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
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 SUPPLEMENTS FOR 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.