



1

Do not smoke

Do not use any form of tobacco.



2

Make your home smoke free

Support smoke-free policies in your workplace.



3

Take action to be a healthy body weight



4

Be physically active in everyday life

Limit the time you spend sitting.



5

Have a healthy diet:

- Eat plenty of whole grains, pulses, vegetables and fruits.
- Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks.
- Avoid processed meat; limit red meat and foods high in salt.



6

If you drink alcohol of any type, limit your intake

Not drinking alcohol is better for cancer prevention.

The European Code Against Cancer focuses on actions that individual citizens can take to help prevent cancer.

Successful cancer prevention requires these individual actions to be supported by governmental policies and actions.

Find out more about the European Code Against Cancer at:

www.cancercode.eu

These recommendations are the result of a project coordinated by the International Agency for Research on Cancer and co-financed by the European Commission.



7

Avoid too much sun, especially for children

Use sun protection. Do not use sunbeds.



8

In the workplace, protect yourself against cancer-causing substances by following health and safety instructions



9

Find out if you are exposed to radiation from naturally high radon levels in your home

Take action to reduce high radon levels.



10

For women:

- Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.
- Hormone replacement therapy (HRT) increases the risk of certain cancers. Limit use of HRT.



11

Ensure your children take part in vaccination programmes for:

- Hepatitis B (for newborns).
- Human papillomavirus (HPV) (for girls).



12

Take part in organized cancer screening programmes for:

- Bowel cancer (men and women).
- Breast cancer (women).
- Cervical cancer (women).

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