Be Alcohol Aware
Recommended Maximum
2 units of alcohol per day for men
and one unit for women.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pint of cider</td>
<td>2.8</td>
</tr>
<tr>
<td>Pint of beer</td>
<td>2.3</td>
</tr>
<tr>
<td>Small glass of wine</td>
<td>1.5</td>
</tr>
<tr>
<td>Alcopop</td>
<td>1.4</td>
</tr>
<tr>
<td>Spirits</td>
<td>1.3</td>
</tr>
</tbody>
</table>

Do you know the more muscle you have the more energy you burn?

• Any change you make for a healthier lifestyle is good for you.
• To maintain a healthy weight look for healthier choices at school, work, cooking at home or when out for a meal.

ADDITIONAL SERVICES PROVIDED BY
THE ULSTER CANCER FOUNDATION

Freephone Cancer Helpline
0800 783 3339
9am - 5pm Monday - Friday

Counselling Service
Patient Volunteer Service
Support Groups throughout N.I.
Art Therapy
Specialist Support for Confident Dressing
• Underwear • Nightwear • Swimwear • Headwear
Conferences, Seminars and Special Events
Smoking Cessation Services
Cancer Prevention Programmes & Training
Resource Centre

Cancer Prevention
Exercise and Eating for Health

Exercise
• The more you move the more energy you burn.

Do you know the more muscle you have the more energy you burn?

Eat
• 5 servings of fruit and veg daily
• Low fat dairy products
• Low salt

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Do you know the more muscle you have the more energy you burn?
Good news!
Maintaining a healthy weight, being physically active and eating a varied diet can help prevent cancer. Start now, it is never too late. From childhood to old age, you’ll feel healthier and reduce your risk of cancer.

Maintain a healthy weight
Balance your intake of calories with physical activity.

<table>
<thead>
<tr>
<th>Government recommended daily calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
</tr>
<tr>
<td>2250</td>
</tr>
</tbody>
</table>

An average chocolate bar contains about 200 calories, while a fish supper contains around 800 calories. Look out for the Traffic Lights of information provided by the Food Standards Agency on food packing. Check the calories for yourself.

If you are overweight or obese talk to your health expert for help and guidance on how to lose weight.

Size matters
Watch your portion sizes. Share a starter or a dessert with a friend. Little steps can add up to big calorie savings.

Read those food labels
‘Low fat’ and ‘fat free’ don’t always mean ‘low calorie’. Low fat foods that are high in sugar will not help you to control your weight. Substitute high calorie foods with fruit, vegetables and whole grains.

Physical activity
Aim for 30 minutes of physical activity on most days of the week (at least 5). Try walking to work or getting off the bus a stop earlier. Go for a brisk walk during your lunch break. Gardening and housework count as physical activity. Do something you enjoy that fits into your lifestyle.

Young People
The aim is to do 60 minutes of physical activity per day. Walk or cycle to your mate’s house. Practice your dance routines. Kick a ball around with your friends.

Eating a varied diet and 5 fruit and veg daily is easier than you think...

- Half a cup cooked vegetables
- 1 medium size piece of fruit – a banana, an apple, a slice of melon, a handful of grapes
- A glass of pure fruit juice (only 1 per day counts)
- Baked beans
- Frozen, dried, tinned or fresh fruit & veg

FACT: Walking burns calories.
FACT: A healthy diet prevents many cancers.

- Choose whole grains in preference to processed grains and sugars.
- Limit consumption of processed and red meats.
- Reduce your fat intake
- Reduce your salt intake.