

# 5 SIMPLE STEPS



**TO A HEALTHIER YOU**

# A HEALTHIER YOU



**Around 40 per cent of cancer cases could be prevented every year in the UK.**

Being a healthy weight, being more active and eating a healthy diet are the most important ways to protect yourself against cancer, after not smoking and keeping safe in the sun.

## **5 SIMPLE STEPS TO STAY HEALTHY:**

- 1. Be a healthy weight**
- 2. Move more**
- 3. Eat well**
- 4. Limit junk food**
- 5. Drink less alcohol**

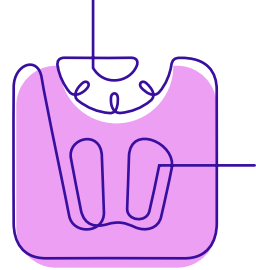
Following these simple steps will not only help to make cancer less likely, but it will also help lower your risk of type 2 diabetes and heart disease. It is never too early or late to start making healthy choices. Making one change at a time could make a difference to your health and your cancer risk.

Complete our five-minute **Cancer Health Check** to see how healthy your current diet and lifestyle are: [wcrf-uk.org/cancertool](http://wcrf-uk.org/cancertool)



Check out our free health resources and cookbooks to help you towards a healthier you: [wcrf-uk.org/booklets](http://wcrf-uk.org/booklets)

# 1. HEALTHY WEIGHT



Eating well and moving more will help you achieve and maintain a healthy weight.

## WHAT IS A HEALTHY WEIGHT?

Measuring your body mass index (BMI) is a simple way to check if you are a healthy weight for your height.\*

You can check your BMI on our website: [wcrf-uk.org/bmi-calculator](https://wcrf-uk.org/bmi-calculator)

Or, ask a health professional to measure it for you.

*\*BMI may be less reliable for certain ethnic groups, pregnant women, the elderly, those with lots of muscle and people under 5ft.*



Where you store your fat in your body is also important. Carrying too much fat around the waist is linked to a greater risk of cancer, heart disease and type 2 diabetes.



## A HEALTHY WAIST MEASUREMENT IS:

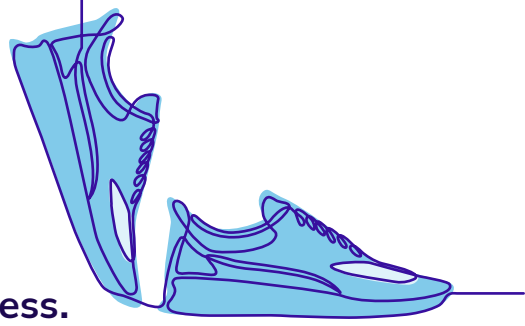
Women – less than 80cm/31.5”

Men of white European origin  
– less than 94cm/37”

Men of African or Asian origin  
– less than 90cm/35.4”

Try measuring your waist to see if it is within the healthy range  
Find out how at: [wcrf-uk.org/waist](https://wcrf-uk.org/waist)

# 2. MOVE MORE



**Aim to be active for at least 150 minutes a week and sit less.**

Getting more physically active does not mean you need to go to the gym or exercise for hours. There are many ways to be active in your daily life and can be done in less time than you think.

Being active has many benefits to your health. It can help lower your risk of cancer, and makes you feel good – physically and mentally.



## SITTING LESS

Sitting for long periods of time is not good for your health. Try to do some light activity for every 30 minutes you are sat down.

You can try:

- Stretching
- Standing and moving around
- Marching on the spot
- Doing chores around the house

## WHEN GETTING ACTIVE

- Aim to get your heart rate up and breathe deeper
- Choose activities that are fun and you enjoy
- Do activities that make your muscles work harder like yoga, gardening and bodyweight exercises
- Gradually build up how much you do and how hard you push yourself

Remember that any increase in how active you are is good for your health.

For more tips and advice on getting active, explore our guide Living an active life: [wcrf-uk.org/activelife](https://wcrf-uk.org/activelife)



# 3. EAT WELL



Make wholegrains, veg, fruit and pulses like beans a major part of your daily diet.

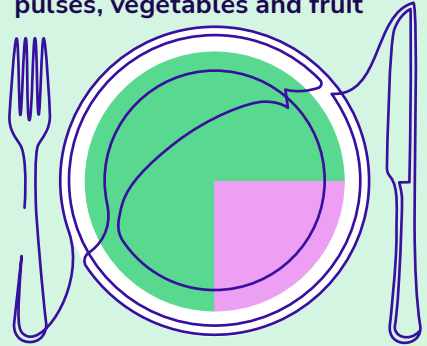
Filling your plate with more plant-based food adds more vitamins, minerals and fibre to your diet. Eating well helps you be a healthy weight and lowers your risk of cancer.

## EAT MORE

- 1. Fruit and vegetables** these can be fresh, frozen, canned and dried
  - 2. Wholegrains** like brown or wild rice, wholewheat pasta and wholemeal bread
  - 3. Pulses** like lentils, beans and chickpeas
- Try to have no more than three portions a week of red meat such as beef, pork and lamb.
  - Eat little, if any, processed meat such as ham, bacon and chorizo.

### WHAT FOODS SHOULD MAKE UP MOST OF YOUR PLATE:

$\frac{3}{4}$  (or more) wholegrains, pulses, vegetables and fruit



$\frac{1}{4}$  (or less) lean meat, poultry, fish, eggs or soya-based foods like tempeh and tofu



You can explore our range of delicious recipes at [wcrf-uk.org/recipes](https://wcrf-uk.org/recipes) or enjoy our free cookbooks at [wcrf-uk.org/cookbooks](https://wcrf-uk.org/cookbooks)

# 4. LIMIT JUNK FOOD



Limit fast food, junk food and sugary drinks to help you be a healthy weight.

Sometimes it can be difficult to resist these types of food, but you can be healthier by limiting these foods and not making them part of your everyday diet.

What you drink can have just as much of an effect on your health as what you eat. Drinking sugary drinks frequently or in large amounts can lead to weight gain over time. Instead, it is best to have water, sugar-free drinks and unsweetened tea and coffee.



## TRY TO LIMIT

1. **Fast food and junk food** like pizza, fried food, biscuits, cakes, chocolate and crisps.
2. **Sugary drinks** like cola, juices and milkshakes with added sugar.

Even small portions of these types of food and drink can contain lots of calories and often lack the nutrients your body needs to be healthy.

Limiting these foods and drinks will help you to be a healthy weight and lower your cancer risk.

# 5. DRINK LESS ALCOHOL

You can be healthier by drinking less alcohol.

To reduce your risk of cancer, it is best not to drink alcohol at all. Alcohol can be particularly harmful if you smoke too.

If you decide to drink alcohol, drink no more than 14 units per week, spread over at least three days.

Alcoholic drinks are also high in calories and lack the nutrients your body needs to be healthy.



## WHAT IS A UNIT?

- One pint of normal strength beer, lager or cider is **2 units**
- One small (125ml) glass of wine is **1.5 units**
- One 25ml measure of spirits such as vodka or whiskey is **1 unit**

## TO DRINK LESS:

- **Dilute alcoholic drinks** to make them last longer. For example, a small white wine spritzer with soda water.
- **Alternate** between alcohol and water or sugar-free soft drinks. Or choose low-alcohol or alcohol-free options.



Find out how many calories there are in alcoholic drinks at:  
[wcrf-uk.org/alcohol-calculator](http://wcrf-uk.org/alcohol-calculator)

# 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](https://wcrf-uk.org/donate)

For any enquiries or to request the information in large print, please contact us:

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## Preventing cancer. Saving lives

All information correct at time of print.

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