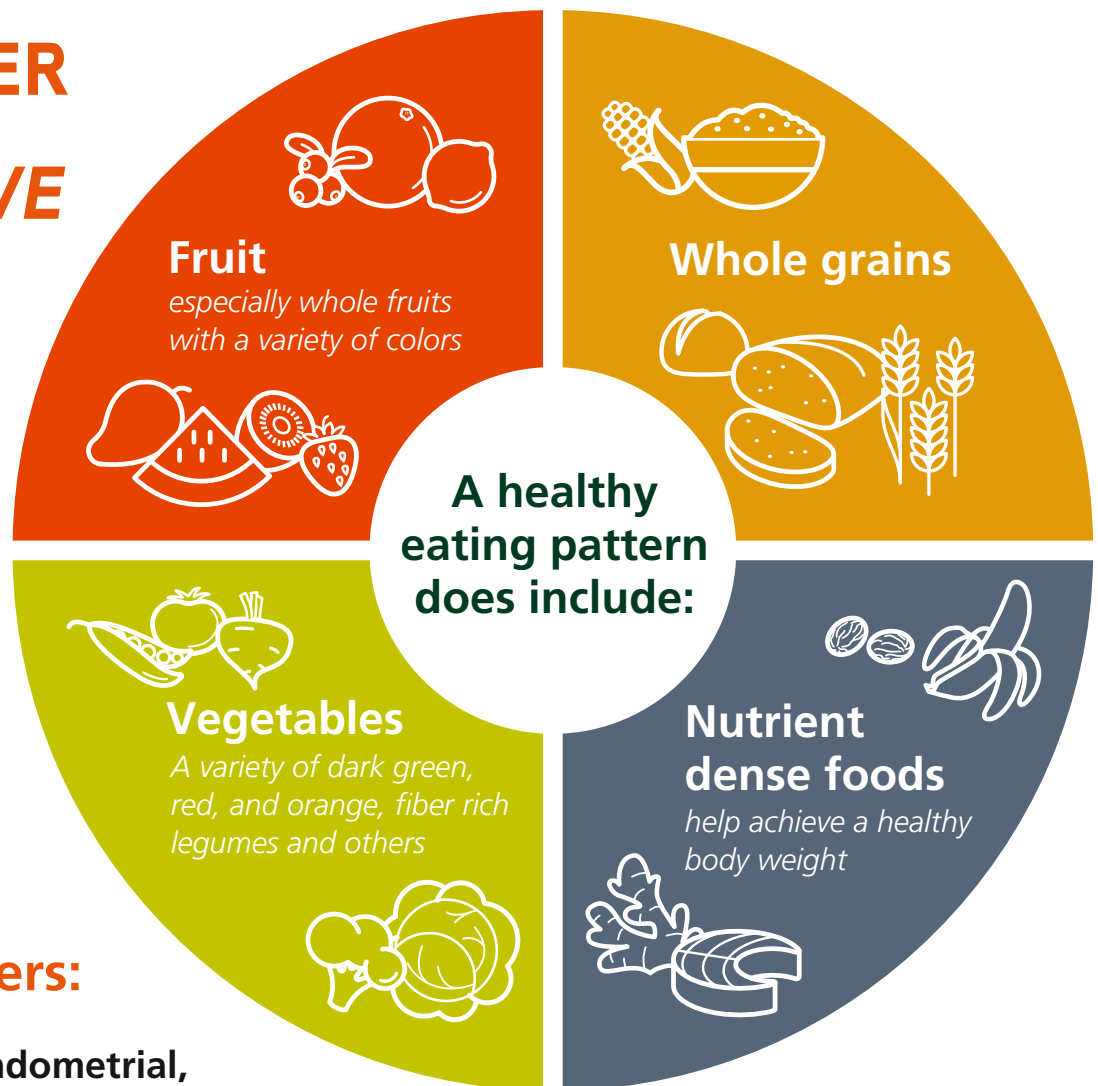


# FIREFIGHTER CANCER INITIATIVE

Following a healthy diet has been demonstrated to reduce the risk of the following cancers:

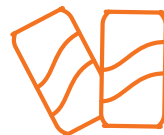
Breast, Colorectal, Endometrial, Liver, Lung, Ovary, Pancreas, Stomach/ gastric, Upper digestive



**A healthy eating pattern limits or does not include:**



Red and processed meats



Sugar sweetened beverages



Highly processed foods and refined grains

In addition to eating patterns, specific nutrients can affect cancer risk

## Calcium and dairy products

1. Excess calcium intake (>2g) increases risk for prostate cancer
2. Calcium intake may lower colorectal and breast cancer risk

## Vitamin D

1. Most adults are insufficient in vitamin D (<50 nmol/L)
2. A clinical trial of supplementation of 2000iu/day vitamin D lowered the risk of overall cancer mortality