



BUDGET-FRIENDLY RECIPES



Good for you, good for the planet

The nutrition information on our recipes is calculated by our Registered Nutritionists and is based on products that contain the lowest possible amount of fat, sugar and salt. Use this information as a guide, as it may vary depending on the products you choose to buy. If you adjust the recipes, the nutrition information will no longer be accurate.

When shopping, choose foods without added sugar and salt, and opt for low and reduced-fat, low sugar and reduced-salt versions, where possible.

All recipe costs are correct at the time of printing, but they may change over time and vary by supermarket.



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DEAR SUPPORTER,

Thank you for choosing World Cancer Research Fund's cookbook, *Budget-friendly recipes: Good for you, good for the planet*.

This cookbook includes 10 delicious recipes that are designed with both your health and your budget in mind – while also being kinder to the planet. The recipes show that eating well doesn't have to be expensive, and that small changes to how you eat can make a big difference to your health and that of our planet.

Many of the dishes in this cookbook are centred around plant-based ingredients, highlighting the wonderful flavours of fruit, vegetables, wholegrains and pulses. We have also included a few recipes with small amounts of dairy, chicken and fish. This balanced approach also aligns with our **Cancer Prevention Recommendations**.

We hope to inspire you to try new flavours and enjoy home-cooked meals made with simple, seasonal ingredients that are affordable, nutritious and most importantly, delicious.

We hope you love these recipes as much as we do. Please share them with your loved ones and help us spread our important cancer prevention messages.

Best wishes

A handwritten signature in black ink that reads "Zoe Griffiths". The script is fluid and cursive, with the first name "Zoe" and last name "Griffiths" clearly distinguishable.

Zoe Griffiths
Registered Nutritionist

EATING WELL FOR YOUR HEALTH

Did you know that around 40% of cancer cases could be prevented every year in the UK?

Eating a healthy diet, keeping active and maintaining a healthy weight are the most important ways to protect yourself against cancer, after not smoking and keeping safe in the sun. By making healthier choices, you can make a big difference to your health and cancer risk.



Our Cancer Prevention Recommendations are a package of healthy choices that can help reduce the risk of cancer. One key part of these Recommendations is eating a diet rich in fruit, vegetables, wholegrains (like brown rice, wholemeal bread and wholewheat pasta), and pulses (like beans, chickpeas and lentils).

We also recommend avoiding processed meat (like ham) and limiting red meat (like beef), fast food (like pizza, fried chicken and chips), processed foods high in fat, sugar and salt, sugary drinks and alcohol. Having these types of food and drinks regularly can increase your risk of cancer.

MOROCCAN VEGETABLE STEW

VEGAN

INGREDIENTS

1 tbsp vegetable oil
1 onion, diced
2 cloves garlic, crushed
3 medium carrots, diced
1 large courgette, diced
400g tin chickpeas,
drained and rinsed
400g tin chopped tomatoes
1½ tsp ground cinnamon
1½ tsp ground ginger
1½ tsp ground cumin
½ tsp ground coriander
700ml boiling water
350g couscous

METHOD

1. Heat the oil in a large non-stick pan over a medium-high heat.
2. Add the onion and crushed garlic and cook for 2 minutes, stirring occasionally.
3. Add the rest of the ingredients except the couscous and stir together. Turn the heat to high and bring to the boil.
4. Put a lid on the pan and simmer for 20 minutes, stirring occasionally, until the carrots are cooked.
5. Meanwhile, make the couscous according to packet instructions.
6. Serve the Moroccan vegetable stew with the couscous immediately.

Number of portions: **4**

Cooking and preparation time: **35 minutes**

Cost per dish: **£3.90 (based on serving 4)**

5 A DAY
3.5

Fibre
18g

Protein
19g

Calories
528

Fat
9.2g

Sugar
11g

Salt
0.2g

Nutrition information (per serving)



HIGH IN FIBRE

TOP TIP

Include a variety of your favourite vegetables. They all count towards your 5 A DAY and ensures you get a range of nutrients.



