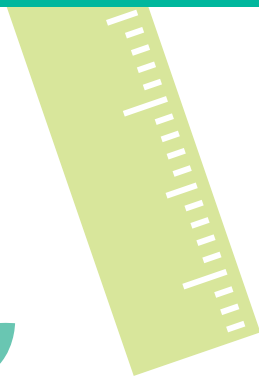




World
Cancer
Research
Fund



**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.

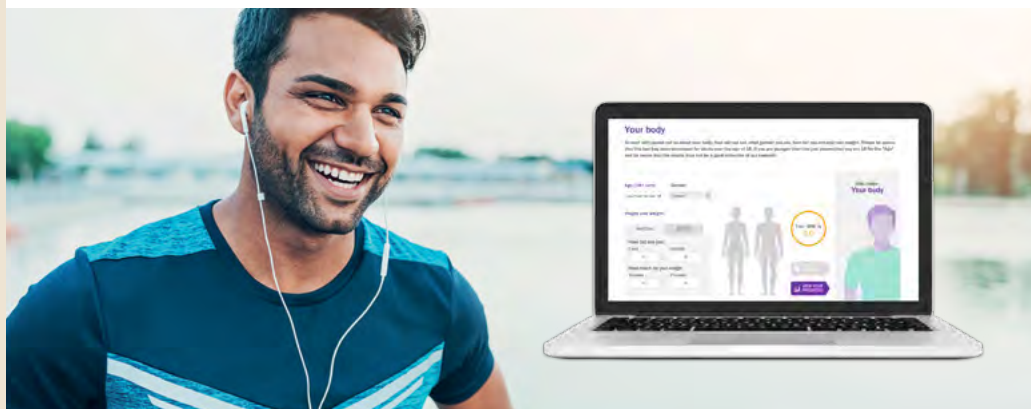
Eating a healthy diet, being more active and maintaining a healthy weight are the most important ways to protect yourself against cancer, after not smoking.

Five simple steps to stay healthy:

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



Following these simple steps will not only help to 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. Making a few small changes can make a big difference to your health.



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

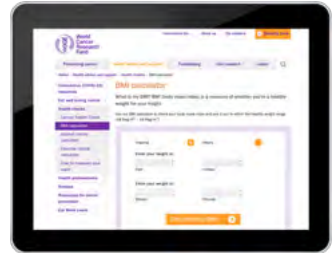
1. Be a healthy weight

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

What is a healthy weight?

Measuring your body mass index (BMI) is a simple way to check if you're 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/5ft tall, pregnant or have a high amount of muscle mass. It may also be less reliable for those from certain ethnic groups.*

Where we store our fat in our bodies is also important. Carrying too much fat around the waist is linked to a greater risk of cancer, and also increases the risk of heart disease and type 2 diabetes.



A healthy waist measurement is:



Women - Less than 80cm/31.5"



Men - Less than 94cm/37" and for men of African Caribbean, South Asian, Chinese, and Japanese origin, less than 90cm (35.4")

Measure your waist to check that it's within the healthy range. You can learn how to measure your waist at: **wcrf-uk.org/waist**



2. Move more



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

Getting more physically active doesn't mean having to join a gym or spending hours exercising. There are easy ways to be active in your daily life, and the benefits can be obtained in less time than you may think.

Being active can help you be a healthy weight, and helps maintain the weight you have lost. It also helps protect you against cancer.



Try anything that

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

Tips for sitting less

- When using the computer or reading, take regular standing or walking breaks.
- If you are watching television, during the ad breaks, do some marching on the spot.

Try to do a variety of different activities. Have you tried any of these?

- Brisk walking
- Swimming
- Gardening
- Cycling
- Bodyweight exercises such as squats
- Yoga



As well as moving more, it's important to limit sedentary time – this means, if possible, not sitting or lying down more than necessary when not sleeping. Even if you are active, it is still important to limit how long you spend sitting.

For more support on getting active, our Living an active life guide is full of practical tips and advice: wcrf-uk.org/living-an-active-life



3. Eat well



Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet.

Reshaping your plate to include more plant-based food, will add more vitamins, minerals and fibre to your diet. It will also help you be a healthy weight and help protect against cancer.

Eat more

1. Fruit and vegetables

these can be fresh, frozen, dried or canned



2. Wholegrains

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



3. Pulses

like lentils, beans or chickpeas



What foods should make up most of your plate:

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



$\frac{1}{4}$ (or less) lean meat, poultry, fish (white and oily), or plant-based protein sources such as soya

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



Check out our range of tasty and nutritious dishes:
wcrf-uk.org/recipes

4. Dump the junk



Limit fast food, junk food and sugary drinks to be a healthy weight.

Sometimes it can be difficult to resist these types of food, but we can all be healthier by cutting down on these foods and not making them part of our everyday diet.

While it can be easy to forget about the calories we drink, but, what and how much we drink can affect our health just as much as the food we eat. If you regularly drink sugar-sweetened drinks, or drink them in large portions, it can lead to weight gain. Instead, it's best to drink water, lower-fat milk, sugar-free drinks, and unsweetened tea and coffee.



Try to limit

1. Fast food and junk food like pizza, fried food, biscuits, cakes, chocolate and crisps.



2. Sugary drinks like cola, juices and milkshakes with added sugar.

Even small portions of these types of food and drink can 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 help protect you against cancer, as well as helping make you healthier overall.

5. Drink less alcohol



You can be healthier by drinking less alcohol.

To reduce your cancer risk as much as possible, we recommend not drinking any alcohol. If you do choose to drink alcohol, the UK guidelines for men and women is to drink **no more than 14 units a week**. This is roughly equal to **seven drinks**, spread over at least **three days** across the week.

Alcohol is particularly harmful if you also smoke. **Remember, no alcoholic drink is healthy.**

What is a unit?



½ pint of lower strength beer, lager or cider **1 unit**



Small (125ml) glass of wine **1.5 unit**



Measure of spirit (25ml) eg. vodka **1 unit**



To drink less:

- Dilute alcoholic drinks to make them last longer. For example, a small white wine spritzer with soda water.
- Alternate between alcohol and water or sugar-free soft drinks. Or choose low-alcohol or alcohol-free options.



For ideas on alcohol-free drinks, have a look at some of our mocktail recipes: wcrf-uk.org/drinks



World Cancer Research Fund is one of the world's leading cancer prevention charities, and the only UK charity solely dedicated to funding life-changing research into the prevention and survival of cancer through diet and lifestyle.

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

Will you help us build a world where fewer people get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy to access health information to help people reduce their risk of cancer: wcrf-uk.org/donate

If you have any comments or suggestions about any aspect of this guide please contact us:

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