

Be Alcohol Aware

Recommended Maximum

2 units of alcohol per day for men and one unit for women.

Pint of cider	2.8 units
Pint of beer	2.3 units
Small glass of wine	1.5 unit
Alcopop	1.4 units
Spirits	1.3 units



• Any change you make for a healthier lifestyle is good for you.

• To maintain a healthy weight look for healthier choices at school, work, cooking at home or when out for a meal.



ADDITIONAL SERVICES PROVIDED BY THE ULSTER CANCER FOUNDATION

Freephone Cancer Helpline

0800 783 3339

9am - 5pm Monday - Friday

Counselling Service

Patient Volunteer Service

Support Groups throughout N.I.

Art Therapy

Specialist Support for Confident Dressing

• Underwear • Nightwear • Swimwear • Headwear

Conferences, Seminars and Special Events

Smoking Cessation Services

Cancer Prevention Programmes & Training

Resource Centre



40-44 Eglantine Avenue, Belfast BT9 6DX
Tel: 028 9066 3281 Fax: 028 9066 8715

Freephone Helpline: 0800 783 3339
E-mail: infocis@ulstercancer.org

Donate Online: www.ulstercancer.org Charity No. XN48265 July 2007



Cancer Prevention

Exercise and Eating for Health



Good news!

Maintaining a healthy weight, being physically active and eating a varied diet can help prevent cancer. Start now, it is never too late. From childhood to old age, you'll feel healthier and reduce your risk of cancer.



Maintain a healthy weight

Balance your intake of calories with physical activity.

Government recommended daily calories

Men	Women
2250	1940

An average chocolate bar contains about 200 calories, while a fish supper contains around 800 calories.

Look out for the Traffic Lights of information provided by the Food Standards Agency on food packing. Check the calories for yourself.

If you are overweight or obese talk to your health expert for help and guidance on how to lose weight.



Size matters

Watch your portion sizes. Share a starter or a dessert with a friend. Little steps can add up to big calorie savings.



Read those food labels

'Low fat' and 'fat free' don't always mean 'low calorie'. Low fat foods that are high in sugar will not help you to control your weight. Substitute high calorie foods with fruit, vegetables and whole grains.

Physical activity

Aim for 30 minutes of physical activity on most days of the week (at least 5). Try walking to work or getting off the bus a stop earlier. Go for a brisk walk during your lunch break. Gardening and housework count as physical activity.

Do something you enjoy that fits into your lifestyle.



Young People

The aim is to do 60 minutes of physical activity per day. Walk or cycle to your mate's house. Practice your dance routines. Kick a ball around with your friends.



Eating a varied diet and 5 fruit and veg daily is easier than you think...

- Half a cup cooked vegetables
- 1 medium size piece of fruit – a banana
an apple
a slice of melon
a handful of grapes

• A glass of pure fruit juice (only 1 per day counts)

• Baked beans

• Frozen, dried, tinned or fresh fruit & veg

FACT:
A healthy diet prevents many cancers.



• Choose whole grains in preference to processed grains and sugars.

• Limit consumption of processed and red meats.

• Reduce your fat intake

• Reduce your salt intake.

FACT:
Walking burns calories.