TOFU TACOS

VEGAN

INGREDIENTS

1 tbsp vegetable oil
280g tofu, drained and cubed
1 onion, diced
1 clove garlic, crushed
1 tsp ground coriander
1 tsp ground cumin
½ tsp hot chilli powder
150g frozen peppers
400g tin black beans, drained and rinsed
200g tin sweetcorn in water, drained
400g tin chopped tomatoes
8 wholewheat tortillas
50g reduced-fat Cheddar cheese, grated
80g iceberg lettuce, sliced

METHOD

1. Heat the oil in a large non-stick pan over a medium-high heat.
2. Add the tofu, onion and crushed garlic and cook for 5 minutes until it starts to brown.
3. Add the ground coriander, ground cumin, hot chilli powder and frozen peppers and cook for a further 2 minutes.
4. Add the black beans, sweetcorn and chopped tomatoes and stir together. Turn the heat to high and cook for a further 2–3 minutes.
5. Heat the tortillas according to packet instructions.
6. Put some of the tofu mixture on one half of one of the tortillas.
7. Sprinkle on some cheese and lettuce.
8. Fold over the other half of the tortilla and repeat for the rest of the tortillas.
9. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **25 minutes**

Cost per dish: **£4.99 (based on serving 4)**

5 A DAY
4

Fibre
20g

Protein
34g

Calories
712

Fat
21g

Sugar
16g

Salt
1g

Nutrition information (per serving)



HIGH IN PROTEIN AND FIBRE

TOP TIP

This recipe also works well with tempeh and cooks in the same way as tofu. For a slight variation, add chopped cucumber or tomato on top of your finished taco.

MYTH BUSTERS

Myth: Healthy eating is expensive

Healthy eating doesn't have to be expensive. Choosing wholegrain varieties of rice, pasta and bread along with fresh, frozen, tinned and dried fruit, vegetables and pulses are both budget-friendly and nutritious. They are filled with nutrients like fibre, vitamins and minerals that are good for your health.



Myth: I need to be vegan or vegetarian to eat healthily



You don't have to be vegan or vegetarian to eat well. Eating a plant-based diet, where plants are the main part of your meals, can be very nutritious. This doesn't mean you have to give up animal-based foods like eggs, dairy, poultry and fish. Instead, focus on filling most of your plate with fruit, vegetables, wholegrains and pulses, and enjoy animal-based foods in smaller amounts.

Myth: Cooking meals from scratch is more expensive than buying pre-packaged or fast food

While pre-packaged meals or fast food might seem cheaper at first, they often cost more over time if bought regularly. Cooking from scratch is generally more cost-effective, especially with affordable ingredients like fresh, frozen or tinned fruit, vegetables, wholegrains and pulses. Healthy eating becomes more affordable if you plan your meals, buy only what you need and batch cook for the week. Cooking at home also lets you control the ingredients you use and manage portion sizes better.

Myth: Eating in a way that's healthy for both me and the planet is complicated

Enjoying a diet that's good for you and the planet doesn't have to be complicated. Try to eat more plant-based foods, limit red meat to three portions a week and avoid processed meat altogether. Reduce how often you eat fast food and processed foods high in fat, sugar and salt as well. These choices will benefit both your health and the planet.



For an even bigger impact, choose seasonal and local produce, products with less or recyclable packaging and buy only what you need to reduce food waste. These choices are budget friendly too.

