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Our vision

World Cancer Research Fund (WCRF UK) helps people make choices that reduce their chances of developing cancer

Our heritage

We were the first cancer charity:

Health facts

· About a third of the most common cancers could be prevented by choosing a healthy diet, being physically active and maintaining a healthy weight.

How can you reduce your cancer risk?

Enjoying a healthy diet, being physically active and maintaining a healthy weight are the basis of WCRF UK's Guidelines for Cancer Prevention. Along with not smoking, all of these directly reduce cancer risk and, together, a healthy diet and being physically active help us to manage our weight.

Following any one of these Guidelines is likely to reduce the chances of getting cancer, but following all three offers the greatest protection.

WCRF UK Guidelines for Cancer Prevention

choose

The choices you make about food, physical activity and weight management can reduce your chances of developing cancer

- **choose mostly plant foods, limit red meat and avoid processed meat**
- **be physically active every day in any way for 30 minutes or more**
 - **aim to be a healthy weight throughout life**

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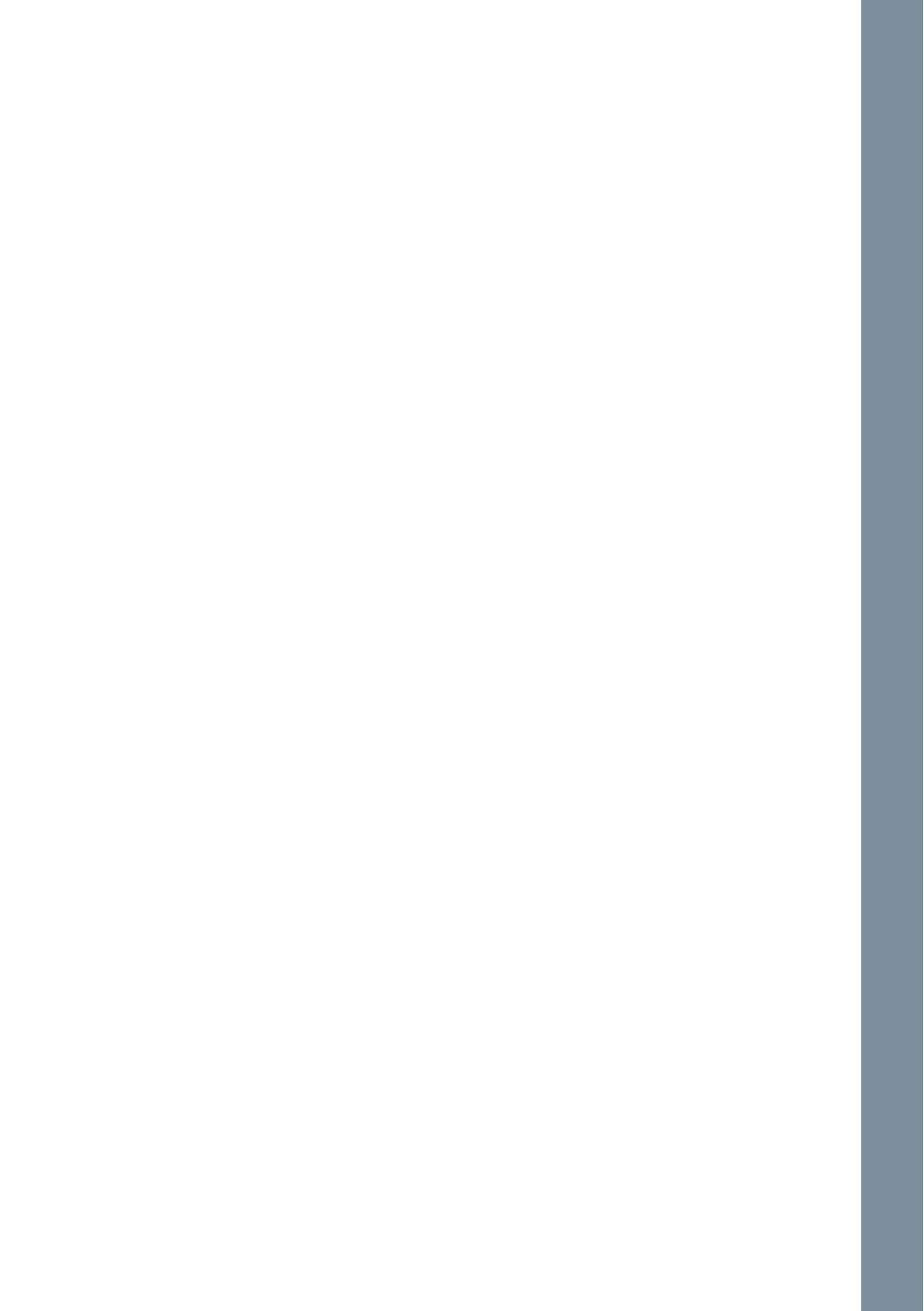


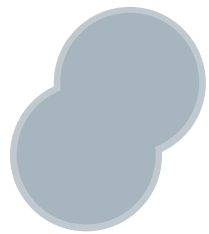
How do you measure up?

