

RISK OF CANCER RELATED TO NUTRITION AND PERSONAL HABITS

- **MOUTH AND THROAT**
alcohol and smoking
- **ESOPHAGUS**
alcohol and smoking
- **STOMACH**
salt and salty foods
- **PANCREAS**
animal fats, red and processed meats, alcohol, obesity
- **LARGE BOWEL**
red and processed meats, reduced intake of vegetables, obesity
- **LIVER**
food contaminants, alcohol, obesity and Hepatitis Viruses Infections,
- **BREAST**
obesity, alcohol
- **UTERUS**
obesity

NUTRITION AND CANCER

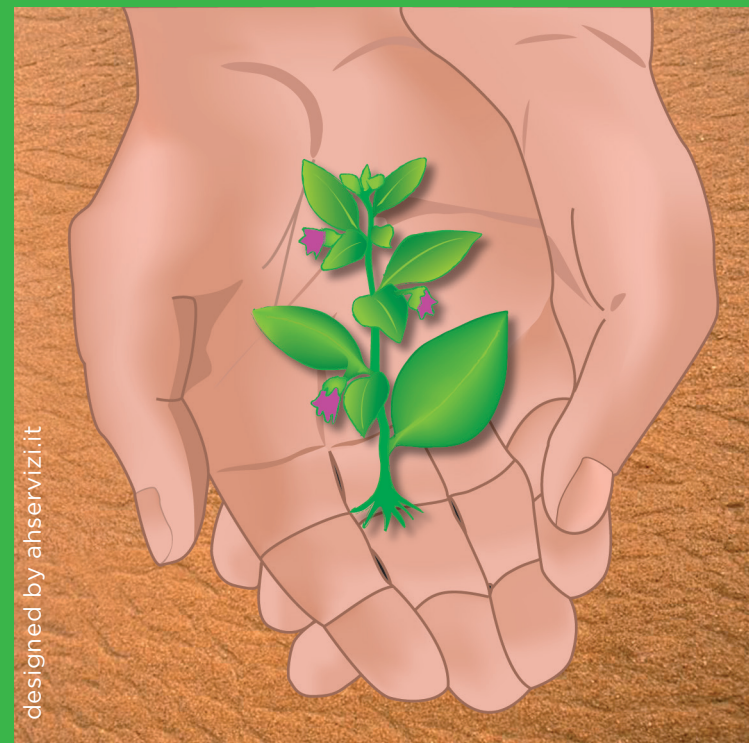
Nutrition is important because :

1. One third of all cancer is related to nutrition and diet.
2. Obesity, a worldwide problem predisposes to cancer.
Remember: cancer prevention starts in childhood, avoid to overfeed your children: infant obesity predisposes to cancer.
3. Obese women have a 50% greater chance to develop breast or uterus cancer.
4. Obese people have a 30% greater risk of developing large bowel cancer and other tumors.

Make the prevention of cancer more effective: eat properly!

YOUR LIFE IS IN YOUR HANDS

A Mediterranean initiative against cancer



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CANCER IS A PREVENTABLE DISEASE

Avoid suffering to you and your beloved ones
Follow the few recommendations on nutrition, diet and healthy personal habits contained in this leaflet

THIS MESSAGE COMES TO YOU FROM:

Mediterranean Task Force for Cancer Control (MTCC)

An international no profit organization devoted to improve cancer prevention, screening and early detection in countries of the Mediterranean area.
www.mtcc-prevention.org



Associazione Italiana per la Diagnosi Precoce e la Prevenzione dei Tumori-ONLUS (A.I.D.P.P.T.-ONLUS)

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Mediterranean countries against CRC
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Healthy behaviours

