

UOA MS

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Patient Name:

Special Instructions:

Follow Up:

Cancer Prevention Tips

- Eat more foods that come from plants, such as fruits, vegetables, beans, nuts, and whole grains.
- Eat less food that comes from animals, such as meat, cheese, and eggs.
- Eat 5 servings of different fruits and vegetables every day. Eat fruits and vegetables of all colors.
- Eat **green** foods like broccoli, lettuce, or greens.
- Eat **yellow-orange** foods like carrots, cantaloupe, bananas, or sweet potatoes.
- Eat **red** foods like strawberries, tomatoes, or red beans.
- Eat **blue or purple** foods like blueberries, eggplant, or plums.
- Eat **white** foods like garlic, potatoes, or onions.
- Avoid fried food.
- Eat brown rice, whole wheat bread, whole grain pasta, and cereals.
- Eat less white rice, white bread, regular pasta, desserts, sweetened cereals, soft drinks, and sugars.
- Eat fish, chicken, turkey, or beans. Eat only a small piece of any meat. Cook meat by baking, broiling, or boiling.
- Stay at a healthy weight. Lose weight if you are too heavy.
- Eat less food that is high in empty calories, like French fries, fried chicken, pizza, doughnuts, and other sweets.
- Move or exercise as much as you can.
- Try walking, gardening, dancing, or bicycling to help you burn calories. Take the stairs instead of the elevator. Walk to where you are going instead of driving.
- Drink less alcohol.
- Men should limit alcohol to 2 drinks per day.
- Women should limit alcohol to 1 drink per day.
- **Do not** smoke or use any kind of tobacco.



Check with your doctor before you make any big changes in your diet or lifestyle.

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