Body Mass Index (BMI) and waist circumference are two ways you can keep an eye on your weight and body fat.

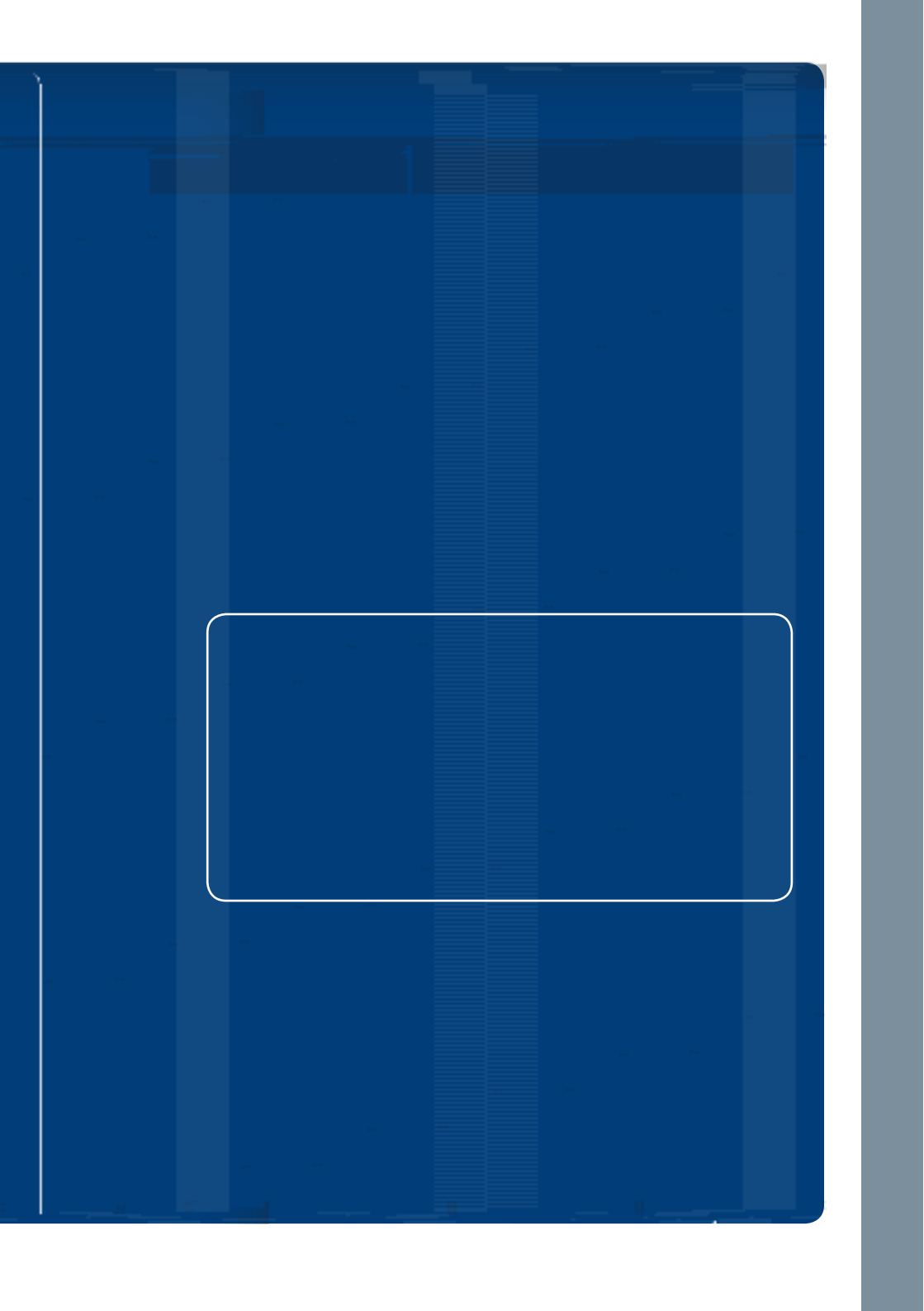
Your BMI

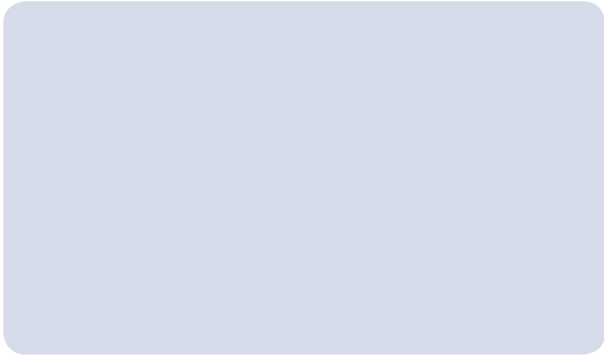
To work out your BMI, divide your weight by your height squared to

