



CANCER
RESEARCH
UK

LET'S EAT AND DRINK HEALTHILY



Did you know that what we eat and drink can affect our cancer risk?

Eating healthily has loads of benefits, helping you keep a healthy weight and feel good. But it has the added bonus of helping to reduce the risk of cancer too.

In this leaflet we'll tell you the facts, and help you get started.

So let's get going.



SEVEN WAYS TO CUT YOUR CANCER RISK

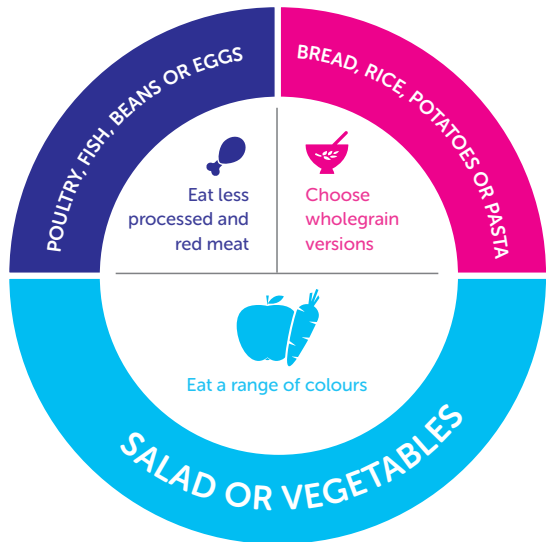
1



THINK ABOUT WHAT'S ON YOUR PLATE

And get the right balance. That's probably something you've heard before, but what exactly does a healthy plate of food look like?

Let's take a look.



At lunch or dinner try to:

- Fill half of your plate with colourful vegetables
- Fill a quarter with high fibre wholegrain foods like brown rice or whole wheat pasta
- Fill a quarter with a healthy protein like fish, fresh chicken or pulses like beans and lentils

How could you mix and match your favourite foods to look like this?

2

EAT MORE OF THESE



Foods high in fibre

Try beans or wholegrains like brown rice and whole wheat pasta, which can reduce the risk of bowel cancer by helping poo pass through the body easily.



Fruit and vegetables

They're low in calories, high in fibre and are full of beneficial nutrients.

3

EAT LESS OF THESE

These are some of the foods that can increase the risk of cancer, so try not to eat them too often.



High calorie foods

Things like fast food and sugary sweets can make you put on weight.



Processed and red meat

Meats like ham, salami and beef contain chemicals that can increase the risk of cancer.



Salt-preserved foods

This includes cured meats, pickled vegetables and salted fish. These foods are thought to make the stomach more sensitive to chemicals that cause cancer.

There's nothing wrong with the odd treat, as long as it's in moderation.

4



BE WARY OF FOOD MYTHS

Food companies can make products seem healthier than they really are.

- Don't put too much importance on superfoods. All fruit and veg is good for you, even if it's not labelled as a 'superfood'.
- More expensive or organic meats aren't necessarily healthier options. All processed and red meats increase the risk of cancer.

5



TAKE SIMPLE STEPS

Here are some simple tips to help you eat more healthily at your own pace.



Meat-free Mondays

Or whichever day suits you.



Snack smarter

Have snacks like fruit and plain nuts to hand.



Switch to healthier proteins

Try swapping processed and red meat for fresh chicken, fish or beans.



Freezing is pleasing

Fruit, veg and pulses don't need to be fresh – frozen and tinned are good for you too.



CUT BACK ON BOOZE


When you hear the word 'diet', you'll probably mainly think about food, but what you drink is important too.

Drinking any type of alcohol increases the risk of cancer. This is because our bodies break it down into a toxic chemical that damages our DNA.


So if you do drink, it's best to stick within the guidelines of **no more than 14 units a week**.


The less alcohol you drink, the lower the risk of cancer

1 UNIT


 Small single (25 ml) measure of spirits (40%)

2 UNITS


 175 ml glass of wine (12.5%)

 Pint of ordinary strength lager, cider or bitter (3-4%)


JUST UNDER 3 UNITS


 Large double (2 x 35 ml) measure of spirits (40%)

JUST UNDER 1.5 UNITS


 275 ml bottle of alcopop (5%)

3 UNITS

 Large 250 ml glass of wine (12.5%)

 Pint of premium strength lager, cider or extra strength bitter (5-5.5%)

9.5 UNITS

 1 bottle of wine (12.5%)



TRY THESE HANDY TIPS



Less is better

Choose a smaller glass or lower strength drink.



Take time off

Try having some alcohol-free days each week.



Buddy up

Agree to cut down with a friend or family member and help each other stick to the plan.



Don't stock up

Only buy alcohol when you plan to drink it.



Track it

Making a note of your drinks can help you keep an eye on how much you're drinking. You can even use an online tracker or app.



WATCH OUT FOR SUGAR IN DRINKS

Drinks can be high in calories – and it's easy to have more than you realise. Especially things like fizzy drinks, energy drinks or syrup-laden high street coffees.

Take care with fruit juices and smoothies too. They are also high in sugar, so try not to have more than one small glass a day.

Make water your first choice. And why not give sugar-free squash a go?

4 IN 10 CASES OF CANCER IN THE UK CAN BE PREVENTED

So we're supporting people to reduce their cancer risk

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to www.cruk.org/leaflets

HOW TO FIND OUT MORE

 We're online...

You can find out more about eating and drinking healthily at www.cruk.org/diet and www.cruk.org/alcohol

If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at www.cruk.org/health

 ...and on the phone

Our Nurse Helpline is there if you're looking for any advice or support. Just call **0808 800 4040**.

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**.



LET'S BEAT
CANCER SOONER

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