LENTIL CHILLI BAKE

VEGETARIAN

INGREDIENTS

300g brown rice

1 tbsp vegetable oil

1 large red onion, diced

2 cloves garlic, crushed

150g frozen peppers

1 tsp ground coriander

1 tsp ground cumin

1 tsp smoked paprika

¼ tsp chilli flakes

2 x 400g tins green lentils,
drained and rinsed

400g tin red kidney beans,
drained and rinsed

2 x 400g tins chopped
tomatoes

Freshly ground black pepper

50g reduced-fat Cheddar
cheese, grated

METHOD

1. Cook the rice according to packet instructions.
2. Heat the oil in a large non-stick pan over a medium heat.
3. Add the red onion and cook until starting to soften.
4. Add the crushed garlic, frozen peppers, ground coriander, ground cumin, smoked paprika and chilli flakes and cook for a further minute.
5. Add the green lentils, red kidney beans, chopped tomatoes and black pepper and stir together.
6. Put into an ovenproof dish and cook for 15 minutes until the mixture is bubbling.
7. Remove from the oven and sprinkle on the cheese.
8. Put the dish back in the oven for a further 5 minutes until the cheese has melted.
9. Serve with the rice.

Number of portions: **4**

Cooking and preparation time: **35 minutes**

Cost per dish: **£3.86 (based on serving 4)**

5 A DAY
3

Fibre
27g

Protein
33g

Calories
698

Fat
9.9g

Sugar
15g

Salt
0.4g

Nutrition information (per serving)



**HIGH IN PROTEIN
AND FIBRE**

SERVING SUGGESTION

Substitute the rice for quinoa for an alternative wholegrain carbohydrate to serve with the stew.

RAMEN BOWL WITH SOFT-BOILED EGGS

VEGETARIAN

INGREDIENTS

1 tbsp vegetable oil
1 onion, cut in half
and sliced
1 clove garlic, crushed
1 medium carrot, cut
into matchsticks
1 bunch spring onions,
cut into 2cm pieces
100g mushrooms, stalks
removed and sliced
100g spring cabbage,
sliced
1 reduced-salt
vegetable stock cube
1.2l boiling water
1 tsp Chinese 5 spice
1 tsp reduced-salt
soy sauce
4 eggs (medium)
125g wholewheat dried
egg noodle nests
10g sesame seeds

METHOD

1. Heat the oil in a large non-stick pan over a medium-high heat.
2. Add the onion, crushed garlic, carrot, spring onions and mushrooms and cook for 3 minutes, stirring occasionally.
3. Add the cabbage, stock cube, boiling water, Chinese 5 spice and reduced-salt soy sauce and stir together. Turn the heat to high and bring to the boil.
4. While the ramen is coming to the boil, put the eggs on to boil for 7 minutes.
5. Simmer the ramen mixture for 10 minutes.
6. Cook the noodles according to packet instructions.
7. When the eggs are cooked, remove the shells and cut in half.
8. When cooked, drain the noodles and divide between 4 bowls.
9. Once the ramen mixture is ready, divide it between the 4 bowls and top each bowl with 2 egg halves.
10. Sprinkle each ramen bowl with sesame seeds.
11. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£3.03 (based on serving 4)**

5 A DAY
1

Fibre
30g

Protein
14g

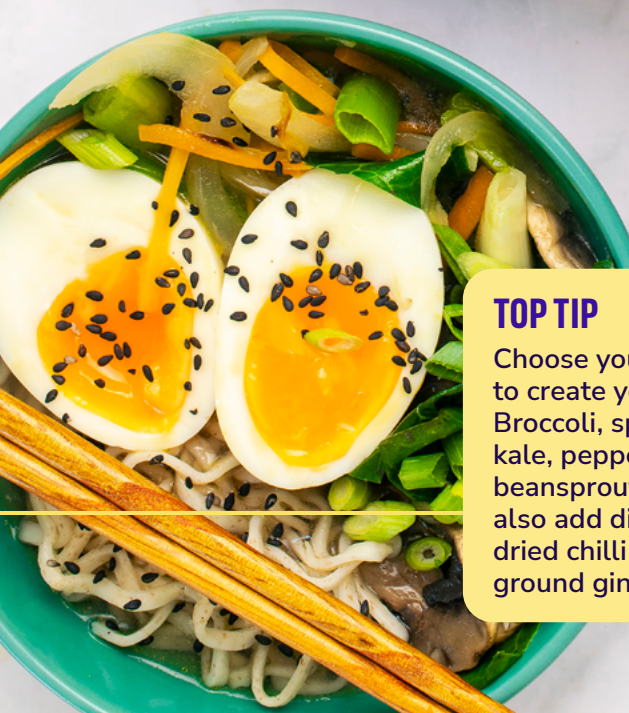
Calories
307

Fat
8.7g

Sugar
6.3g

Salt
0.6g

Nutrition information (per serving)



