

“ 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

Siddappa N.Byrareddy



Nutrition And Womens Cancers:

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