

SUMMARY OF STRONG EVIDENCE ON DIET, NUTRITION, PHYSICAL ACTIVITY AND THE PREVENTION OF CANCER

	MOUTH, PHARYNX, LARYNX (2007)	NASOPHARYNX (2007)	ESOPHAGUS SQUAMOUS CELL CARCINOMA (2016)	ESOPHAGUS ADENOCARCINOMA (2016)	LUNG (2007)	STOMACH (2016)	PANCREAS (2012)	GALLBLADDER (2015)	LIVER (2015)	COLORECTUM (2017)	BREAST PREMENOPAUSE (2017)	BREAST POSTMENOPAUSE (2017)	OVARY (2014)	ENDOMETRIUM (2013)	PROSTATE (2014)	KIDNEY (2015)	BLADDER (2015)	SKIN (2007)
Wholegrains										3								
Foods containing dietary fibre										3								
Aflatoxins									1									
Non-starchy vegetables	1																	
Fruits	1				1													
Red meat										4								
Processed meat						2				4								
Cantonese-style salted fish		2																
Dairy products										3								
Calcium supplements										4								
Foods preserved by salting																		
Glycaemic load														5				
Arsenic in drinking water					6												6	6
Mate			7															
Alcoholic drinks	8					5			5	6	6	6					7	
Coffee							8			9								
Beta-carotene					8										9			9
Physical activity (moderate and vigorous)										10		10						
Physical activity (vigorous)											11	11						
Body fatness ¹¹				12		12	12	12	12	12	12	12	12	12	12	12	12	12
Body fatness in young adulthood										13	13	13						
Adult weight gain										14	14	14						
Adult attained height ¹⁵										15	15	15	15	15	15	15	15	15
Greater birth weight																		
Lactation										16	16	16						

1 Includes evidence on foods containing carotenoids
 2 Non-cardia stomach cancer only
 3 Evidence is from total dairy products, milk, cheese and dietary calcium intakes
 4 Evidence derived from supplements at a dose of 200 - 1,000 mg per day
 5 Based on evidence for alcohol intakes above approximately 45 grams per day (about 3 drinks a day)
 6 Based on evidence for alcohol intakes above approximately 30 grams per day (about 2 drinks per day)
 7 Based on evidence for alcohol intakes up to 30 grams per day (about 2 drinks a day). There is insufficient evidence for intake greater than 30 grams per day
 8 Evidence is from studies using high-dose supplements in smokers
 9 Includes both foods naturally containing the constituent and foods which have the constituent added and includes studies using supplements at doses of 20, 30, and 50 mg/day (prostate) and using supplements at doses of 30, and 50 mg/day (skin)
 10 Colon cancer only
 11 Body fatness is marked by body mass index (BMI) and where available waist circumference and waist-hip ratio
 12 Cardia cancer only
 13 Advanced prostate cancer only
 14 Young women aged about 18 to 30 years. Body fatness is marked by BMI
 15 Adult attained height is unlikely to directly influence the risk of cancer. It is a marker for genetic, environmental, hormonal and nutritional factors affecting growth during the period from pre-conception to completion of linear growth.
 16 Relates to the evidence for overall breast cancer (unspecified)