



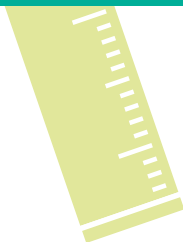
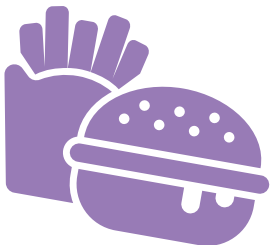
World
Cancer
Research
Fund



5 simple

steps to a

healthier you



A healthier you



Around 40 per cent of cancer cases could be prevented every year in the UK.

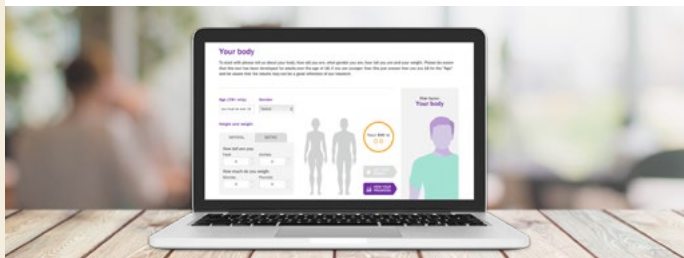
After not smoking, eating a healthy diet, being more active and maintaining a healthy weight are the most important ways to help protect yourself against cancer.

Five easy ways to stay healthy:

- 1. Be a healthy weight**
- 2. Eat well**
- 3. Dump the junk**
- 4. Drink less alcohol**
- 5. Move more**

Following these simple steps will not only make cancer less likely, but it will also help protect you against heart disease, Type 2 diabetes and having a stroke.

It's never too late or too early to start making healthy choices. Even small changes can make a big difference.



Complete our five-minute Cancer Health Check quiz to see what healthy lifestyle changes you could make: wcrf-uk.org/cancertool

1. Be a healthy weight

Eating well and moving more will help you achieve and maintain a healthy weight for life.

What is a healthy weight?

BMI (body mass index) helps to show whether you are a healthy weight for your height.*

You can check your BMI on our website:

wcrf-uk.org/bmi-calculator

Or, ask a health professional to measure your BMI for you.

**BMI may be less reliable if you are elderly, less than 1.5m tall, pregnant or an athlete.*

Measure your waist to also see if you are a healthy shape. A healthy waist measurement is:



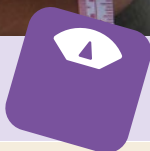
Women - Less than 80cm/31.5"



Men - Less than 94cm/37"



Learn how to measure your waist:
wcrf-uk.org/waist



2. Eat well



Reshape your plate and include more plant foods.

Reshape your plate to add more fibre and nutrients to your diet. This will help you be a healthy weight and help protect against cancer.

$\frac{3}{4}$ (or more) wholegrains, vegetables, fruit and pulses



$\frac{1}{4}$ (or less) meat, fish and other protein foods

Eat more



1. Fruit and veg

which can be fresh, frozen, dried or canned

2. Wholegrains

like brown or wild rice, brown/wholemeal pasta, brown/wholemeal bread or oats

3. Pulses (legumes)

like lentils, beans or chickpeas



- Try to have no more than three portions a week of **red meat** such as beef, pork and lamb.
- Avoid **processed meat** such as ham, bacon and chorizo.



Find tasty but healthy recipes online:
wcrf-uk.org/recipes



3. Dump the junk



Limit fast foods and sugary drinks to be a healthy weight.

Sometimes, it can be difficult to resist high-calorie foods and drinks. But we can all be healthier by cutting down on these foods, and not making them a part of our everyday diet.



Try to limit



1. Fast food and junk food

like pizza, fried food, biscuits, doughnuts, cakes and chocolate

2. Sugary drinks

like cola, milkshakes, squash, cordial and tea or coffee with added sugar



Even small portions of these foods contain lots of calories and are often low in the vital nutrients your body needs.



Having fewer of these foods and drinks will help you to be a healthy weight and protect you against cancer, as well as making you healthier overall.

4. Drink less alcohol

You can be healthier by drinking less alcohol.

To help protect yourself against cancer, it's best not to drink alcohol at all.

If you do choose to drink alcohol, follow national guidelines of **no more than 14 units a week**. This is roughly equal to **seven drinks a week**, spread over at least three days.

Alcohol is particularly harmful if you also smoke.

Units of alcohol



½ pint of beer,
lager or cider

1 unit



Small (125ml)
glass of wine

1.5 units



Measure of spirit
(25ml) eg. vodka

1 unit

Tips for drinking less

- Dilute alcoholic drinks to make them last longer. For example, a small white wine spritzer with soda water.
- Drink non-alcoholic drinks in between your alcoholic drinks.



5. Move more



Aim to be active for 150 minutes a week, and sit less.

Physical activity is anything that gets you moving – it doesn't have to mean going to the gym!

Try anything that

- Makes your heart beat faster
- Makes you breathe more deeply
- Is fun and something you enjoy!



Have you tried any of these types of activities?

Brisk walking

Gardening

Swimming

Housework

Jogging



Cycling



Tips for sitting less

- When using the computer or reading, take regular standing or walking breaks.
- If you are watching television, try and do something to raise your heartbeat during ad breaks, like marching on the spot or doing seated exercises.



Being active can help you be a healthy weight. It also helps protect you against cancer.

We are a leading cancer prevention charity. We fund global research into the links between diet, weight, physical activity and cancer. Our work empowers people to take action to lead healthier, happier, cancer-free lives.

To find out how you can reduce your cancer risk, visit: wcrf-uk.org

For the references used in this leaflet or to give us your feedback, please contact us:

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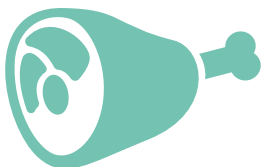
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