Eating for health can reduce your risk of cancer

Decreases risk
Increases risk

Aerodigestive cancers[1]

▽ Non-starchy vegetables and fruit[2]

△ Processed meat
△ Red meat[3]

Bowel cancer

▽ Wholegrains

▽ Foods containing dietary fibre

Eating for health helps to maintain a healthy body weight. Overweight and obesity is associated with an increased risk of at least 12 types of cancer.

1. Includes mouth, pharynx&larynxm nasopharynx, oesphagus, lung, stomach and bowel cancers

2. Overall the evidence suggests that a diet with plentiful non-starchy vegetables and fruit may be protective against cancer.

3. Red meat is a good source of nutrients such as protein, iron, zinc and vitamin B12. Cancer risk reduction does not need to be meat free, eat moderate amounts of red meat.

National Cancer Control Programme