

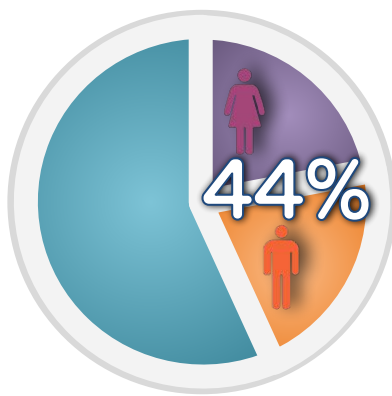


# Lowering Cancer Risk

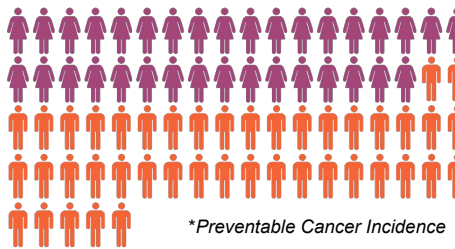


Nearly half of all UK cancer cases are preventable

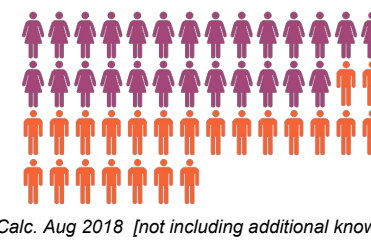
**159,000** preventable cancer cases each year



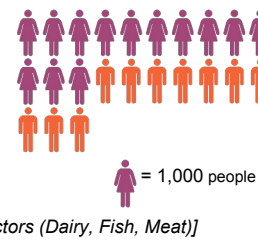
Poor Lifestyle  
**77,000** <sup>\*PCI</sup> (21%)



Poor Diet  
**49,000** <sup>\*PCI</sup> (15%)

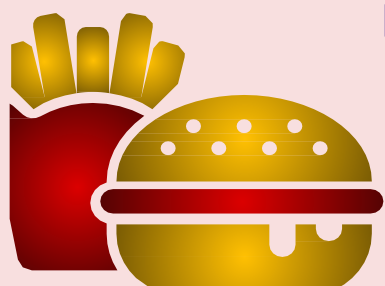


Overweight & Obesity  
**23,000** <sup>\*PCI</sup> (6%)



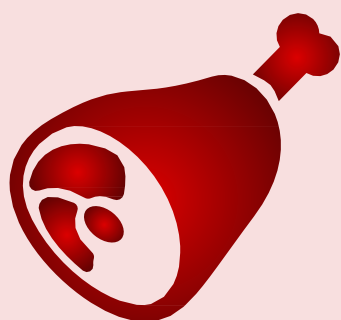
\*Preventable Cancer Incidence

Calc. Aug 2018 [not including additional known risk factors (Dairy, Fish, Meat)]



LIMIT CONSUMPTION OF 'FAST FOODS' AND PROCESSED FOODS, HIGH IN FAT, REFINED STARCHES & SUGAR.

FOLLOWING A PREDOMINANTLY PLANT-BASED DIET can reduce the risk of cancer by at least 18%.



AVOID RED AND PROCESSED MEAT. LIMIT CONSUMPTION OF OTHER MEAT.

BE A HEALTHY WEIGHT. After poor diet, obesity is the third leading cause of cancer.



LIMIT ALCOHOL CONSUMPTION

There is no safe limit for cancer prevention.

BE PHYSICALLY ACTIVE. 150 minutes of moderate intensity activity a week (30 mins, 5 days a week).



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS.

Drink mostly water and unsweetened drinks.

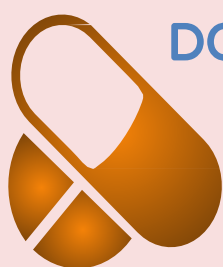
EAT A DIET RICH IN BEANS, WHOLE GRAINS, FRUITS AND VEGETABLES. At least 5 portions of fruit & veg Aim for at least 30g of fibre/day.



DO NOT SMOKE TOBACCO

FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN.

Breastfeeding is good for both mother and baby.



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION.

Aim to meet nutritional needs through diet. On a **vegan** diet, a reliable source of **B12** is essential.

FOLLOWING THESE RECOMMENDATIONS, after a cancer diagnosis can reduce the risk of relapse and improve survival.

