

# Tips for Thanksgiving (and other days) to prevent and help those with cancer



## Food & Drink



Eat more cancer-fighting foods on Thanksgiving including:

- Pumpkin<sup>1</sup>
- Yams<sup>1</sup>
- Sweet potatoes<sup>1</sup>
- Cranberries<sup>2</sup>
- Brussels spouts<sup>3</sup>

Just watch the preparation – limit your use of salt, sugar, sauce, butter, and processed meats.

Limit your consumption of alcohol. Alcohol increases your risk of several types of cancer.<sup>4</sup>

## Tips for hosting cancer survivors undergoing treatment

For cancer survivors:

Be prepared to answer questions about how you're doing.

If you don't want to talk about it, consider how you can succinctly address your health, and then move onto other topics.



For hosts inviting cancer survivors:

If possible, reach out to the individual before the gathering to check on their comfort level with discussing their health.

Share this information with your other guests before the gathering.

Freeze soup broth in ice cube trays and melt the ice cubes one at a time. It's a good way to get cancer survivors to eat small portions.

## Exercise before (and/or after) the big meal



- CPIC found the risk of breast cancer was lower for women engaging in more physical activity.
- Numerous other studies have also found a correlation between exercise and cancer prevention.<sup>5</sup>
- Several recent studies suggest that higher levels of physical activity are associated with a reduced risk of a cancer recurrence.<sup>5</sup>

The Cancer Prevention Institute of California is dedicated to preventing cancer and to reducing its burden where it cannot yet be prevented.

For more information visit [cpic.org](http://cpic.org).

### Sources:

<sup>1</sup> [cancer.gov/about-cancer/causes-prevention/risk/diet/antioxidants-fact-sheet](http://cancer.gov/about-cancer/causes-prevention/risk/diet/antioxidants-fact-sheet)

<sup>2</sup> [aicr.org/foods-that-fight-cancer/cranberries.html](http://aicr.org/foods-that-fight-cancer/cranberries.html)

<sup>3</sup> [cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet](http://cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet)

<sup>4</sup> [cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet](http://cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet)

<sup>5</sup> [webmd.com/cancer/features/exercise-cancer-patients#1](http://webmd.com/cancer/features/exercise-cancer-patients#1)



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