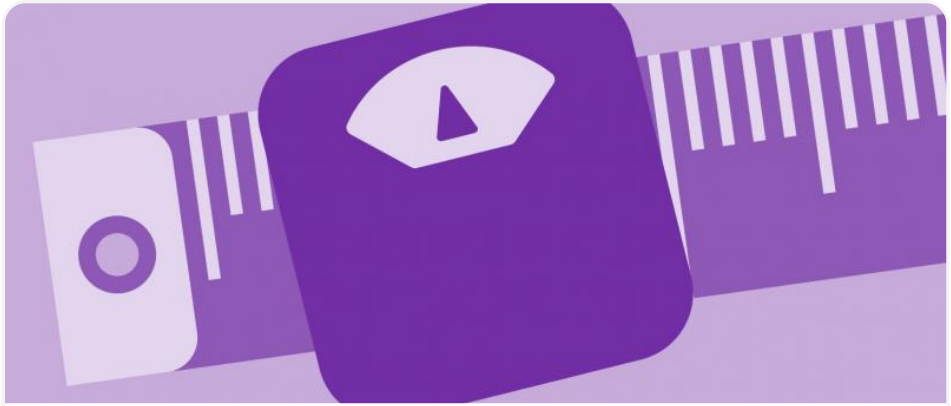
Cancer Prevention Recommendations

"Our Cancer Prevention Recommendations come from our latest Expert Report and from the conclusions of an independent panel of experts – they represent a package of healthy lifestyle choices which, together, can make an enormous impact on people's likelihood of developing cancer and other non-communicable diseases over their lifetimes."

Professor Martin Wiseman, Medical and Scientific Adviser

Read more (recommendations-about)



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life

Read more

(https://www.wcrf.org/dietandcancer/recommendations/be-healthy-weight)

Be physically active

We recommend being physically active as part of everyday life - walk more and sit less

Read more

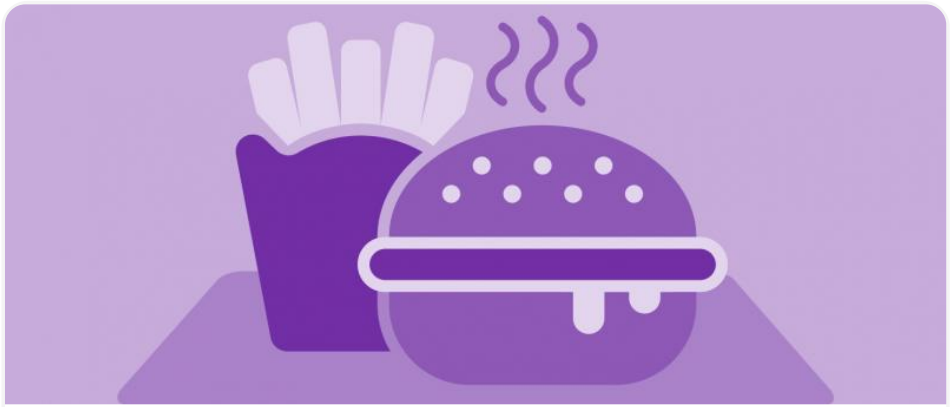
(https://www.wcrf.org/dietandcancer/recommendations/be-physically-active)

Eat wholegrains, veg, fruit & beans

Make wholegrains, veg, fruit and beans a major part of your usual diet

Read more

(https://www.wcrf.org/dietandcancer/recommendations/wholegrains-veg-fruit-beans)

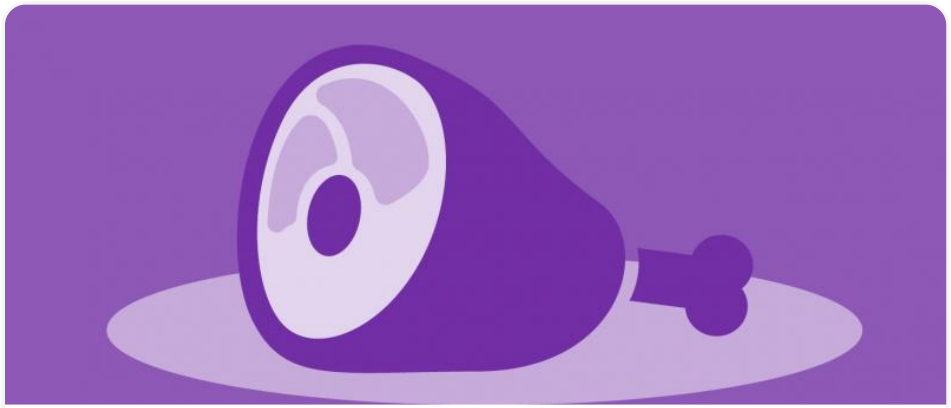


Limit "fast foods"

Limit consumption of ‘fast foods’ and other processed foods high in fat, starches or sugars

Read more

(https://www.wcrf.org/dietandcancer/recommendations/limit-fast-foods-fat-sugar)



Limit red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat.

Read more

(https://www.wcrf.org/dietandcancer/recommendations/limit-red-processed-meat)

Limit sugar sweetened drinks

Limit sugar sweetened drinks, drink mostly water and unsweetened drinks

Read more

(https://www.wcrf.org/dietandcancer/recommendations/limit-sugar-sweetened-drinks)

Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol

Read more

(https://www.wcrf.org/dietandcancer/recommendations/limit-alcohol-consumption)

Don't rely on supplements

Aim to meet nutritional needs through diet alone

Read more

(https://www.wcrf.org/dietandcancer/recommendations/dont-rely-supplements)

Breastfeed your baby, if you can

Breastfeeding is good for both mother and baby

Read more

(https://www.wcrf.org/dietandcancer/recommendations/breastfeed-your-baby)

After a cancer diagnosis

After a cancer diagnosis: follow our Recommendations, if you can

Read more

(https://www.wcrf.org/dietandcancer/recommendations/during-after-cancer)

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ABOUT US

World Cancer Research Fund International is a leading authority on cancer prevention research related to diet, nutrition and physical activity.

We are a not-for-profit organisation that leads and unifies a network of cancer prevention charities with a global reach. These charities are based in the US, the UK, the Netherlands and Hong Kong.

世界癌症研究基金會

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