

Cancer Prevention Action Week 2023

What changes you can make to your lifestyle to reduce your risk of getting cancer.



Be a healthy weight

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

Balancing your weight



Limit consumption of red and processed meat

Eat no more than three portions of red meat a week and eat little, if any, processed meat

What counts as processed?



Move more

Be physically active as part of everyday life – walk more and sit less

Getting active



Avoid high-calorie foods

Limit consumption of fast foods and other processed foods high in fat or sugar

Stay full for longer