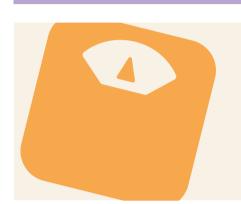
10 WAYS TO PROTECT YOURSELF AGAINST CANCER

Taken together, our **Cancer Prevention Recommendations** support an overall way of living healthily to prevent cancer



BE A **HEALTHY WEIGHT**

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active as part of everyday life – walk more and sit less





EAT A DIET RICH IN WHOLEGRAINS, VEGETABLES, FRUIT AND BEANS

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet

LIMIT CONSUMPTION OF 'FAST FOODS' AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat

LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks





LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol

DO NOT USE SUPPLEMENTSFOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone





FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby

AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional what is right for you





For the references used or to give us your feedback, please contact us: World Cancer Research Fund, 140 Pentonville Road, London N1 9FW Call 020 7343 4200 Email resources@wcrf.org Visit wcrf-uk.org

