



# Let's eat and drink healthily



CANCER  
RESEARCH  
UK

Together we will beat cancer

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

Eating healthily has many benefits, helping you keep a healthy weight and feel good on the inside. And it helps reduce the risk of cancer too.

In this leaflet we'll help you get started, and give you tips to use along the way.

So let's get going.



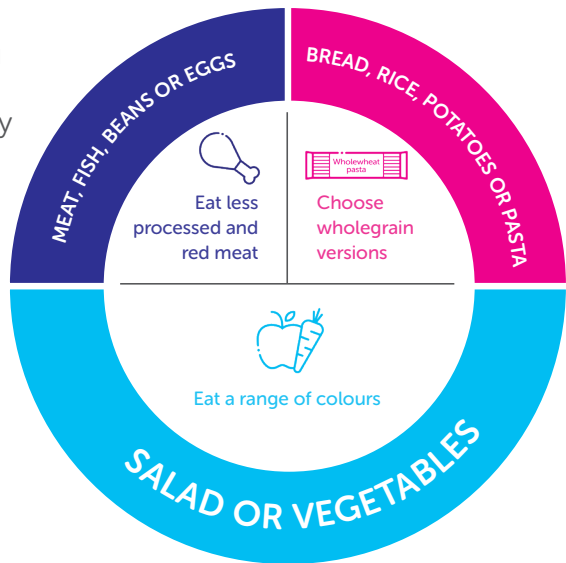
# Seven ways to cut your cancer risk



## 1. Pay attention to your plate

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 meal times aim to:

- Fill half of your plate with colourful vegetables or salad. Vegetables like potatoes and yams should be eaten in smaller amounts.
- Fill a quarter with high fibre wholegrain foods like whole wheat pasta, wholegrain bread or brown rice.
- Fill a quarter with a healthy protein like unprocessed fish, fresh chicken or pulses like beans and lentils.

**What changes could you make to your favourite meals?**



## 2. Eat more of these

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Keep yourself healthy by making sure these foods are a regular part of your diet.



### Foods high in fibre

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



### Fruit and vegetables

They're low in calories, high in fibre and are full of vitamins and minerals.



## 3. Eat less of these

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



### High calorie foods

Things like fried food, puddings 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.

If you follow these tips most of the time, there's nothing wrong with having the occasional treat.



## 4. Avoid getting caught out

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

- Don't believe the hype that only specific things are "superfoods". All fresh fruit and veg is good for you as part of a healthy balanced diet.
- More expensive or organic meats aren't necessarily healthier options.



## 5. Take simple steps

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**Here are some simple tips to help you on your way to healthier eating.**



### **Meat-free Mondays**

Or whichever day suits you.



### **Snack smarter**

Have snacks like fruit and plain nuts, both at home and when you're out.



### **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 count towards your five-a-day too.



## 6. Cut back on booze

Having a healthy diet likely makes you 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 government 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%)

### Just under 1.5 Units



275 ml bottle of alcopop (5%)

### 2 Units



175 ml glass of wine (12.5%)

### 3 Units



Large 250 ml glass of wine (12.5%)



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



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

### Just under 3 units



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

### 9.5 Units



1 bottle of wine (12.5%)



## 7. Try these handy tips

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There are plenty of ways to help yourself cut down on alcohol. Why not give these a go?



### Less is better

Choose a smaller glass or lower strength drink.



### Take time off

Have some alcohol-free days each week. Choose which days you won't drink and stick to them.



### 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 use an online tracker, an app or a notebook.



## Watch out for sugar in drinks

Drinks can be higher in calories than you might expect. Especially things like fizzy or energy drinks or 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. Try adding fresh lemon and lime or give sugar-free squash a go.

# 4 in 10 cases of cancer in the UK could 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](http://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](http://www.cruk.org/diet) and [www.cruk.org/alcohol](http://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](http://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**