



Research • Educate • Support

*Lower your
cancer risk*



LEAD A BALANCED LIFESTYLE

Smart Eating & Drinking Habits



TOLL FREE 0800 22 66 22
www.cansa.org.za



072 197 9305
071 867 3530

ENGLISH,
AFRIKAANS
XHOSA, ZULU,
SOTHO, SISWATI

Lower your cancer risk

LEAD A BALANCED LIFESTYLE

START where you are – **USE** what you have – **DO** what you can!



GREEN = Go for it! (LOWER CANCER RISK)



Vegetables, fruits, legumes, beans, pulses and wholegrains contain nutrients incl. vitamins, minerals, plant chemicals and fibre



Aim to eat up to 5-7 portions of non-starchy vegetables and fruits in season every day where possible



Include wholegrains and minimally processed grains as a source of fibre (30g daily)

Dry beans, soya beans and other legumes/lentils are high in fibre & isoflavones. Try to include them in meals 3-4 times a week



ORANGE = Take care! (CAN INFLUENCE CANCER RISK)



Eating habits can influence body weight, which in turn can affect your risk of developing cancer



Foods that are high in kilojoules (energy) like sweets, chocolates, cakes, biscuits, pastries, desserts, crisps are also high in sugar and/or fat when eaten more often can lead to weight gain



Beverages sweetened with sugar and alcoholic drinks high in kilojoules can lead to weight gain



Limit the amount of 'fast foods' & processed foods high in fat (fried), sugar and refined starches (like white bread)



RED = Beware! (INCREASED CANCER RISK)



Eating large amounts of processed meat and too much red meat (try to limit to less than 3 portions per week)



The cooking process when preparing meat may form chemicals that increase cancer risk, like when *braaiing* or deep frying

Eating large amounts of foods that have been preserved/cured using a lot of salt (e.g. *biltong*)



Avoid alcoholic drinks as it is a Group 1 carcinogen

Being overweight or obese increases the risk of 11 cancers



BE ACTIVE!

- » Balance your intake of energy with the amount of energy you use each day
- » Exercise moderately to vigorously for at least 30 minutes on 5 or more days of the week

Please get your doctor's approval and consult with a registered dietitian regarding your diet, especially if you would like to make changes to improve your health and if you have an existing medical condition.



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WHAT CAN I DO TO LOWER MY CANCER RISK THROUGH HEALTHY EATING AND DRINKING HABITS?

- » Be selective about what you eat
- » Maintain a healthy weight or lose excess weight
- » The CANSA Smart Choice programme aims to reduce exposure to carcinogens and other cancer risk factors
- » CANSA aims to promote a smart, healthy, balanced life style using the CANSA Smart Choice Seal as a tool to assist the public in making healthier, informed choices



Challenge myself:

- » I commit to having beans, lentils or fresh vegetables three times a week
- » I will commit to meat free Mondays and/or limit red meat to 3 portions per week
- » I will try out the recipes on the CANSA B-Well cookbook: www.bwellfoods.co.za/cookbook/
- » I will drink clean, safe water instead of diluted fruit juice from Monday to Friday each week
- » I will commit to using healthier food preparation methods like less *braaiing* & deep frying
- » I will commit to cutting down on foods that are high in kilojoules, sugar & fat, processed 'fast foods'



Recipe ideas:

- » ½ cup of samp + ½ cup of beans + 1 cup of cooked spinach with tomatoes and onions
- » 1 slice of whole wheat toast + ½ cup of beans + 1 cup of green salad or 1 cup of carrot and orange or pineapple salad
- » ½ cup of oats porridge + ½ cup of low fat milk + 1 small banana or a small chopped apple or handful of berries
- » 1½ cups of bean salad = cooked beans with chopped tomatoes, celery, peppers

For cancer survivors, the factors mentioned in these infographics may possibly interact with medical treatments for cancer but are different for different cancers, so it's important to be aware and discuss with your doctor.



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