
<ul style="list-style-type: none"><li>• Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.</li></ul>
<b>Eat a healthy diet, with an emphasis on plant foods.</b>
<ul style="list-style-type: none"><li>• Choose foods and drinks in amounts that help you get to and maintain a healthy weight.</li></ul>
<ul style="list-style-type: none"><li>• Limit how much processed meat and red meat you eat.</li></ul>
<ul style="list-style-type: none"><li>• Eat at least 2½ cups of vegetables and fruits each day.</li></ul>

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- Choose whole grains instead of refined grain products.

**If you drink alcohol, limit your intake.**

- Drink no more than 1 drink per day for women or 2 per day for men.

**ACS RECOMMENDATIONS FOR COMMUNITY ACTION**

**Public, private, and community organizations should work together at national, state, and local levels to apply policy and environmental changes that:**

- Increase access to affordable, healthy foods in communities, places of work, and schools, and decrease access to and marketing of foods and drinks of low nutritional value, particularly to youth.
- Provide safe, enjoyable, and accessible environments for physical activity in schools and workplaces, and for transportation and recreation in communities.