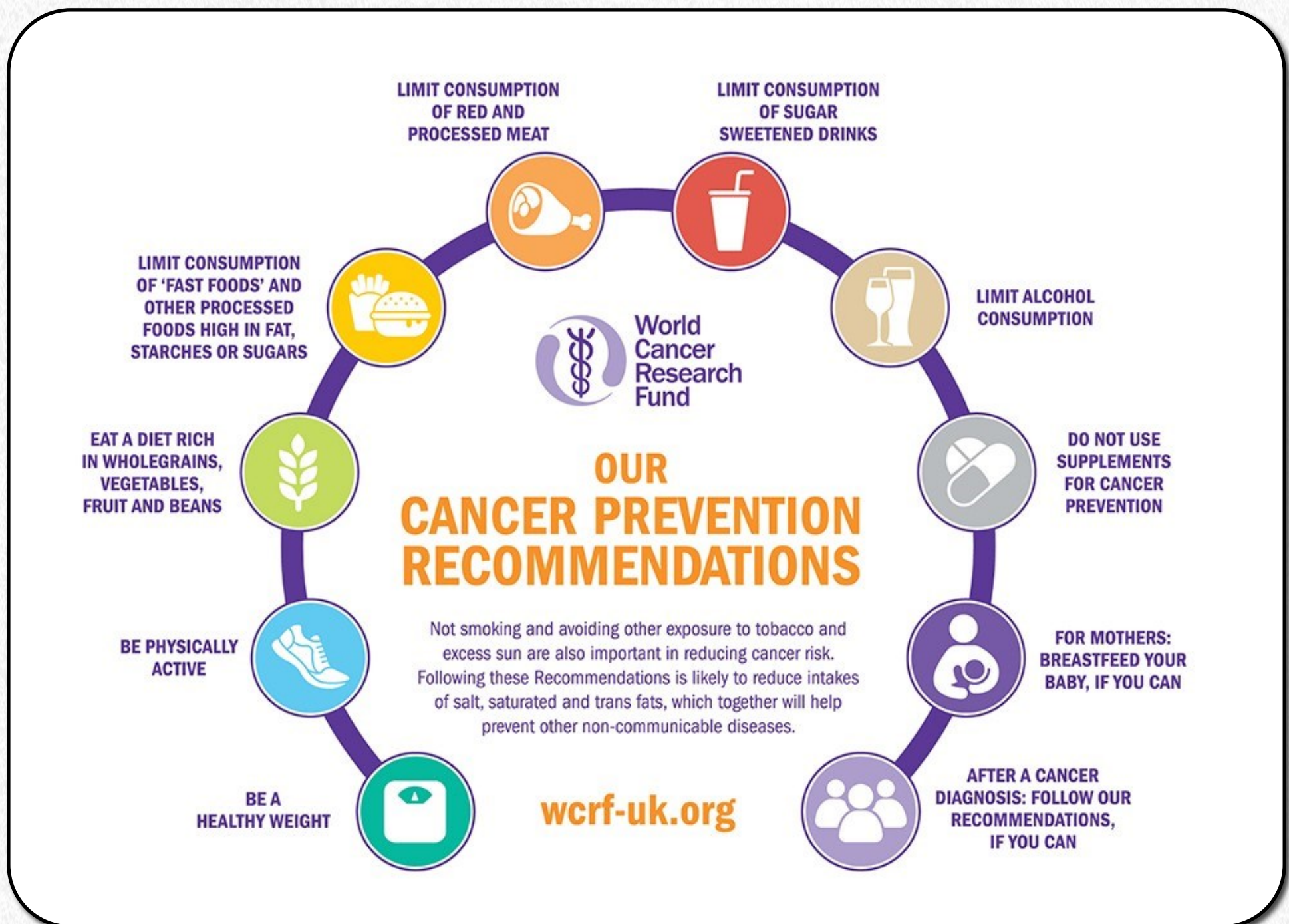


# How to Reduce Your Risk of Cancer.

10 Evidence-Based Strategies everyone should know:





# **With Cancer, Prevention is Key.**

**As a Cancer Doctor, I often get asked:**

**“How can we take steps to reduce our risk of cancer?”**

**Let us take the guesswork out of the process and look at the evidence.**





# 1. Be a healthy weight

Greater body fatness in adults is strongly linked with cancers in the:

- . **Oesophagus**
- . **Pancreas**
- . **Liver**
- . **Colorectum**
- . **Breast.**
- . **Endometrium**

## **Key Recommendations:**

- . Keep your weight as low as you can within the healthy range throughout life (**BMI of 18.5–24.9**).
- . Ensure that body weight during childhood and adolescence **projects towards the lower end of the healthy adult BMI range.**
- . **Avoid weight gain** throughout adulthood.





## 2. Be Physically Active

There is **convincing evidence** that physical activity protects against:

- **Colon Cancer**
- **Breast Cancer**
- **Endometrial Cancer**

### **Key Recommendations:**

- Be at least moderately physically active and follow or exceed national guidelines.