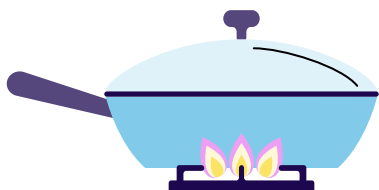
HIGH IN PROTEIN AND FIBRE

TOP TIP

Choose your favourite vegetables to create your own Ramen bowl. Broccoli, spinach, tinned sweetcorn, kale, peppers, edamame beans and beansprouts all taste great. You can also add different flavourings such as dried chilli flakes, ground coriander, ground ginger or cayenne pepper.

ENERGY AND COST- SAVING IN THE KITCHEN

You can save energy and reduce costs in the kitchen by following these tips:



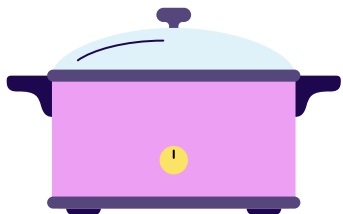
Use lids on pots and pans: covering your pots and pans traps heat, reduces cooking time and saves energy.

Match the hob size to your pot or pan: ensure that the size of your pot or pan matches the hob ring to save energy.



Boil water in a kettle: use a kettle to boil water rather than heating it on the hob and only boil the amount of water you need.

Choose energy-efficient appliances: where possible, use pressure cookers, slow cookers or microwaves instead of the oven, as they use less energy.



Turn off the oven early: switch off your oven a few minutes before the end of the cooking time. It will retain heat and continue cooking your food.

Batch cooking: prepare meals in bulk and store them in the fridge or freezer. Let hot food cool before storing, and defrost frozen food in the fridge overnight to save energy.

Cook more one-pot meals:
preparing one-pot meals
can reduce the amount of
cooking equipment needed,
saving both energy and time.



These tips can reduce how much energy is used in the kitchen and can help lower your bills over time.

For lots of easy-to-make recipes, browse the recipes on our website: wcrf-uk.org/recipes

You can also download a range of cookbooks for free, from Everyday Eating to Family Flavours – we have something for everyone: wcrf-uk.org/cookbooks



SPINACH AND SWEET POTATO CURRY

VEGAN

INGREDIENTS

300g brown rice

1 tbsp vegetable oil

1 large onion, cut in half and sliced

2 garlic cloves, crushed

1 tbsp medium curry powder

500g frozen, diced sweet potato

250g frozen spinach

500ml boiling water

400g tin chickpeas, drained and rinsed

METHOD

1. Cook the rice according to packet instructions.
2. Heat the oil in a large non-stick pan over a medium heat.
3. Add the onion and cook for 2 minutes.
4. Add the crushed garlic and curry powder and cook for a further minute.
5. Add the sweet potato, spinach and boiling water. Bring to the boil, cover with a saucepan lid and simmer on a low heat for 15 minutes, stirring occasionally to break up the spinach. You can add a small amount of boiling water if your curry starts to dry out.
6. Add in the chickpeas and simmer for a further 5 minutes.
7. Serve with the rice.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£3.23 (based on serving 4)**

5 A DAY
4

Fibre
17g

Protein
17g

Calories
509

Fat
5.1g

Sugar
16g

Salt
0.5g

Nutrition information (per serving)



HIGH IN FIBRE

TOP TIP

Using frozen spinach and sweet potato allows you to use exactly the right amounts required for this recipe which reduces food waste.

