



Nutrition & cancer

**GET
YOUR
2 & 5**

Eat 2 serves of fruit and 5 serves of vegetables, plus plenty of wholegrains to reduce your risk of developing certain cancers.

Reduce your intake of red meat, high salt foods and avoid processed meats.

cancerqld.org.au/lifestyle6

LIFESTYLE 6
Reduce your risk

An initiative of
**Cancer
Council
Queensland**