

# “ 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

**TD Snyder**



## **Nutrition And Womens Cancers:**

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