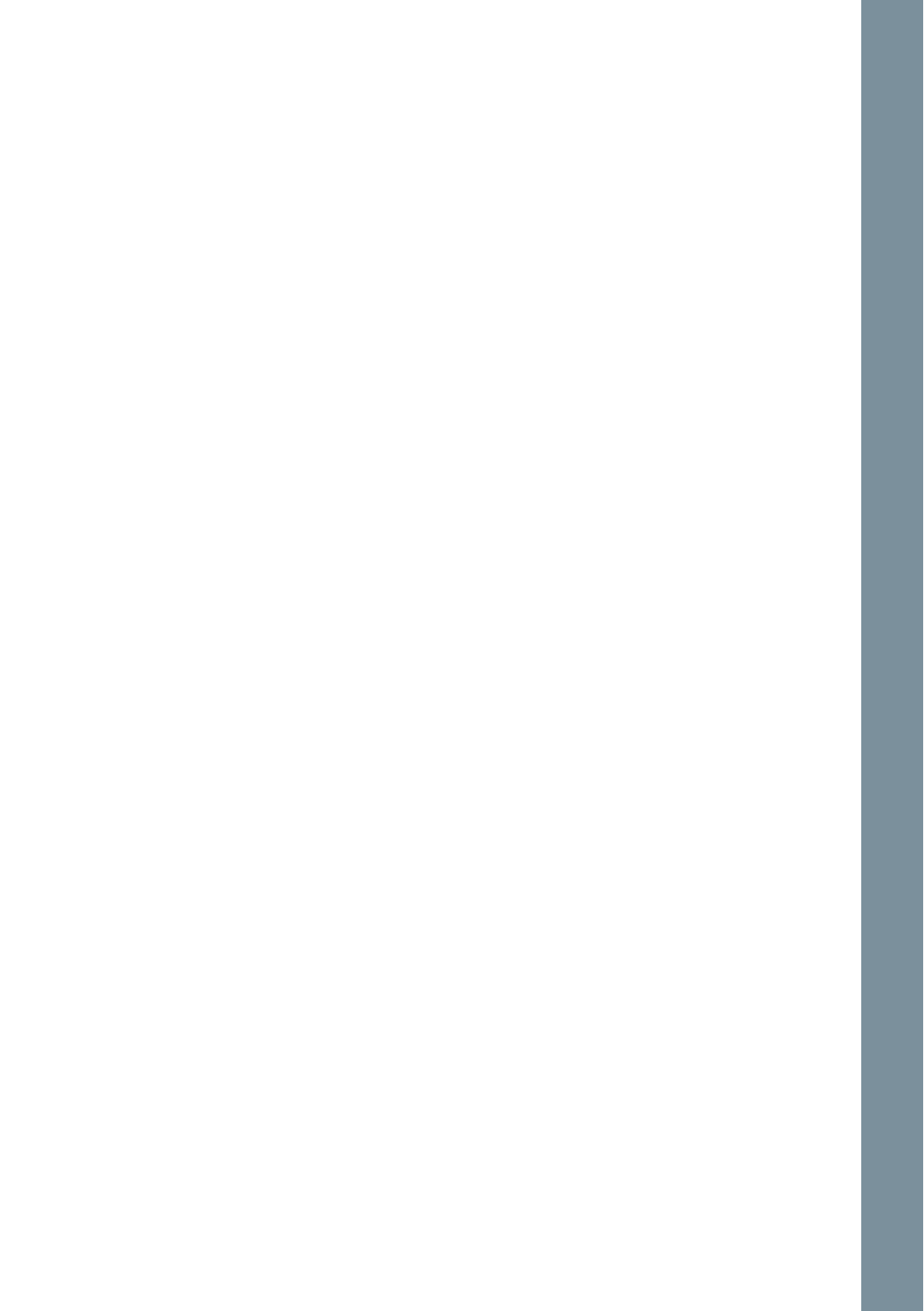


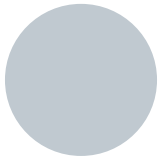


Be active every day









How does a healthy diet decrease cancer risk?

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How does it cause bowel cancer?

- ~ Haem, which gives red meat its colour, has been shown to damage the lining of the bowel.
- ~ Processed meat can produce substances that damage cells in the body, leading to the development of cancer.

Cutting down

Red meat is a good source of nutrients including protein, iron and zinc. However, eating a varied diet

Alcohol

Ingredients

For the burgers:

1 can (400g/14oz)
mixed beans or kidney
beans in chilli sauce

100g (3½oz) sweetcorn,
frozen or canned

1 tablespoon coriander,
chopped

Freshly ground black
pepper

Fish 'n' Chips with a Twist

Ingredients

8 small amaretti
biscuits

1 tub (150g/6oz)
fat-free Greek yoghurt

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1. *What is the main purpose of the document?*
The main purpose of the document is to provide a comprehensive overview of the project's progress and to identify the key challenges and opportunities that we are currently facing. This report is intended to serve as a communication tool for all stakeholders involved in the project, ensuring that everyone is up-to-date on the latest developments and can contribute to the ongoing discussion.

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