Nutritional factors and cancer prevention

In France, too much cancer, not enough prevention

- 400 000 new cases of cancer each year

- Factors involved are:
  - non-modifiable (age, sex, genetic…)
  - modifiable (tobacco, nutrition…)
  - partly modifiable (UV rays, infections…)

- 40% of cancers are preventable

- After tobacco, the main preventable risk factors are alcohol, unbalanced diet and overweight and obesity

5 risk factors

- Alcoholic beverages
- Overweight and obesity
- Red meat and processed meat
- Salt and salted food
- Beta-carotene supplements

5 protective factors

- Physical activity
- Fruits and vegetables
- Dietary fiber
- Dairy products
- Breastfeeding (for women)

3 priority objectives





- **To reduce alcoholic beverages consumption**
- **To have a balanced and diversified diet**
- **To be physically active**

To put into practice as soon as possible:

- Never too late to start
- A long term commitment
- A step by step progress
- Correction of excesses or insufficiencies
- Modification at the frequency and quantity levels
- Objectives compatible with enjoying eating

NACRe

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