

[Eat to beat cancer](#)

We all want to avoid cancer, and watching our diet is one factor we can modify. But how to make sense of the plethora of information available? Here's useful, authoritative advice from the World Cancer Research Fund (WCRF), which says we should aim for

- Body mass index (BMI) 21-23
- Alcohol: 2 units/day for men, 1 unit/day for women
- Veg, fruit, and dietary fibre probably protect against several cancers - five portions/day recommended despite lack of convincing evidence
- Total meat consumption 300 g/week (current average intake 970 g-a week in men, 550 g-a week in women)
- Folate-rich diet may reduce the risk for cancer of the pancreas
- Calcium-rich diet may reduce the risk for colorectal cancer

Source: BMJ 2007