SPAGHETTI BAKE WITH BUTTER BEANS

VEGETARIAN

INGREDIENTS

300g wholewheat spaghetti

1 tbsp vegetable oil

1 onion, diced

2 cloves garlic, crushed

150g mushrooms, diced

Freshly ground black pepper

500g passata

1 tsp dried basil

2 tsp dried oregano

400g tin butter beans, drained and rinsed

150g reduced-fat soft cheese

50g reduced-fat Cheddar cheese

METHOD

1. Heat the oven to 210°C/190°C fan.
2. Cook the spaghetti according to packet instructions.
3. Heat the oil in a large non-stick pan over a medium-high heat.
4. Add the onion, crushed garlic, mushrooms and black pepper and cook for 5 minutes, stirring occasionally.
5. Lower the heat to medium and add the passata, dried basil, dried oregano, butter beans and soft cheese and mix well. Turn the heat back up to medium-high and cook for 3 minutes, stirring frequently, until the soft cheese has been incorporated and the beans are heated through.
6. Drain the spaghetti and add to the sauce, mixing thoroughly.
7. Pour the mixture into an ovenproof dish.
8. Sprinkle the cheese over the top of the mixture and bake in the oven for 10 minutes.
9. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£3.83 (based on serving 4)**

5 A DAY
2

Fibre
18g

Protein
28g

Calories
577

Fat
13g

Sugar
14g

Salt
0.5g

Nutrition information (per serving)



HIGH IN PROTEIN AND FIBRE

TOP TIP

Tinned beans are types of pulses which are high in protein and fibre and a good source of iron, B vitamins, potassium and zinc. Substitute the butter beans for cannellini beans for a slight variation.

LOCAL, SEASONAL FRUIT AND VEGETABLES

Choosing local, seasonal fruit and vegetables is a great way to help keep healthy, save money and be kind to the planet. To do this, simply ask where your food comes from or check the labels on your fruit and vegetables.

Eating seasonally allows you to enjoy different types of fresh, local produce throughout the year, which can give you a variety of nutrients like vitamins and minerals. If you prefer to eat out of season, choose frozen, tinned or dried fruit and vegetables – they are just as nutritious and affordable.

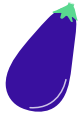


For more budget-friendly recipes and tips, download our cookbook, *Budget bites* at wcrf-uk.org/budgetbites



Below are some of the produce grown in the UK during the different seasons of the year:

SPRING



Aubergines



Spring onions



Peppers



Cauliflower



Strawberries



Carrots



New potatoes



Beetroot

For more spring produce, visit:
wcrf-uk.org/spring-produce

SUMMER



Cucumbers



Tomatoes



Raspberries



Broccoli



Blackberries



Courgettes



Peas



Strawberries

For more summer produce, visit:
wcrf-uk.org/summer-produce

AUTUMN



Cauliflower



Sweetcorn



Butternut squash



Raspberries



Plums



Apples and pears



Pumpkins



Parsnips

For more autumn produce, visit:
wcrf-uk.org/autumn-produce

WINTER



Apples



Brussels sprouts



Beetroot



Mushrooms



Pears



Cabbage



Potatoes



Cranberries

For more winter produce, visit:
wcrf-uk.org/winter-produce

FISH AND VEGETABLE ONE-POT

PESCATARIAN

INGREDIENTS

4 fillets frozen white fish, defrosted and cut into chunks

2 x 567g tins new potatoes in water, drained and cut into quarters or smaller pieces if large potatoes

2 x 400g tins chopped tomatoes

250g frozen sliced carrots

250g frozen peas

3 tsp dried basil

3 tsp dried oregano

3 tsp dried mint

Freshly ground black pepper

200ml boiling water

METHOD

1. Put all of the ingredients in a large non-stick pan, adding the boiling water last. Stir the ingredients, making sure that the fish is covered with the liquid.
2. Bring to the boil on a high heat.
3. Reduce the heat, if needed and simmer for 10 minutes until the fish is cooked. You can tell if the fish is cooked by inserting a fork in it and twisting. If the fish flakes easily, it is cooked.
4. Once the fish is cooked, serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£5 (based on serving 4)**

5 A DAY
4

Fibre
9.8g

Protein
38g

Calories
381

Fat
2.7g

Sugar
17g

Salt
0.6g

Nutrition information (per serving)



HIGH IN PROTEIN

TOP TIP

You can also use tinned carrots or peas in this recipe or add in your favourite frozen vegetables such as green beans or sweetcorn. All of them count towards your 5 A DAY.

