



# Eat for Health

**We know that by enjoying a healthy diet, being physically active every day and maintaining a healthy body weight, you can lower your risk of developing cancer. We know that these factors account for at least 30 per cent of all cancers.**

Healthy eating habits are a first step in reducing your cancer risk. Poor eating habits increase your risk of cancer at many sites in the body. Poor eating habits can also contribute to weight gain and being overweight or obese increases your risk of cancer. The good news is that a healthy diet, combined with regular physical activity and a healthy body weight can reduce cancer risk.

While there is no one food that can protect against cancer, there are steps you can take to lower your overall risk. A healthy diet may protect against cancers including cancer of the bowel, liver, oesophagus (food pipe), lung and stomach.

## How much should I eat in a day?

Eat at least two serves of fruit and five serves of vegetables each day.

## What is a serve?

**Vegetables**

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1/2 cup cooked vegetables or cooked legumes      1 medium potato      1 cup salad vegetables

**Fruits**

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1 medium piece (eg. apple)      2 small pieces (eg. apricots)      1 cup chopped or canned fruit

## Tips to eat more fruit and vegetables

- Double your serving of vegetables
- Try a new fruit each week
- Use frozen vegies for convenience
- Include vegies with your lunch
- Add extra vegies to all your recipes
- Have fruit instead of sweets

## Eat for Health

- Eat a variety of raw and cooked vegetables, fruit and legumes (eg. dried beans, lentils)
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.
- Eat red meat no more than three to four times a week. On the other days choose fish, poultry, dried or canned beans or lentils
- Limit processed or cured meats (eg. frankfurts, bacon and ham).
- Choose foods low in salt.
- Don't eat too much fat, especially saturated fat. Look for hidden fats (eg. snack foods, cakes and take-away foods).
- Choose low fat yoghurts, cheeses and milks

## What about taking vitamin and mineral supplements?

If you enjoy a wide variety of nutritious foods you will get the nutrients you need, reduce your cancer risk and are less likely to be overweight or obese. For most healthy people, vitamin and mineral supplements are not necessary when they eat well.

Remember, if you have any concerns or questions, please contact your doctor.

## Ways to reduce your cancer risk

### How do you stack up?

(tick if you need to take action)

- Quit smoking
- Be SunSmart
- Maintain a healthy body weight
- Be more physically active
- Eat a healthy, well balanced diet
- Avoid or limit alcohol intake

## Where can I get reliable information?

**Cancer Council NSW 13 11 20**

**Information and support for you and your family for the cost of a local call anywhere in Australia.**

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

**Translating and Interpreting Service (TIS) 131 450**