

Ten tips to reduce your cancer risk

1. Keep to a healthy weight—be as lean as possible, especially around your waist.
2. Be physically active as part of everyday life.
3. Avoid sugary drinks and processed sugary foods.
4. Eat a variety of vegetables, fruits, wholegrains and pulses, such as beans and lentils.
5. Limit the amount of red meat (beef, pork and lamb) you eat, and avoid processed meat, for example bacon and salami.
6. Limit alcoholic drinks to two for men and one for women a day or less.
7. Limit the amount of salty processed food that you eat.
8. Get as many nutrients and minerals from food rather than taking supplements (vitamin pills).
9. It is best to breastfeed your baby for the first six months then continue while offering new foods.
10. After cancer treatment, follow the tips above.

Source: World Cancer Research Fund/American Institute for Cancer Research. *Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective*. Washington DC: AICR, 2007.

For more information:

- visit www.dietandcancerreport.org
- visit the Cancer Society's website www.cancernz.org.nz
- phone or visit your local Cancer Society or
- ring the Cancer Information Helpline 0800 CANCER (226 237).





Cancer Society

Te Kāhui Matepukupuku
o Aotearoa

Healthy Eating and Physical Activity



Ten best tips for good health

