



4 IN 10 CANCERS CAN BE PREVENTED

These are proven ways to reduce the risk of cancer. Larger circles indicate greater impact on cancer risk.

LIFESTYLE

EAT FRUIT & VEG
5-a-day or more

KEEP A HEALTHY WEIGHT

BE SMOKE FREE

DRINK LESS ALCOHOL

BE SUNSMART
Use clothing, shade and sunscreen. Avoid sunbeds

EAT LESS PROCESSED & RED MEAT

EAT A HIGH FIBRE DIET

BE ACTIVE

EAT LESS SALT

OTHER

MINIMISE ANY TIME SPENT ON HRT

BREASTFEED IF POSSIBLE

MINIMISE RADIATION
such as radon and unnecessary X-rays

MINIMISE CERTAIN INFECTIONS
HPV, H. Pylori, EBV, HIV, Hepatitis B & C

MINIMISE RISKS AT WORK
such as asbestos

