

PRIMARY CARE 10 TOP TIPS

Nutrition for each stage of the cancer pathway: Living with and beyond cancer

1 Aim to keep a healthy weight (20-25kg/m²)

5 Avoid sugary drinks and limit processed foods high in added sugar, or low in fibre or high in fat

9 Know your limits – if you drink alcohol, limit to 1 unit of alcohol a day for women, and 2 units for men

2 Eat regular meals

6 Limit red meat (such as beef, pork and lamb) and avoid processed meats

10 Don't use supplements to protect against cancer

3 Rest less, move more: be physically active every day

7 Balance dietary fats and cut down on saturated fat

4 Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans

8 Limit salt and foods processed with salt (sodium)

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A collaboration between the BDA specialist oncology group and Macmillan GP community. These Top Tips have been adapted with guidance from WCRF International.

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Give *Healthy eating and cancer* and *Managing your weight after cancer treatment* booklets to patient as appropriate
All patient information booklets are available to order free of charge at be.macmillan.org.uk



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