Avoid alcohol

Research shows that drinking even a small amount of alcohol increases your chances of developing oral, breast and liver cancers.

If you drink alcohol, limit yourself to:

- One drink or less per day for women
- Two drinks or less per day for men

One drink is defined as:

- 12 fluid oz. of beer
- 5 fluid oz. of wine
- 1.5 fluid oz. of 80 proof distilled liquor

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