

Reduce your intake of processed foods

Such as ready-made meals, pies, crisps and ready-made sauces. These foods can be high in calories, fat and salt. The recommendation for salt intake is no more than 6g per day. This is equivalent to one level teaspoon of salt.

Alcohol

You can reduce your risk of developing some cancers by reducing your intake of alcohol. The recommended daily limit is

- 2 drinks for men
- 1 drink for women

1 drink is equal to:



Small glass (125ml)
of wine or champagne



Standard measure
of spirits (25ml)



Half pint of beer /
cider / lager

If you are unsure of what to do next you can talk with one of our nurses on the Cancer Focus free Information & Support Helpline

0800 783 3339

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

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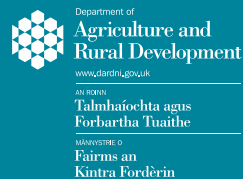
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*This project has been part funded by
The European Agricultural Fund for Rural Development:
Europe investing in rural areas*



Printed July 2014. Review January 2016.



Focus on
**Nutrition &
Physical Activity**

Every year in Northern Ireland around 12,780 people are diagnosed with cancer (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 nearly 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 if you're a woman
- 37 inches 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 – 15g	>15g
Fat	<3g	3.1g – 20g	>20g
Saturates	<1.5g	1.6g – 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 30-60 minutes of physical activity on most days of the week. Walking, jogging, swimming, dancing, cycling and exercise classes, as well as housework and gardening, all count towards your 30-60 minutes.

- If it's easier, break it into three 10 minute sessions
- Limit sedentary habits such as watching TV and browsing the internet

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

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 4oz or 70g. Try eating more chicken, turkey or fish instead.

For more information see overleaf.

