4 IN 10 CANCERS CAN BE PREVENTED

These are proven ways to reduce the risk of cancer.

Numbers and circle sizes show the maximum numbers of cancer cases that could be prevented each year in the UK.

LIFESTYLE

EAT FRUIT & VEG

KEEP A HEALTHY WEIGHT

DRINK LESS ALCOHOL

BE SUNSMART

EAT LESS PROCESSED & RED MEAT

EAT A HIGH FIBRE DIET

BE ACTIVE

EAT LESS SALT

MINIMISE RISKS AT WORK

MINIMISE CERTAIN INFECTIONS

MINIMISE RADIATION & EXPOSURE

MINIMISE ANY TIME SPENT ON HRT

BREASTFEED IF POSSIBLE

CANCER RESEARCH UK

Let's beat cancer sooner
cruk.org/preventable

Numbers for alcohol, meat, HRT, risks at work, infections and radiation are based on zero exposure.

Numbers for weight, fruit & veg, fibre, activity and salt are based on following government recommendations.

*NHL stands for non-Hodgkin lymphoma.

Numbers cannot be summed because cancer cases can have more than one cause.

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