

“ LA PAROLE À Valérie Van der Steene



Alimentation & cancers

Comment **réduire les risques** au quotidien ?

“ ———
**40% des cancers sont évitables
en modifiant notre mode de vie !**

- Optez pour une alimentation qui limite les risques
Un apport en **fibres** régulier & suffisant, des **fruits et légumes**
tous les jours, des **légumes secs** & des **produits laitiers**

- Pratiquez régulièrement une activité physique
Au minimum **30 minutes par jour d'activités d'endurance** et
limiter au maximum la **sédentarité**

- Limiter les aliments ou les comportements qui
augmentent les risques

Évitez l'excès de **viandes rouges, transformées** et de
charcuteries, limitez les **boissons alcoolisées**, faites attention
au **sel et au sucre**, et surveillez votre poids régulièrement !



Nutrition And Womens Cancers

M Mosston



Nutrition And Womens Cancers:

Nutrition And Womens Cancers Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Nutrition And Womens Cancers**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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