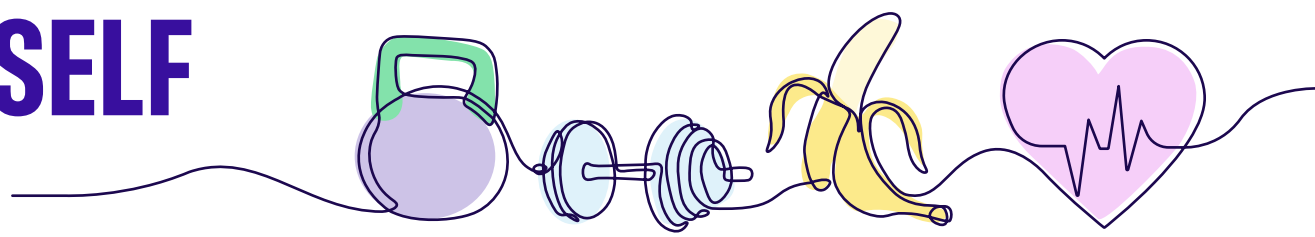


10 WAYS TO PROTECT YOURSELF AGAINST CANCER



Taken together, our Cancer Prevention Recommendations support a healthy lifestyle aimed at reducing the risk of 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



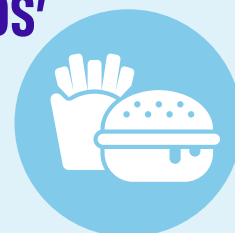
EAT A DIET RICH IN WHOLEGRAINS, VEGETABLES, FRUIT AND BEANS

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



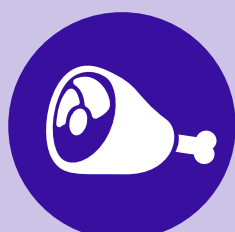
LIMIT CONSUMPTION OF 'FAST FOODS' AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

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