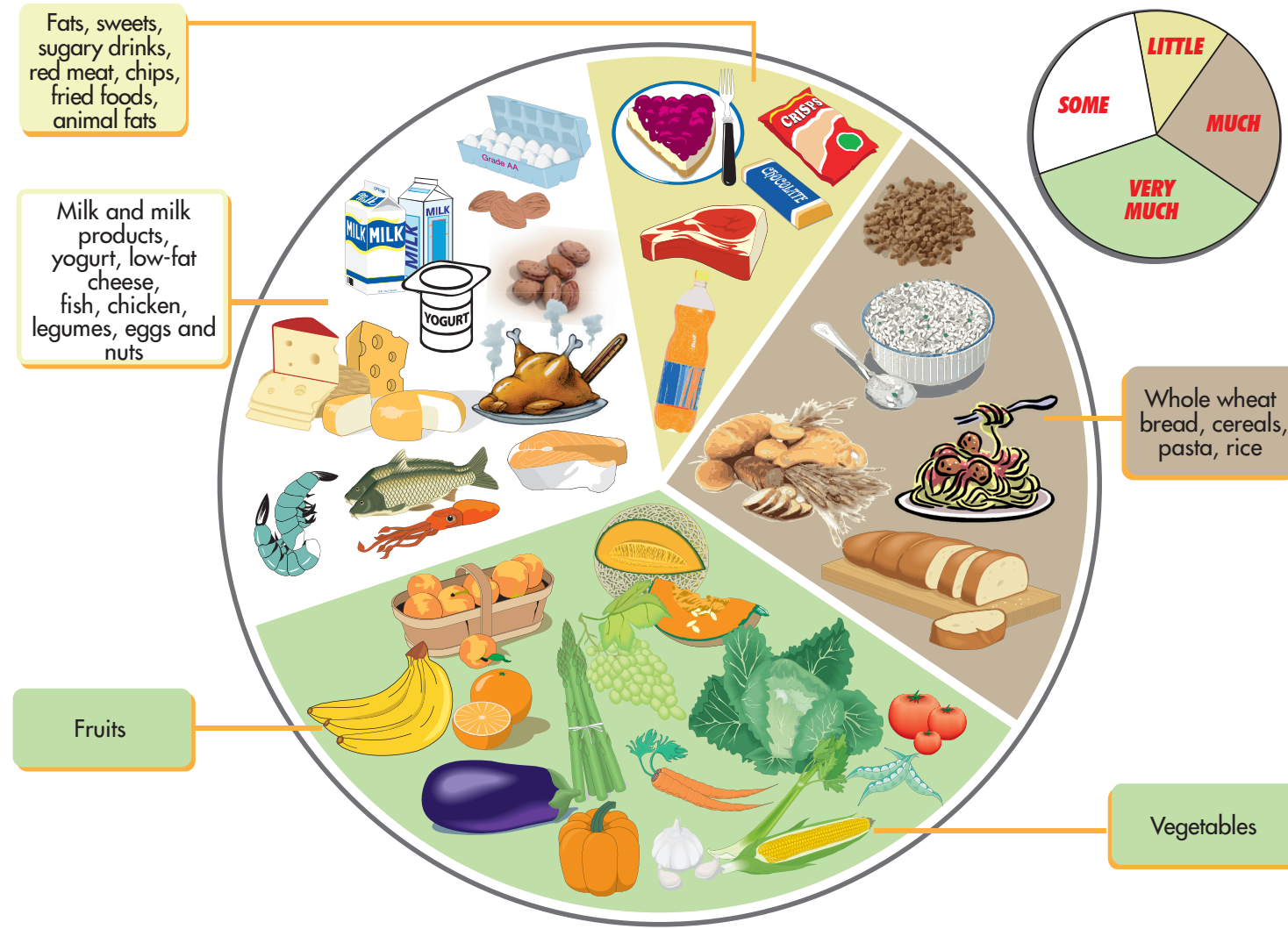
- Do not smoke, stop smoking and avoid that your children start smoking.
- Keep body weight under control by exercising daily with at least 30 minutes of brisk walking or other exercise.

The more the better!

- Mothers! Breast feed your baby: it reduces your risk of breast cancer.
- Eat lots of fresh fruits and vegetables: 5 or more servings daily. They contain fibers and nutrients that prevent cancer.
- Eat cereals (grains, whole wheat bread...), legumes (beans, lentils...), plant foods.
- Use preferentially olive oil. Avoid cooking on high temperature open flammings (barbecue). Season with garlic and spices, they have a protective effect.
- Limit salt and salty foods. They produce harmful substances in the stomach.
- Use low-fat dairy products (yogurt, milk): they contain calcium and also protect against bowel cancer.

FOLLOW THE TRADITIONAL DIET OF THE MEDITERRANEAN COUNTRIES: IT PROTECTS AGAINST CANCER.

Eat daily a combination of the foods shown in the plate



**Remember !! The MEDITERRANEAN DIET
also protects against coronary heart disease, stroke and diabetes**

Healthy behaviours

- Limit alcohol consumption, which causes cancer directly.
- Limit the consumption of red meat (beef, pork and lamb) to a few times a week. They contain harmful fats. Instead eat poultry and fish.
- Avoid high-energy processed foods like hamburgers, chips, fried foods: they cause overweight and obesity.
- Store raw and cooked foods, especially vegetables, in the refrigerator.

ALWAYS

Remember to get regular screenings for uterus, breast, large bowel, prostate, mouth and skin cancer.

Ask your doctor !