**(150 minutes of Moderate physical activity or 75 minutes of vigorous physical activity per week.)**

- **Limit sedentary habits**





## 3. Eat a Better Diet.

There is strong evidence that eating **wholegrains** and **foods containing dietary fibre** protects against:

- **Colorectal cancer**

### Key Recommendations:

- Consume a diet that provides **at least 30g per day of fibre** from food
- Include foods containing wholegrains, **non-starchy vegetables**, fruit and pulses (legumes) such as beans and lentils in most meals
- Eat a diet high in **all types of plant foods** including at least five portions or servings (**at least 400g or 15oz in total**) of a variety of non-starchy vegetables and fruit every day.





## 4. Limit Fast Foods

There is strong evidence that diets containing greater amounts of **processed foods high in fat, starches or sugars** leads to weight gain. A high glycaemic load is strongly linked to:

- . **Endometrial Cancer**

### **Key Recommendations:**

- . Limit consumption of **processed foods high in fat, starches or sugars** – including ‘fast foods’; many pre-prepared dishes, snacks, bakery foods and desserts; and confectionery (candy).





## 5. Limit Red and Processed Meat.

There is strong evidence that consumption of either **red or processed meat** are both causes of:

. **Colorectal Cancer**

### **Key Recommendations:**

- . If you eat red meat, limit consumption to no more than about **three portions per week**.
- . Three portions is equivalent to about 350–500g (about 12–18oz) cooked weight.
- . Consume **very little, if any, processed meat**.





## 6. Limit sugar sweetened drinks

Consumption of sugary drinks is contributing to the global increase in obesity, which increases the risk of many cancers.

- . Oesophagus
- . Pancreas
- . Liver
- . Colorectum
- . Breast.
- . Endometrium

### Key Recommendations:

- . There is evidence that **coffee probably protects against colorectal cancers**.
- . There is no strong evidence in humans to suggest that **artificially sweetened drinks** with minimal energy content, such as diet sodas, are a cause of cancer.





## 7. Limit Alcohol Consumption

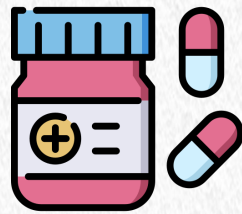
There is strong evidence that consumption of **alcoholic drinks** is a cause of cancers of the:

- . **Mouth**
- . **Pharynx/Larynx**
- . **Oesophagus**
- . **Colorectum**
- . **Breast.**
- . **Liver**

### Key Recommendations:

- . **For cancer prevention, it's best not to drink alcohol.**





## 8. Do not use supplements for cancer prevention.

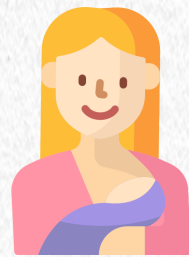
**There is no strong evidence that dietary supplements, apart from calcium for colorectal cancer, can reduce cancer risk.**

**High-dose beta-carotene supplements may increase the risk of lung cancer in some people.**

### **Key Recommendations:**

- . High-dose dietary supplements are not recommended for cancer prevention – aim to meet nutritional needs through diet alone.**
- . This Recommendation applies to all doses and formulations of supplements.**





## 9. Breastfeed your baby, if you can.

There is strong evidence that **breastfeeding protects against breast cancer** in the mother and promotes healthy growth in the infant.

**Breastfeeding also provides lots of benefits to the baby: stronger immune system, reduced risks of asthma and T2 Diabetes.**

### **Key Recommendations:**

- . The Expert Panel endorses the advice of the World Health Organization, which recommends infants are **exclusively breastfed for six months**, and then for up to **two years or beyond** alongside appropriate complementary foods.





## 10. After a cancer diagnosis follow the Recommendations, if you can

The latest evidence suggested that following the existing Recommendations for cancer prevention potentially improve outcomes and overall survival for :


- . **Breast Cancer**
- . **Colorectal Cancer**


### Key Recommendations:


- . All cancer survivors should receive **nutritional care and physical activity guidance** from trained professionals.
- . Unless otherwise advised, and if they can, all cancer survivors are advised to follow the **Cancer Prevention Recommendations** as far as possible after the acute stage of treatment



**For more information and references to the above recommendations, please check out the World Cancer Research Fund:**

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Cancer  
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Fund International**

[Diet, activity and cancer](#) | [Research we fund](#) | [Cancer trends](#) | [Policy](#) | [Latest](#) | 



## Preventing cancer. Saving lives

We examine how diet, weight and physical activity can affect your risk of developing and surviving cancer. While society continues to search for a cure, our prevention and survival work is helping people to live longer, happier and healthier lives – free from the devastating effects of cancer.

**RESEARCH BREAKTHROUGH**

### Coffee linked to lower recurrence of colorectal cancer

More than 4 cups a day may lower risk, according to new survivorship research funded by us

Explore the new evidence 



**[www.wcrf.org](http://www.wcrf.org)**