



Simple  
steps  
to a  
healthier  
you



World  
Cancer  
Research  
Fund

[www.wcrf-uk.org](http://www.wcrf-uk.org)

# A healthier you

**Around 1 in 2 people in the UK will develop cancer at some point during their lifetime.**

We can help you make healthier choices that will make cancer less likely for you and your family.



## Easy ways to stay healthy

- **Choose not to smoke**
- **Eat well**
- **Move more**
- **Stay in shape**

As well as making cancer less likely, making healthy choices like these can help protect you and your family from other diseases like heart disease and Type 2 diabetes as well as reducing the chance of having a stroke. It's never too early or too late to start making healthy choices.

About **1 in 3** of the most common cancers could be **prevented** if everyone made healthy lifestyle choices such as choosing a **healthy diet, staying in shape and being active.**

# Eat well

## Put plant foods first.

We want you and your family to lead healthy, happy, cancer-free lives. In general, we can all be healthier by having:

### MORE

**Vegetables**

**Fruit**

**Wholegrains** like  
brown bread and rice

**Pulses** like lentils  
and chickpeas

### LESS

**Fast food/junk food**

**Sugary drinks**

**Red meat** like beef

**Processed meat**  
like ham and bacon

**Alcohol**

Try to have at least **five portions of vegetables and fruit every day**. These can be fresh, frozen, dried or canned (in water or fruit juice).

Find healthy recipes: [www.wcrf-uk.org/recipes](http://www.wcrf-uk.org/recipes)



# Move more

**Aim to be active for at least 30 minutes every day.**



Physical activity can be anything that gets your body moving – it doesn't have to mean going to the gym!

## **Try anything that**

- **Makes your heart beat faster**
- **Makes you breathe more deeply**
- **Is fun and something you enjoy!**

Being active can help you to **stay in shape**.  
It also helps **protect** you against cancer.

# Stay in shape

## Aim to be a healthy weight for life.

After not smoking, being a healthy weight is the most important thing you can do to help protect yourself against cancer.

### What is a healthy weight?

You can find out if you are a healthy weight by asking a health professional like a nurse, doctor, dietitian or health trainer to measure your BMI (body mass index).

Or, if you know your weight and height, you can check your BMI on our website:

[www.wcrf-uk.org/bmi-calculator](http://www.wcrf-uk.org/bmi-calculator)

BMI helps to show whether you are a healthy weight for your height.



BMI	
less than 18.5	Underweight
18.5 - 24.9	Healthy weight
25 - 29.9	Overweight
30 or more	Obese

# Measure your waist

**Measuring your waist is a good way to see if you are a healthy shape.**

Carrying too much fat around your middle can be bad for your health.

Use a tape measure to measure your waist halfway between your bottom rib and the top of your hips.

As a guide, a healthy waist measurement is:



## **WOMEN**

**Less than 80cm/31.5"**

## **MEN**

**Less than 94cm/37"**

Learn how to measure your waist:  
[www.wcrf-uk.org/waist](http://www.wcrf-uk.org/waist)



# Drink less alcohol

## You can be healthier by drinking less alcohol.

If you want to protect yourself against cancer as much as possible then we suggest not drinking alcohol at all.

If you do choose to drink alcohol, follow national guidelines. The recommendation in the UK is to drink no more than 14 units a week, which is roughly equal to **seven drinks a week**, spread **over at least three days**.

Alcohol is particularly harmful for you if you also smoke.

## What is a drink?

Half a pint of beer, lager or cider



One 25ml measure of spirits such as vodka or whisky



One small 125ml glass of wine



### Tips for drinking less

- Try ordering a small glass rather than a large one
- Swap some of your alcoholic drinks for non-alcoholic drinks
- Dilute alcoholic drinks to make them last longer
- Keep some days of the week alcohol-free

# The cancer prevention experts...

**We want to live in a world where nobody develops a preventable cancer.**

**Small changes can make a big difference.**

To find out how you can reduce your cancer risk visit: [www.wcrf-uk.org](http://www.wcrf-uk.org)

For the references used in this leaflet, please contact us:

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