

Reduce your intake of processed foods

Such as processed meat (e.g. sausages, bacon, ham), ready-made meals, pies, crisps and ready-made sauces. These foods can be high in calories, fat and salt.

Salt

The recommendation for salt intake is no more than 6g per day. This is equivalent to one level teaspoon of salt.

Alcohol

If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention. Drinking alcohol can increase the risk of at least seven types of cancer, including those of the mouth, gullet, throat, liver, bowel and breast.



Smoking

The best thing you can do for your health is stop smoking. For help in stopping smoking go to **www.want2stop.info**

If you have any concerns about cancer you can talk to one of our specialist nurses on the Cancer Focus NI free information and support NurseLine

0800 783 3339

Monday to Friday 9am - 1pm
Calls are free from a landline
nurseline@cancerfocusni.org



Cancer Focus Northern Ireland
40-44 Eglantine Avenue
Belfast BT9 6DX

T: 028 9066 3281
E: behealthy@cancerfocusni.org
www.cancerfocusni.org

Charity No: NIC 101307



Printed July 2018



Focus on
**Nutrition &
Physical Activity**

Every year in Northern Ireland almost 13,000 people are diagnosed with cancer (about 3,700 of these cases are the less serious, non-malignant skin cancer). Cancer is the most common cause of death in Northern Ireland, with over 4,000 deaths every year. You can reduce your risk of developing cancer by maintaining a healthy body weight, being physically active and eating a healthy diet.

Maintain a healthy body weight

Carrying too much body fat can increase the risk of developing cancer.

A healthy body weight can be maintained by balancing your calorie intake with physical activity. Measure your waistline to see if you are a healthy weight. Your waist should measure no more than:

- 32 inches (80cm) if you're a woman
- 37 inches (94cm) if you're a man



Portion Sizes

Whenever we eat more calories (i.e. energy) than the body requires, the excess is stored in the body as fat. This can be due to snacking or larger portion sizes.

- Before eating, ask yourself if you are really hungry
- You do not need to clear your plate if you find you're full halfway through a meal
- Try smaller portion sizes, maybe use a smaller plate

Food labelling

Per 100g measure	Low (Healthier choice)	Medium	High (only occasionally)
Sugars	<5g	5.1g - 22.5g	>22.5g
Fat	<3g	3.1g - 17.5g	>17.5g
Saturates	<1.5g	1.5g - 5g	>5g
Salt	<0.3g	0.31g - 1.5g	>1.5g

Always look for healthy options

Be aware - 'low fat' and 'fat free' do not always mean low calorie. Low fat foods that are high in sugar will not help you to control your weight.

If you look at the ingredients list on a product, the ingredients are listed in decreasing order of quantity. Therefore there is more of the first ingredient on the list in the product (i.e. if sugar is the first ingredient listed, it has a high sugar content).

Being Physically Active

Aim for at least 150 minutes of moderate intensity physical activity weekly (eg. walking, gardening, golf) or 75 minutes of vigorous physical activity weekly (sport, running, circuits). For cancer prevention, the more physical activity you do the better.

Think of incorporating small amounts of physical activity into your everyday routine:

- Park the car further away and walk to your destination
- Get off the bus a few stops earlier if you can
- Limit sedentary habits such as watching TV and browsing the internet

Eating a healthy diet

Eat at least 5 portions of fruit and vegetables every day (fresh, frozen, tinned or dried).

What is a portion?

- 1 apple, banana, orange, onion or pepper
- 2 plums or kiwis
- A handful of grapes or strawberries
- 1 heaped tablespoon of dried fruit (i.e. raisins or apricots)
- 3 heaped tablespoons of vegetables
- 3 heaped tablespoons of beans and pulses (one portion counts towards your 5-a-day)
- 1 glass (150ml) pure fruit or vegetable juice (one portion counts towards your 5-a-day)

Eat plenty of fibre for a healthy digestive system

This includes oats, pulses (peas, beans or lentils), fruit and vegetables, breakfast cereals, wholegrain bread, wholemeal pasta and brown rice.

Ensure you have sufficient fluid intake

The recommended intake is 1.5-2 litres per day. Water is the ideal fluid intake. However tea, coffee, milk and fruit juice also count.

Limit consumption of red meat

(Beef, lamb, pork) to 4-5 portions per week (one portion is the size of a pack of cards) or 500g of red meat (cooked). Try eating more chicken, turkey or fish instead.

For more information see overleaf.

