



Research • Educate • Support

*Lower your  
cancer risk*



# LEAD A BALANCED LIFESTYLE

*Smart Eating & Drinking Habits*



TOLL FREE 0800 22 66 22  
[www.cansa.org.za](http://www.cansa.org.za)



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Lower your cancer risk

# LEAD A BALANCED LIFESTYLE

START where you are – USE what you have – DO what you can!



## WHAT CAN I DO TO LOWER MY CANCER RISK THROUGH HEALTHY EATING AND DRINKING HABITS?

- » Be selective about what you eat
- » Maintain a healthy weight or lose excess weight
- » The CANSA Smart Choice programme aims to reduce exposure to carcinogens and other cancer risk factors
- » CANSA aims to promote a smart, healthy, balanced life style using the CANSA Smart Choice Seal as a tool to assist the public in making healthier, informed choices



## Challenge myself:

- » I commit to having beans, lentils or fresh vegetables three times a week
- » I will commit to meat free Mondays and/or limit red meat to 3 portions per week
- » I will try out the recipes on the CANSA B-Well cookbook: [www.bwellfoods.co.za/cookbook/](http://www.bwellfoods.co.za/cookbook/)
- » I will drink clean, safe water instead of diluted fruit juice from Monday to Friday each week
- » I will commit to using healthier food preparation methods like less *braaiing* & deep frying
- » I will commit to cutting down on foods that are high in kilojoules, sugar & fat, processed 'fast foods'



## Recipe ideas:

- » ½ cup of samp + ½ cup of beans + 1 cup of cooked spinach with tomatoes and onions
- » 1 slice of whole wheat toast + ½ cup of beans + 1 cup of green salad or 1 cup of carrot and orange or pineapple salad
- » ½ cup of oats porridge + ½ cup of low fat milk + 1 small banana or a small chopped apple or handful of berries
- » 1½ cups of bean salad = cooked beans with chopped tomatoes, celery, peppers

For cancer survivors, the factors mentioned in these infographics may possibly interact with medical treatments for cancer but are different for different cancers, so it's important to be aware and discuss with your doctor.



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