PERI-PERI CHICKEN WITH SPICY JOLLOF-STYLE RICE

MEAT-BASED

INGREDIENTS

1 tbsp vegetable oil
1 onion, diced
2 cloves garlic, crushed
4 frozen chicken breasts (roughly 120g each), defrosted and diced
1 tsp cayenne pepper
1 tsp smoked paprika
1 tsp ground turmeric
1 tsp chilli flakes
½ tsp dried thyme
1 red pepper, sliced into strips
1 reduced-salt chicken stock cube
1 litre boiling water
400g tin chopped tomatoes
300g brown rice
200g frozen peas

METHOD

1. Heat the oil in a large non-stick pan over a medium-high heat.
2. Add the onion, crushed garlic and chicken and cook for 3 minutes, stirring occasionally.
3. Add the cayenne pepper, smoked paprika, ground turmeric, chilli flakes and dried thyme, and cook for a further 2 minutes.
4. Add the rest of the ingredients except for the peas and stir together. Turn the heat to high and bring to the boil.
5. Put a lid on the pan and simmer for 25 minutes, stirring occasionally to prevent sticking.
6. Add the frozen peas and simmer for a further 5 minutes until the rice is cooked.
7. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **45 minutes**

Cost per dish: **£4.29 (based on serving 4)**

5 A DAY
2.5

Fibre
8.3g

Protein
51g

Calories
546

Fat
5.4g

Sugar
12g

Salt
0.7g

Nutrition information (per serving)



HIGH IN PROTEIN

TOP TIP

If you like your Peri-Peri hot, add in some more chilli flakes.

REDUCING FOOD WASTE AT HOME

In the UK, almost 70% of the food that gets thrown away comes from our homes. When we waste food, we are not just losing money, we are also harming the planet.

We sometimes end up wasting food without meaning to by:

- Shopping without a meal plan in mind
- Buying more food than needed
- Not storing food properly, so it goes off
- Throwing away leftovers instead of having them for lunch

In the UK, we particularly waste bread, potatoes, bananas, milk, salad and vegetables. However, you can freeze a lot of these before they go off.

Here are some tips to help reduce food waste:

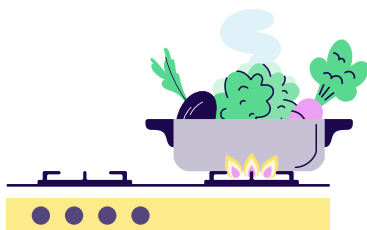
1. Plan your weekly meals and snacks so you only buy what you need to eat well. Making a shopping list and sticking to it can help.



2. Understand ‘use by’ and ‘best before’ dates – ‘use by’ dates are about safety – food should not be eaten after this date. ‘Best before’ dates are about quality – food is still safe to eat after this date, though it might not be at its best. Use your senses to judge if food after its ‘best before’ date is still good to have.

3. Store food properly using airtight containers so that leftovers and batch-cooked food is fresh and safe to eat.

4. Freeze food before it can no longer be eaten. Most food can be frozen and defrosted whenever you're ready to use them. This can help reduce food waste and keep useful ingredients on hand when you're ready to cook with them.



5. Find creative ways to use commonly wasted food, like making breadcrumbs from stale bread or using leftover vegetable peels to make vegetable stock or homemade vegetable crisps.



