

“ 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

**Marlene B. Goldman, Rebecca
Troisi, Kathryn M. Rexrode**



Nutrition And Womens Cancers:

The Enigmatic Realm of **Nutrition And Womens Cancers**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Nutrition And Womens Cancers** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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