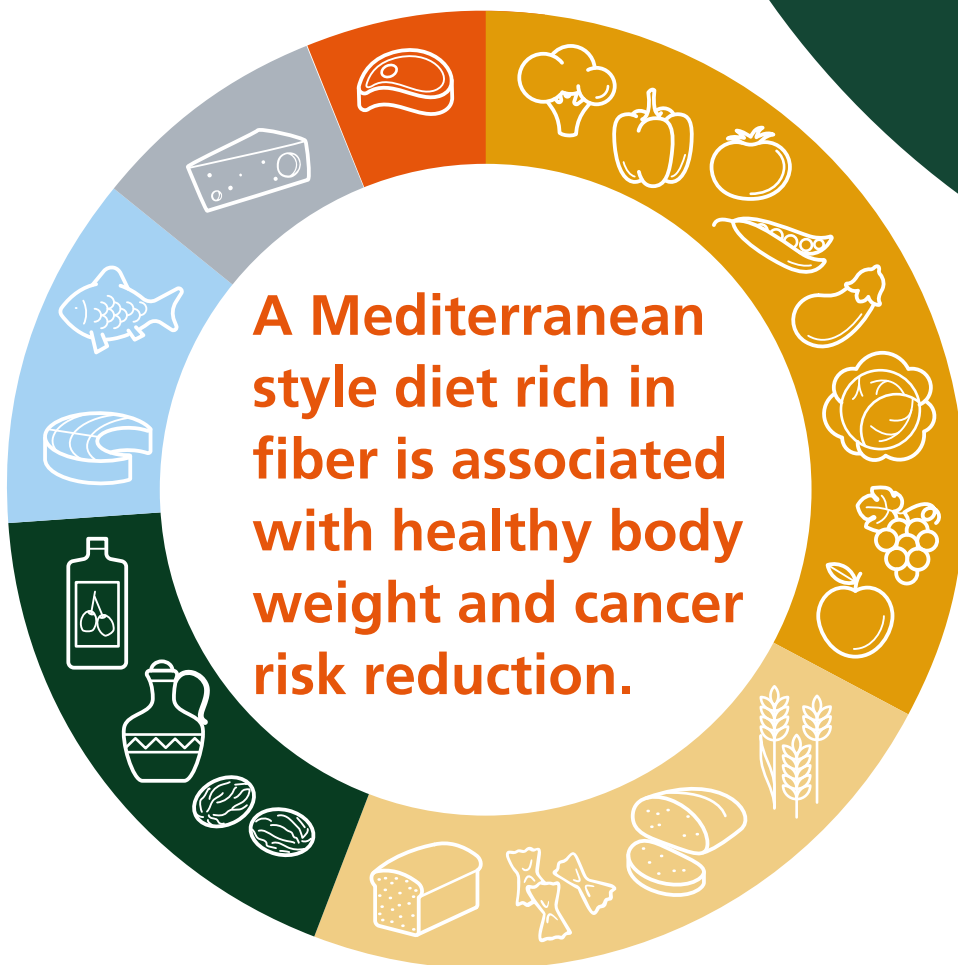


FIREFIGHTER CANCER INITIATIVE

Achieve and maintain a healthy body weight throughout life and avoid weight gain in adulthood



Dietary factors associated with excess body fat include:



Excess sugar

such as sugar sweetened beverages and processed foods

"Fast foods"

"Western" type diet, high in added sugars, meat and fat



Recent research suggests excess body fat and weight gain in adulthood increases the risk for the following cancers:

Breast, Colorectal, Endometrial, Gallbladder, Kidney, Liver, Ovary, Pancreas, Prostate, Thyroid, Stomach/gastric, Upper digestive