If you have ingredients in your kitchen that you need to use but aren't sure what to cook, try our online recipe generator. It helps you use up what you have by suggesting recipes based on your available ingredients. Try it here: wcrf-uk.org/recipe-generator

BANANA AND BLACKBERRY BAKED OATS

VEGETARIAN

INGREDIENTS

2 eggs (medium)

300ml semi-skimmed milk

100g rolled oats

1 tsp baking powder

2 bananas, mashed

200g blackberries, frozen

METHOD

Oven:

1. Preheat the oven to 200°C/180°C fan.
2. Whisk the eggs and milk together in a small bowl with a fork until evenly mixed.
3. Put the rolled oats and baking powder in a bowl and mix well together.
4. Add the mashed bananas and frozen blackberries and mix again.
5. Add the milk and egg mixture and combine thoroughly.
6. Pour into an ovenproof dish and cook for 30–35 minutes until cooked through.
7. Serve immediately.

Microwave:

1. Mix all of the ingredients in a bowl as above.
2. Divide the mixture between 4 mugs. Only fill the mugs about $\frac{2}{3}$ full or they will overflow in the microwave.
3. Heat on high for 2½ minutes. Depending on the wattage of your microwave, this should be long enough to cook it. If not, put it on high for another 15 seconds and repeat until cooked.
4. Serve immediately straight out of the mug.

Number of portions: **4**

Cooking and preparation time:

Microwave: **5 minutes** | Oven: **35–40 minutes**

Cost per dish: **£2.14 (based on serving 4)**

5 A DAY
1

Fibre
4.5g

Protein
10g

Calories
222

Fat
6g

Sugar
14g

Salt
0.7g

Nutrition information (per serving)



TOP TIP

Try different flavour combinations like apple and blackberry or peach and raspberry. You can also use fresh, frozen, tinned and leftover fruit – they all count towards your 5 A DAY. Serve with a tablespoon of low-fat natural yoghurt.

SPICED STEWED PEARS

VEGAN

INGREDIENTS

4 pears, skin on, cored and cut into bite-sized pieces

½ tsp ground ginger

1 tsp ground cinnamon

½ tsp mixed spice

500ml boiling water

20g pecans, chopped

METHOD

1. Put the pear pieces into a medium-sized saucepan and add the ground ginger, ground cinnamon, mixed spice and boiling water. Make sure that the pears are covered with water.
2. Bring to the boil on a high heat.
3. Turn the heat down slightly and simmer for 15 minutes or until the pear pieces are tender.
4. Once cooked, remove the pears from the water with a slotted spoon.
5. Place into a bowl and sprinkle with the chopped pecans.
6. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£2.25 (based on serving 4)**

5 A DAY
1

Fibre
4.1g

Protein
1g

Calories
105

Fat
3.8g

Sugar
13g

Salt
0g

Nutrition information (per serving)



HIGH IN FIBRE

TOP TIP

This recipe also works well with apples. You may need to cook the apples for slightly longer until they are tender. You can also use tinned pears in juice. Tinned pears may need a shorter cooking time. Serve with a tablespoon of low-fat Greek-style yoghurt.

CANCER PREVENTION RECOMMENDATIONS



Be a healthy weight



Be physically active



Eat a diet rich in wholegrains, vegetables, fruit and beans



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars



Limit consumption of red and processed meat



Limit consumption of sugar-sweetened drinks



Limit alcohol consumption



Do not use supplements for cancer prevention



For mothers: breastfeed your baby, if you can



After a cancer diagnosis: follow our Recommendations, if you can

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

To read our full Recommendations visit: wcrf-uk.org/10ways


ABOUT WORLD CANCER RESEARCH FUND

World Cancer Research Fund examines how diet, weight and physical activity affect your risk of developing and surviving cancer. As part of an international network of charities, we have been funding life-saving research, influencing global public health policy and educating the public since 1982.

While society continues searching for a cure, our prevention and survival work is helping people live longer, happier and healthier lives – free from the devastating effects of cancer.

Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy-to-access health information to help people reduce their risk of cancer: wcrf-uk.org/donate





For any enquiries or to request
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Preventing cancer. Saving lives

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