

# 10 things you can do to reduce your risk of cancer.



Be smokefree.



Eat vegetables, fruit, wholegrains, legumes and nuts.



Be SunSmart and avoid sunbeds.



Have less sugary drinks and junk food.



Be active.



Eat less red and processed meats.



Get recommended screening tests.



Drink no or less alcohol.



Get the HPV and Hepatitis B vaccines.



Be a healthy weight.

# Good For You Reducing Your Risk Of Developing Cancer

**Puja Mehta**



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