

從營養和運動談癌症預防

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- El Camino Hospital Cancer Center
- El Camino Hospital Chinese Health Initiative
- 新希望華人癌症關懷基金會



Guidelines on Nutrition and Physical Activity for Cancer Prevention



ACHIEVE AND MAINTAIN A HEALTHY WEIGHT THROUGHOUT LIFE

- Be as lean as possible throughout life without being underweight.
- Avoid excess weight gain at all ages. For those who are currently overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.



ACHIEVE AND MAINTAIN A HEALTHY WEIGHT THROUGHOUT LIFE

- Engage in regular physical activity and limit consumption of high-calorie foods and beverages as key strategies for maintaining a healthy weight.



ADOPT A PHYSICALLY ACTIVE LIFESTYLE

- Adults should engage in at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination, preferably spread throughout the week.



ADOPT A PHYSICALLY ACTIVE LIFESTYLE

- Children and adolescents should engage in at least 1 hour of moderate or vigorous intensity activity each day, with vigorous intensity activity occurring at least 3 days each week.



ADOPT A PHYSICALLY ACTIVE LIFESTYLE

- Limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment.



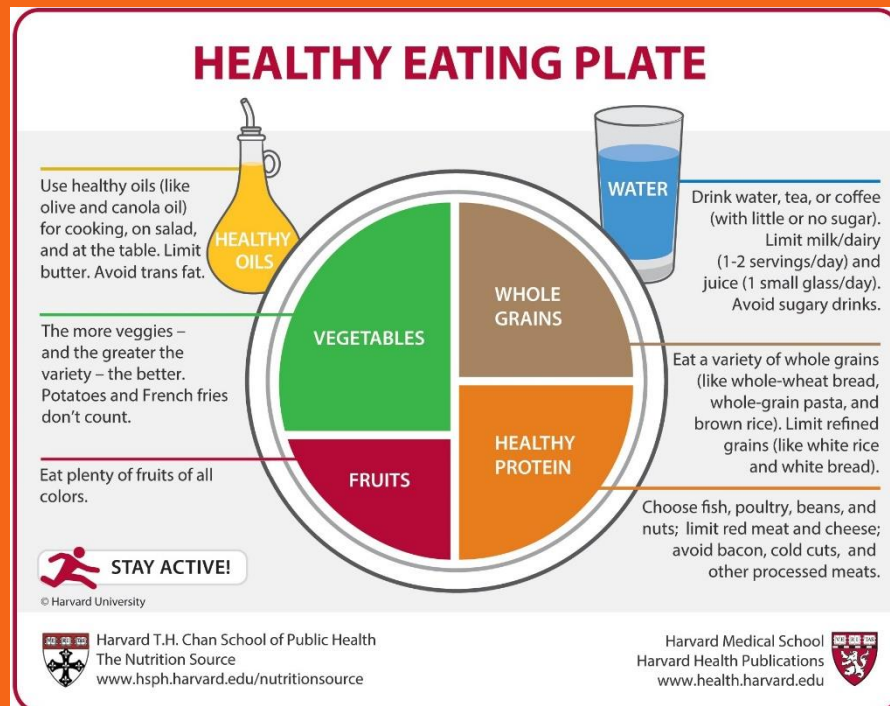
ADOPT A PHYSICALLY ACTIVE LIFESTYLE

- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.



CONSUME A HEALTHY DIET, WITH AN EMPHASIS ON PLANT FOODS

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.



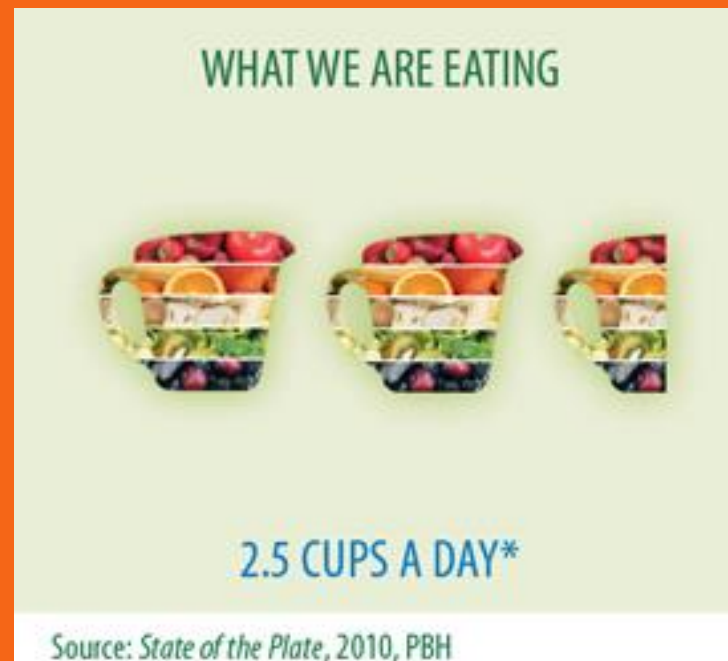
CONSUME A HEALTHY DIET, WITH AN EMPHASIS ON PLANT FOODS

- Limit consumption of processed meat and red meat.



CONSUME A HEALTHY DIET, WITH AN EMPHASIS ON PLANT FOODS

- Eat at least 2.5 cups of vegetables and fruits each day.



CONSUME A HEALTHY DIET, WITH AN EMPHASIS ON PLANT FOODS

- Choose whole grains instead of refined grain products.



IF YOU DRINK ALCOHOLIC BEVERAGES, LIMIT CONSUMPTION

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



MODERATE INTENSITY ACTIVITIES

- Walking, dancing, leisurely bicycling, ice and roller skating, horseback riding, canoeing, yoga
- Downhill skiing, golfing, volleyball, softball, baseball, badminton, doubles tennis
- Mowing the lawn, general yard and garden maintenance
- Walking and lifting as part of the job (custodial work, farming, auto or machine repair)



VIGOROUS INTENSITY ACTIVITIES

- Jogging or running, fast bicycling, circuit weight training, swimming, jumping rope, aerobic dance, martial arts
- Cross-country skiing, soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball
- Digging, carrying and hauling, masonry, carpentry
- Heavy manual labor (forestry, construction, fire fighting)



HEALTHY LIVING



thank you!