

WCRF UK Recommendations for Cancer Prevention



1. Be as lean as possible without becoming underweight



2. Be physically active for at least 30 minutes every day



3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fibre, or high in fat)



4. Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans



5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meat



6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day



7. Limit consumption of salty foods and foods processed with salt (sodium)



8. Don't use supplements to protect against cancer

Special Population Recommendations



9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods



10. After treatment, cancer survivors should follow the Recommendations for Cancer Prevention

And always remember – do not smoke or chew tobacco



**World Cancer
Research Fund**

World Cancer Research Fund (WCRF UK)

“Stopping cancer before it starts”

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