

# 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

