


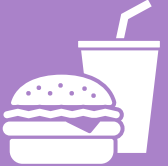





 <p>World Cancer Research Fund International</p>	 <p>MAINTAIN A HEALTHY WEIGHT</p>	<p>MOVE MORE</p> 	<p>EAT MORE VEG, FRUIT WHOLEGRAINS & PULSES</p> 	<p>LIMIT SUGAR AND FAT</p> 
<p>10 CANCER PREVENTION RECOMMENDATIONS World Cancer Day 4 February 2015</p>	<p>LIMIT RED MEAT, AVOID PROCESSED MEAT</p> 	<p>CUT DOWN ON ALCOHOL</p> 	 <p>EAT LESS SALT</p>	
	<p>FOR CANCER PREVENTION DON'T USE SUPPLEMENTS</p> 	 <p>BREASTFEED YOUR BABY</p>	<p>AFTER TREATMENT, CANCER SURVIVORS SHOULD FOLLOW THE CANCER PREVENTION RECOMMENDATIONS</p> 